

Anticipatory Guidance: Birth - 10 Years

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

C&TC Requirements

General

Anticipatory guidance is required at every C&TC visit. Anticipatory guidance supports health and development and prevents injury and illness as the child grows.

Personnel

A licensed health care provider should provide anticipatory guidance: physician, nurse practitioner, physician assistant, or registered or public health nurse (RN or PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health (MDH).

Documentation

Documentation must show that age-appropriate anticipatory guidance and health education were discussed.

For documentation examples, refer to the [C&TC Provider Documentation Forms \(mn.gov/dhs\)](https://mn.gov/dhs).

Procedure

Focus anticipatory guidance on concerns identified by the child and parent/caregiver, health history, physical exam findings, and recommended age-appropriate health promotion and illness or injury prevention.

Importance of Anticipatory Screening

Parents and guardians who receive anticipatory guidance information from their pediatric providers reported more confidence as a caregiver, were more likely to use positive parenting strategies, and less likely to report feeling worried about the development of their child (Bethell, Peck, & Schor, 2001).

Key Resources to Provide to Caregivers and Youth

Healthy Relationships

Safe, stable, and nurturing relationships (SSNR) buffer adversity and improve resilience when dealing with adversity in the future (Garner, Yogman, & Committee On Psychosocial Aspects of Child And Fam, 2021).

- [Positive Parenting Tips \(cdc.gov\)](https://www.cdc.gov/positiveparenting/)
- [Ages and Stages \(healthychildren.org\)](https://www.healthychildren.org/ages-stages/)

Healthy Lifestyle

Active lifestyles and healthy behaviors are important for lifelong healthful habits.

- [Healthy Living \(healthychildren.org\)](https://www.healthychildren.org/healthy-living/)
- [Children's Oral Health \(cdc.gov\)](https://www.cdc.gov/childrens-oral-health/)
- [Kids and Sleep \(kidshealth.org\)](https://www.kidshealth.org/kids/sleep/)
- [Power of Play Toolkit \(aap.org\)](https://www.aap.org/powerofplay/)

Injury Prevention

Counseling parents about preventing injuries positively impacts safety behaviors (Hagan J.F., 2017). Firearms are the leading cause of death for children 0 to 24 years in the United States. These deaths often happen at home for children 0-12 years (Lee, et al., 2022).

- [Safety Tips \(www.safekids.org\)](http://www.safekids.org)
- [Safe to Sleep \(safetosleep.nichd.nih.gov\)](http://safetosleep.nichd.nih.gov)
- [Child Passenger Safety \(cdc.gov\)](http://cdc.gov)

Illness Prevention

Children have prolonged contact with others in daycare, preschools, and schools putting them at higher risk of getting sick.

- [Germ Prevention Strategies \(healthychildren.org\)](http://healthychildren.org)

Raising Healthy Children:

- [Infants & Toddlers Ages 0-3 \(cdc.gov\)](http://cdc.gov)
- [Children Ages 4-11 \(cdc.gov\)](http://cdc.gov)

Professional Recommendations

American Academy of Pediatrics

Bright Futures, 4th ed., provides recommendations for anticipatory guidance by topic and age (Hagan J.F., 2017).

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards \(dhs.state.mn.us\)](http://dhs.state.mn.us)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(dhs.state.mn.us\)](http://dhs.state.mn.us)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us\)](http://www.health.state.mn.us)

References

- Bethell, C., Peck, C., & Schor, E. (2001). Assessing Health System Provision of Well-Child Care: The Promoting Health Development Survey. *Pediatrics*, 1084-1094.
- Garner, A., Yogman, M., & Committee On Psychosocial Aspects of Child And Fam. (2021). Preventing Childhood Toxic Stress: Partnering With Families and Communities to Promote Relational Health. *Pediatrics*, 148(2). doi:10.1542/peds.2021-052582
- Hagan J.F., S. J. (2017). *Bright Futures, 4th ed.* Elk Grove Village, IL: American Academy of Pediatrics.
- Lee, L., Fleeger, E., Goyal, M., Fraser Doh, K., Laraque-Arena, D., Hoffman, B., & The Council on Injury, V. a. (2022). Firearm-Related Injuries and Deaths in Children and Youth: Injury Prevention and Harm Reduction. *Pediatrics*, 150(6). doi:10.1542/peds.2022-060070

For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email health.childteencheckups@state.mn.us.

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