



## 12+ Year Well Child Check

### Healthy Habits

- Be active at least 1 hour or more daily
- Limit screen time to 1-2 hours daily outside of homework time
- Brushing teeth twice daily, flossing daily
- Dental visits twice a year
- Goal of 8-11 hours of sleep daily
- Talk about relationships, sex and values
- Encourage your child not to have sex
- Use clear and consistent rules and discipline
- Be a role model for healthy behavior choices
- Encourage your child to think through problems herself with your support
- Help your child figure out healthy ways to deal with stress
- If you are concerned that your child is sad, depressed, nervous, irritable, hopeless or angry, talk to your provider

### Safety

- Your child should be riding in the back seat until 13 years old and always with seat belt
- Remove guns from your home. If you must keep a gun, make sure it is unloaded and locked with ammunition locked in a separate place. Always ask if the homes where your child spends time has guns.
- Have child wear a good-fitting helmet for biking, skating, horseback riding, etc.
- Do not allow your child to ride ATVs
- Monitor your child's computer/internet use
  - o Know who she talks to online
  - o Install a safety filter
- Know your child's friends and their families, where your child is and what he is doing at all times
- Supervise activities with peers

### School

- Discuss your child's progress at school with teachers
- Talk with your child as she takes over responsibility for schoolwork
- Encourage child to join clubs, sports or activities they enjoy
- Give your child the chance to make more of his own decisions as he grows older

### Immunizations at 16-year-old visit

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| <ul style="list-style-type: none"><li>- Menactra #2</li><li>- Gardasil (optional)</li><li>- Trumenba (optional)</li></ul> |
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- For more info:

<https://www.cdc.gov/vaccines/index.html>

Gardasil: HPV (Human Papillomavirus) vaccine

- If started before age 15, one booster is needed 6-12 months after the first dose
- If started at or after age 15, three doses are required at 0, 1-2 months, and 6 months
- [www.gardasil9.com](http://www.gardasil9.com)

Trumenba vaccine protects against Meningitis B

- 2 dose series, 6 months apart

**Next Well Child Visit:** Yearly

### Helpful Resources:

- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.safekids.org](http://www.safekids.org)
- [www.adolescenthealth.org](http://www.adolescenthealth.org)
- Poison Help: 1-800-222-1222