

# 10 to 12-year-old ANNUAL WELL-CHILD CHECK-UPS

**10-12  
Years**

## WELL VISIT AND IMMUNIZATION ROAD MAP

**10 YEARS**  
Well Visit. Flu Vaccine.

**11 YEARS**  
Well Visit. Flu Vaccine. Immunizations.  
*See immunizations below for 11, and 12-year-olds*

**12 YEARS**  
Well Visit. Immunizations. Flu Vaccine.  
*See immunizations below for 11, and 12-year-olds*



### RECOMMENDED IMMUNIZATIONS BETWEEN 11 AND 12 YEARS OLD

- ✓ **Tdap\*** (Tetanus, Diphtheria, Pertussis)
- ✓ **MCV4\*** (Meningococcal)
- ✓ **HPV** (Human Papillomavirus) - 2 doses
- ✓ **Flu** (Influenza) - Annually

*\*School entry requirement for South Dakota 6th grade students*



### DENTAL EXAM

Keep smiles healthy with an annual dental exam and two cleanings per year.

<https://www.insurekidsnow.gov/find-a-dentist/index.html>



### EYE EXAM

An annual eye exam is recommended.



### GET THEM INVOLVED

Getting your child involved in their own healthcare is the first step to helping them begin to take charge of their health. Youth can begin to learn their personal family medical history, write down questions, and talk directly with their healthcare provider.

For more resources visit: <https://doh.sd.gov/family/Youth/wellvisits.aspx>.

### WHY IT'S IMPORTANT TO MAKE TIME FOR WELL-CHILD VISITS

This is a time when their bodies begin to change and hormones fluctuate, so pre-teens may be at risk for things like depression and eating disorders. A PCP can answer questions related to safety, puberty, healthy eating, physical activity, and computer and television screen time. They can also help distinguish between moodiness and something more serious.