

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ ( \_\_\_\_\_ %) Height \_\_\_\_\_ ( \_\_\_\_\_ %) BMI \_\_\_\_\_ ( \_\_\_\_\_ %)

Blood Pressure \_\_\_\_\_

## Growth and Health

- Your body is changing fast. Puberty is when you start to grow into your adult body. Everyone goes through puberty and its changes at different times. If you have questions, ask a trusted adult.
- It is ok and normal to feel uncomfortable with all of these changes.
- It is very typical for hormones to make you feel emotional and irritable which can strain relationships. Seek help if you are struggling with your emotions.
- It is important to maintain a healthy body by eating healthy foods and exercising. Try to exercise 4-5 times a week for at least 30-40 minutes.
- SAY NO TO: drugs, alcohol, smoking, chewing tobacco, steroids, diet pills, and any other pills or drugs.
- Never get in a car with someone who has been drinking or doing drugs (even a little).

## Safety

- Always wear your seat belt. Front seat is not recommended until 13 years of age.
- Always wear safety gear when biking, skating, snowboarding, skiing, or riding on an ATV or horse.
- Do not play with guns. Take a Hunter's Safety course if you plan to hunt.
- Never use violence to settle a conflict.
- Cell phones and internet use need to be monitored by an adult.
- Digital pictures and information can be seen by anyone, friends and/or strangers. Be careful and responsible.
- If you are uncomfortable with the way you have been treated online, tell an adult.

## Nutrition

- Eat a wide variety of foods.
- Avoid junk food, juice, pop, energy drinks, caffeine, and fast food.
- Try to eat 5 servings of fruits and vegetables.
- Eat at least 3-4 servings a day of dairy to get enough calcium for bone growth.
- Eat breakfast every day.
- Eat meals as a family (without the TV).
- Try to drink at least 6-8 glasses of water a day.

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### Responsibility

- You are at the age during which you are expected to learn about responsibility. This means: doing your homework, completing your chores, respecting your parents, and being honest.
- Have at least one adult that you can trust and talk to about difficult problems.
- Be kind to others, and do not harm yourself or others.
- Your parents should: be good role models, maintain consistent rules for the household, teach money handling, and LISTEN to your concerns and SUPPORT your successes!

### At this visit

Typical screenings: cholesterol between age 9-11\*; screen for depression starting at age 12

Typical immunizations: Influenza when in season. At age 11 Tdap (Tetanus, diphtheria and pertussis); Menveo (Meningitis A); Human Papilloma Virus

\*Per provider discretion

**Return in 2 years for your next well child visit!**