



## 11 YEAR+

**HEALTHY EATING HABITS:** Use The Plate Method to help with portion sizes (1/2 plate should be fruits/veggies, 1/4 plate should be carbohydrates, 1/4 plate should be protein with one serving of dairy). Drinks should be primarily water, 16-20 ounces of 2% or 1% milk a day (or 2-3 servings of dairy a day), limit juice to no more than 4 ounces a day. Avoid sugary drinks like Gatorade, Kool-Aid, sodas, sweet tea.

**DENTAL CARE:** Remember to brush teeth twice a day with fluoride toothpaste and to see the dentist every 6 months for routine dental care and cleaning.

**EXERCISE:** American Academy of Pediatrics recommends 60 minutes of physical activity a day for children 6 years and older. Exercise can be anything that makes your heart beat faster, makes you sweaty and is safe. Find an activity that you enjoy doing together as a family, such as running, bike riding, playing basketball or soccer.

**SCREEN TIME/PHONES:** Try to limit screen time to no more than 2 hours a day. Know your child's password to their phone and regularly review activity/texting. Limit phone use/screen/tablet use at least an hour before bedtime. Set consistent screen-time/media limits for your family. Designate regular media-free periods of time.

**CAR SAFETY:** Wear your seatbelt in the car, even if you're just driving down the street. No texting while driving (and tell your parents to follow this rule too!).

**DEPRESSION:** Ask your child often how they are doing, what stressors they have currently, who their friends are, if there is bullying going on at school, or any concerns they have. They'll probably say that everything is 'fine', but keep asking.

**SLEEP:** Sleep hygiene is very important. AAP recommends 8-10 hours of sleep every night. Screens/tablets/phones should be put away at least an hour before bedtime. Keep a routine in the evenings to promote better sleep. No TVs in the bedrooms. Maintain a consistent bedtime during the weekdays.