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Wt. _____ % Ht. _____ % BMI _____ B/P _____ P _____

TEN AND ELEVEN YEAR VISIT

HEALTHY HABITS

- Ensure adequate sleep
- Encourage physical activity, personal hygiene
- Monitor TV & music
- Counsel about avoiding tobacco, alcohol, and drugs

INJURY PREVENTION

- Continue some supervision
- Reinforce safety lessons and rules for emergencies, water safety, bicycle safety, seat belts in back, helmets, mouth-guards and protective sports gear, sunscreen
- Keep guns locked up

NUTRITION

- Eat some family meals together
- Teach about healthy choices for breakfast, lunch, dinner, and nutritious snacks

ORAL HEALTH

- Brush teeth
- Ask about fluoride
- Make appointment with dentist
- Learn dental emergency care
- Discuss dental sealants

SEXUALITY EDUCATION

- Prepare child for puberty and sexual development
- Answer questions
- Encourage abstinence

FAMILY RELATIONSHIPS

- Serve as role model for ethical behavior & healthy habits
- Listen, show respect & interest in activities
- Do activities together
- Show affection
- Set reasonable but challenging expectations
- Encourage good sibling relationships
- Know your child's friends and their families

COMMUNITY INTERACTION

- Ask for referrals for financial assistance, Medicaid, food, housing, transportation
- Reexamine child care
- Encourage school, cultural, community involvement
- Advocate for health education in schools

SOCIAL COMPETENCE

- Praise, encourage talking & expression of feelings
- Encourage reading & hobbies
- Give individual attention, create opportunities for family activities and trips, team or group activities
- Help child pursue talents
- Reinforce limits & provide consequences
- Teach family rules and how to resolve conflicts and handle anger
- Encourage interactions with teacher & other adults
- Assign chores & provide personal space

AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

MMR Polio Hep A Hep B Tdap Menactra

NEXT WELL CHILD VISIT: One Year