



## Forms:

Complete and print them for your upcoming appointment:

[Tuberculosis Screening](#)

[Youth Checklist](#) - please have your child complete this without your help

## Vaccines:

We recommend the following vaccines:

[TDaP](#)

[Gardasil \(HPV\)](#)

[Menactra](#)

## Tests Recommended:

We recommend the following tests at this age:

[ImPACT](#) - for those in sports and at risk of concussion

## 11 YEARS OLD

### FAQ

*How should I approach rules and discipline with an 11 year old?*

Parents must establish and clearly identify what constitutes permissible and unacceptable behavior in everything from conduct, to school performance, to curfew. Instead of calling these rules and regulations, refer to them as a teenager's rights and responsibilities. It may seem a small difference in semantics, but these terms more accurately reflect the goal of imposing discipline at home: to teach children the self-discipline they must master to achieve happiness and success in later years.

Adolescents, so intent on asserting their independence, tend to see themselves as tyrannized by rules, rules and more rules. Although consistency in the enforcement of your rules is key to discipline, not all rules are equally important. Now and then you can bend the regulations pertaining to such matters as TV viewing, curfews, bedtime, dating, homework habits, car privileges and similar matters. Learning to prioritize household rules gives both you and your teenager room to practice the arts of negotiation and compromise.

### Age Appropriate Information

#### Nutrition & Health:

- Provide lots of fruits and vegetables, especially the really colorful ones.
- Serve whole-grain breads, cereals, and other grain products.
- Provide 3 or more daily servings of low-fat (1%) or non-fat milk and other low-fat dairy products.
- Serve lean meats, chicken, fish, and other sources of protein and iron.
- Adolescents should engage in 60 minutes of physical activity on most, if not all, days of the week.

#### Home:

- Discuss youth responsibilities in the family and how they change with age.
- Clearly communicate rules and expectations.
- Get to know your child's friends and encourage him to make good decisions about choosing friends.
- Discuss your expectations for dress, friends, media, and activities, and supervise your child.

Spend time with your child. Express willingness for questions and discussion. Develop a pattern of communication and support him as an independent person. Make time every day to talk (mealtime, bedtime, drive time, or check-in time) about lots of things, not just about difficult or unpleasant topics.