



**Pediatric and Adolescent Medicine**  
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**HEALTH MAINTENANCE INFORMATION SHEET – 10-12 years**

Date	Age	Wt	Ht	BP
Acetaminophen Dosing: Children’s Suspension (160mg/5mL)			Ibuprofen Dosing: Children’s Suspension (100mg/5mL)	
Acetaminophen Dosing: Children’s Chewable (80mg chewable)			Ibuprofen Dosing: Children’s Chewable (100mg chewable)	

**NUTRITION**

- Importance of sensible lunch box strategies and snacking and "holding the line" on "fast food" consumption. Manage "noshing" in front of the TV; prevent your child from becoming a "couch potato!"
- Vitamins with Iron for menstruating females (Use an equivalent to Centrum). Vitamin D
- Watch hydrogenated oils and saturated fat content.

**IMMUNIZATIONS & PROCEDURES**

- Booster Tdap, Menveo (meningitis) vaccines at 11 years, Gardasil/HPV (Human Papilloma Virus).

**DEVELOPMENT**

- Child is able to assume responsibility for personal hygiene (bathing, brushing teeth, combing hair, wearing clean clothes).
- Child is out of the house and further away from home: peer groups increasingly important as "standard setters".
- Respect need for privacy and encourage sense of self-identity while laying down expectations of child in context of family values.
- Be supportive of emerging interest in co-ed activities. Don't tease, or risk your child's ability or desire to confide in you (See: A Letter From A Parent To A Teen).
- Now is the time to begin sex education, discussion about AIDS, etc. Use school programs as a jump off point!
- Boys often mature physically later than girls.
- Begin discussions with girls about menstruating and their bodies.
- Begin discussion with boys about their bodies and nocturnal emissions (wet dreams).

**EDUCATION**

- Children need quiet place for homework.
- Encourage the development of organizational skills, use of reference materials, the LIBRARY and appropriate selections from book clubs. Supervise access to the Internet, video games and TV programming.
- A child is never too old to be read to. Encourage reading.
- Computer programs can be helpful, especially with math, spelling and language drills. Word processing helps some kids with writing. Be careful not to encourage addiction to computer games.
- Support team sports where the coach emphasizes the fun of the sport and achieving personal goals, not winning.

**ACCIDENTS & SAFETY**

- Continue to insist upon use of seat belts at all times! No Front seats until 12 years old and 4 feet 9 inches and 90 pounds.
- Purchase and use bicycle helmets, kneepads and arm pads for bikes, roller blades, skate boards and scooters.
- Set firm guidelines for activities around streets, pools, and parties.
- If you must have firearms in the house, store them safely unloaded and with trigger locks.

**MISCELLANEOUS**

- Children are more independent and capable of spending time away from home for longer periods at greater distances. Set down definite expectations about appropriate activities, use of phone if plans change, and handling of emergencies, etc.
- Encourage participation in group activities and sports. Try to keep issue of competition and winning and losing in perspective and DON'T OVER SCHEDULE. A child needs some free time, without pressure and commitments!
- Talk about sex, drugs, alcohol and smoking. Set a good example!
- Regular semi-annual dental exams and eye exams every 2-3 years if glasses not used.
- Limit screen time to < 1-2 hours/day. Encourage outside play and fitness.

**RESOURCES**

- All Grown Up And No Place To Go by Elkind
- The ABC's Of Parenting.