

## 11 to 12 Years of Age

### What your Child Does:

- ❖ Growing attention span
- ❖ Will try hard to succeed
- ❖ Has strong opinions
- ❖ Begin to show signs of maturity and independence
- ❖ May have rapid growth (girls 1-2 years before boys)
- ❖ Shows great interest in learning about body changes
- ❖ Is highly aware of the opposite sex
- ❖ Is very sensitive and critical of himself and his parents
- ❖ May try to hide his emotions and how he feels.
- ❖ Likes to spend a lot of time with his friends and they are very important to him.

### Vaccinations:

Tdap      Menactra      Hep A

Other \_\_\_\_\_

---

name

\_\_\_\_\_

height      weight      date

### What You Can Do:

- ❖ Plan time for reading and homework each day.
- ❖ Praise your child each day
- ❖ Listen to his ideas, thoughts, desires.
- ❖ Read the newspaper together and talk about current events.
- ❖ Give more responsibility with choices.
- ❖ Plan time for regular exercise.
- ❖ Keep a set bedtime.
- ❖ Plan 3 meals a day with healthy snacks. Sit down together at mealtime.
- ❖ Choose books to read at home that give facts about physical changes. Talk about your family's values, beliefs and religious practices. Encourage questions.
- ❖ Remind him of his strengths and show affection in the home.
- ❖ Be sure group activities have adult supervision

## 11 to 12 Years of Age

### Discipline

- ❖ Love is the best motivation for good behavior. Remember to praise and encourage every day.
- ❖ Set limits take away a privilege for a set amount of time when rules are broken.
- ❖ Speak with respect to one another.

### Conflict

- ❖ Agree on what can and cannot be done when family members are angry, such as: no hitting and no name calling.
- ❖ Allow for privacy and space
- ❖ Take a walk and then talk about the problem.

### Risky behavior / Dares

- ❖ Children this age may not use good judgement.
- ❖ Talk about "peer pressure"
- ❖ Role play difficult situations
- ❖ Children who are able to stand up to peer pressure feel good about themselves.
- ❖ Never miss a chance to tell your children that you are proud of them.
- ❖ Share your personal stories and experiences growing up.
- ❖ Talk about the dangers of alcohol, drugs, tobacco and sex.

### Plan time for your child to be with friends (be sure that time is well supervised)

- ❖ Before or after school
- ❖ At parties and sleep overs
- ❖ Sports practices and games
- ❖ Scouting events, etc.

### Plan time for your child to be with family

- ❖ Plan time for regular family gatherings.
- ❖ Celebrate special occasions together.
- ❖ Teach your child about your family's traditions and culture, share you childhood memories.
- ❖ If family members live far apart, write letters, use email or talk on the phone.

### **CORDES, PATRANELLA & WINKLER, PA**

P. Patranella, M.D.  
A. Winkler, M.D.  
P. Gallagher, M.D.  
K. Cross, M.D.  
J. Johnson, M.D.  
S. Smith, M.D.

**2855 5<sup>th</sup> Avenue North  
St. Petersburg, Florida  
33713**

727-323-2727  
Fax 727-327-8101