



What to Expect at your Child's Well Visit

A yearly physical exam by your pediatrician is an important part of your child's health care. This annual appointment allows the pediatrician to give your child a thorough physical examination, perform routine screenings (e.g., vision and hearing tests), make sure vaccinations are up-to-date and obtain any recommended laboratory testing. It's also a good opportunity to address important questions relating to nutrition, sleep habits, safety, and development.

During the check-up, we can often address other problems so you don't have to make another trip to the office. Please note, however, that we will have to bill your insurance for an additional office visit when we address these issues. Depending on the terms of your insurance plan, you may be subject to an additional copay and/or deductible amount for the additional services.

Please let us know if you have any questions.

Cockerell & McIntosh Pediatrics

Things You Should Know: Your Preteen 12 - 13 Years

NUTRITION

- It is often a challenge to eat nutritious food from all 4 food groups every day. Keep healthy food in the house and eat it for meals and snacks. Avoid junk food, excess salt, sugar and fat. Eat fruits and vegetables 5 times every day.
- **It is important for your child to eat a healthy breakfast.** Children who eat breakfast are more likely to have more energy, work faster, be more creative and even do better in school.
- **Avoid energy drinks.** They contain caffeine, sugar and no nutrients. **Limit sugary drinks including juice, soda, sweet tea, kool-aid and sports drinks. Water is better than sports drinks while doing sports and exercising.**
- Milk is important for bone growth. **Get three servings a day of milk or high calcium foods.**
- **The major contributors to obesity are 1) sugar-containing drinks 2) fast food 3) large portion sizes and 4) lack of exercise.**

SLEEP PATTERNS

- Adolescents often have erratic sleep patterns, but need a minimum of 8 hours of sleep per night.
- **Excessive sleeping or difficulties falling asleep can be signs of depression.**

SAFETY

- **It is essential that your child wear a seat belt! The back seat is the safest place for children under 13 years.** Don't leave the driveway until all are buckled up, including you. Set a good example.
- **A helmet should always be worn when riding a bike.**
- Be sure you have working smoke detectors as well as a fire safety plan in place.
- Carbon monoxide detectors are recommended.
- Loud noises can damage your child's hearing through the misuse of headphones.
- Never accept a ride in a car if the driver has been drinking, using drugs or acting recklessly. Do not accept rides from strangers and do not hitchhike.
- **Children under the age of 16 should not use all-terrain vehicles (four-wheelers).**
- It is dangerous to ride unrestrained in the back of a pickup truck.
- Limit exposure to the sun and use sunscreen.
- Avoid locations where tobacco smoke is present.
- If a gun is kept in a home, keep the gun and ammunition locked up in different locations.
- **Teach your child how to resolve conflicts without violence.**
- Teach your child how to access emergency medical systems.
- If your child is active in sports, injury prevention should include wearing proper equipment and avoiding over-exercising, fatigue and stress.

GOOD HEALTH HABITS

- A healthy weight can be maintained through a good diet, sensible eating habits and routine exercise. Discourage crash diets, medications, laxatives or forced vomiting.
- **Exercise is very important to keep your child healthy.** Children who exercise regularly sleep better, have more energy and build strong bones and muscles. It will also help your child feel good about him or herself.
- Brush teeth twice a day and see the dentist every 6 months.
- **Encourage avoidance of tobacco, alcohol and drugs. Teach your child how to stand up to peer pressure to use tobacco, alcohol and drugs.**
- Emphasize your child's right to refuse sexual contact and to report sexual abuse.

- **Computer gaming addiction is a growing problem and may require a complicated and painful intervention. For your child to achieve healthy psychological and social development, limit screen time (computer gaming, TV, internet usage and texting) to 2 hours per day.**

GOOD PARENTING PRACTICES

- **Establish procedures for making and enforcing family rules. When your child does not follow your family rules, there must be consequences. The punishment should “fit the crime.”**
- **Allow your adolescent to make age-appropriate decisions and selections such as choosing clothes.**
- **Spend time with your adolescent and maintain good communication. Praise and encourage your adolescent's activities at home and outside the home. Attending events in which your child is participating contributes to the child's self-esteem and shows affection.**
- **Make arrangements for your child's supervision when you are not at home.**
- **Respect your child's privacy.**
- **Supervise dangerous activities such as power tools, guns and water sports.**
- **Play a role in your child's sex education, perhaps with the aid of books recommended by the physician, followed by discussions between you and your child.**
- **Encourage abstinence. If your adolescent is sexually active or plans to be, stress the importance of preventing pregnancy and sexually transmitted diseases.**
- **Encourage independence and responsibility. Assign chores around the house.**
- **Encourage your child to invite friends to your home. Avoid saying negative things about your child's friends.**
- **Remember you are the parent. Parents serve as role models for behavior and moral judgment.**

IMMUNIZATIONS AND WELL VISITS

- **Your child continues to need yearly well visits and may need catch-up doses of the Tdap, Menactra, and HPV vaccines.**

Please call the office for any questions or concerns!



Preventive Care Schedule

Age	Procedures
4-5 Day	Physical Exam Immunizations Hep B (if not given at birth) Labs: None
2 Weeks	Physical Exam
1 Month	Physical Exam Immunizations: Hep B
2 Months	Physical Exam Immunizations: DTaP, Hib, IPV, PCV, Rotavirus
4 Months	Physical Exam Immunizations: DTaP, Hib, IPV, PCV, Rotavirus
6 Months	Physical Exam Immunizations: DTaP, Hib, PCV Rotavirus, Hep B
9 Months	Physical Exam Immunizations: IPV
12 Months	Physical Exam Immunizations: MMR, Varivax, Hep A Labs: Lead, Hematocrit
15 Months	Physical Exam Immunizations: DTaP, Hib, PCV
18 Months	Physical Exam Immunizations: Hep A
2 Years	Physical Exam Immunizations: May need catch-up dose of Hep A Labs: Lead, Hematocrit
30 Months	Physical Exam
3 Years	Physical Exam Labs: Lead Hematocrit
4-5 Years	Physical Exam Immunizations: Immunizations: DTaP, IPV, MMR, Varivax Labs: Lead, Hematocrit, Urinalysis
6-8 Years	Yearly Physical Exam
9-10 Years	Yearly Physical Exam Immunizations: HPV Labs: Cholesterol
11-15 Years	Yearly Physical Exam Immunizations: Tdap, Meningococcal, may need catch-up does of HPV Labs: Hematocrit, Urine, Cholesterol at 11 years if not obtained at 9-10 years
16-18 Years	Yearly Physical Exam Meningococcal Labs: Hematocrit (females only), Cholesterol screening at 17-18 years if not previously performed

Immunization/Lab Key
Cholesterol: blood test to screen for high cholesterol
DTaP: Diphtheria, Tetanus and acellular Pertussis vaccine
Hematocrit: test for anemia
Hep A: Hepatitis A vaccine
Hep B: Hepatitis B vaccine
Hib: Haemophilus Influenzae type B vaccine, an anti-meningitis vaccine
HPV: Human Papillomavirus vaccine for preventing genital warts, cervical cancer and anal cancer
IPV: Inactivated Polio vaccine
Lead: test for lead poisoning
Meningococcal: Meningococcal vaccine, an anti-meningitis vaccine
MMR: Measles, Mumps and Rubella vaccine
PCV: Pneumococcal vaccine, an anti-pneumonia and anti-meningitis vaccine
Rotavirus: Rotavirus vaccine for preventing Rotavirus stomach flu
Tdap: Tetanus, Diphtheria and acellular Pertussis vaccine
Urinalysis: urine test
Varivax: Chickenpox vaccine