

Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

11 Year Old Well Visit

<p>Growth & Development Milestones</p> <ul style="list-style-type: none">✓ May have a growth spurt if female (usually a year or two later for males) & looks out of proportion✓ May tire easily and seem lazy✓ Appetite may fluctuate sharply✓ May enjoy watching/playing competitive sports✓ Keenly interested in learning about body changes & appearance✓ May be curious about drugs, alcohol, and tobacco✓ Sudden, dramatic, emotional changes linked to puberty✓ Back and forth between mature and immature✓ Hiding feelings/sensitive to criticism✓ Strives to succeed, has strong opinions✓ Aware of the opposite sex & sexual feelings	<p>Personal Health & Wellness</p> <ul style="list-style-type: none">✓ Set good examples regarding diet and exercise✓ Be aware of progress and concerns at school✓ Offer healthy snacking options✓ Have them prepare simple family meals✓ Encourage 2-3 servings of dairy daily for bone growth & avoid juices or limit to 4 ounces/ day✓ Limit junk foods, soda pop and fatty/fried foods✓ Encourage at least 1 hour of physical activity daily✓ Don't allow competition to get out of hand; encourage personal bests✓ Have 'the talk' about puberty/sexual issues✓ Limit screen time to less than 2 hours per day and carefully monitor programming and websites✓ Brush twice a day and floss daily				
<p>Fire Safety & Burns – Water Safety</p> <ul style="list-style-type: none">✓ Test smoke detectors 2x/year✓ Install CO alarm near sleeping areas✓ Keep matches and lighters out of reach✓ Have fire escape plan and PRACTICE!✓ Water heater should be set at 120 degrees or less✓ Watch for burn risks: stoves, space heaters, irons, fireplace✓ Always supervise around open water – this age group becomes risk takers!	<p>Home & Personal Safety</p> <ul style="list-style-type: none">✓ Be aware of the dangers of outdoor trampolines✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime✓ Children require a tobacco free environment at all times✓ Don't forget sunscreen!✓ Wear helmets while riding bicycles, scooters, skateboards or roller blades✓ Belted in the back seat until 15yrs or 57 inches!				
<p>For more information on normal growth and development:</p> <p>http://www.bloomfieldpediatriccare.com/normal-development-11-years-old/</p>	<p>Helpful resources:</p> <p>Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition</p> <p>http://www.bloomfieldpediatriccare.com/pediatric-health-topics/</p>				
<p>Office Hours:</p> <p>Monday – Friday 9:00 am to 5:00 pm</p> <p>Saturday (Sept – May) 9:00 am to 12:00pm</p> <p>Phone Number (248) 451-0600</p> <p>Answering Service (248) 858-6888</p>	<p>Poison Control (800) 222-1222</p> <p>Child Safety Seat Inspection:</p> <p>1-866-SEATCHECK; www.seatcheck.org</p> <p>Beaumont Pediatric After Hours Clinic</p> <table><tbody><tr><td>Royal Oak</td><td>Troy</td></tr><tr><td>(248) 551-0222</td><td>(248) 964-2888</td></tr></tbody></table>	Royal Oak	Troy	(248) 551-0222	(248) 964-2888
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