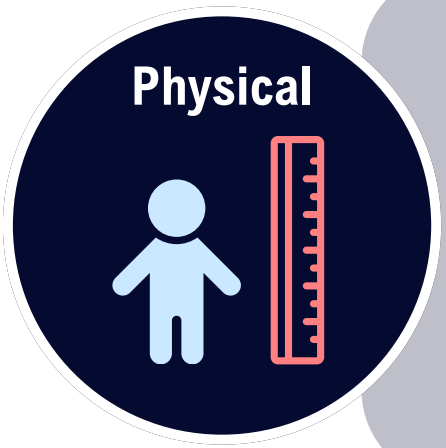
What is happening with preteens?

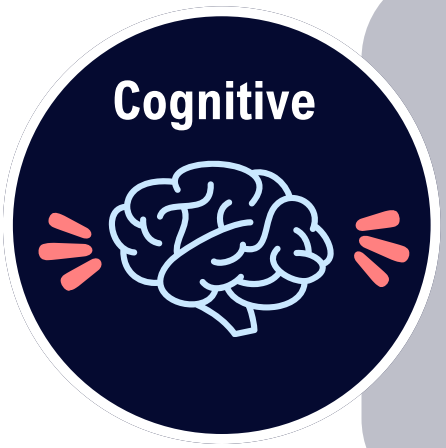


Height and weight gains

- Physical changes are rapid
- Can cause growing pains

Pre-puberty

- Hair growth
- Change in sweat glands
- Changes in skin
- Mood swings



Brain Development

- Brain is becoming more efficient

Impulse control

- Prefrontal cortex is not fully developed yet which may lead to impulsivity and expression of strong emotions

Developing thinking strategies

- Becoming more logical in thinking and problem solving

Independence

- Kids begin to make decisions on their own and are more interested in what their peers think

Social hierarchy and cliques

- This is a time when preteens may be trying very hard to fit in

Identity

- Preteens are figuring out who they want to be

PHP
Parenting Healthy Preteens