

Anticipatory Guidance: Birth - 10 Years

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

Anticipatory guidance is required at every C&TC visit to support the child's health and development. Include healthy relationship, healthy lifestyle, injury prevention, and illness prevention topics.

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 must 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 or for use as a template with your electronic medical record, refer to the [C&TC Provider Documentation Forms](#).

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 Guidance

Parents and guardians who received anticipatory guidance reported more confidence as caregivers, were more likely to use positive parenting strategies, and were less likely to worry about their child's development (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](#)
- [Ages and Stages](#)

Healthy Lifestyle

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

- [Healthy Living](#)
- [Children's Oral Health](#)
- [Kids and Sleep](#)
- [Power of Play Toolkit](#)

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 (Lee, et al., 2022).

Unintentional cannabis exposures increased significantly in young children from 2017 to 2021 (Tweet, Nemanich, & Wahl, 2023).

- [Safety Tips](#)
- [Safe to Sleep](#)
- [Child Passenger Safety](#)
- [Preventing Unintentional Poisonings from Cannabis Products](#)

Illness Prevention

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

- [Germ Prevention Strategies](#)

Raising Healthy Children:

- [Infants & Toddlers Ages 0-3](#)
- [Children Ages 4-11](#)

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](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)

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
- Tweet, M., Nemanich, A., & Wahl, M. (2023). Pediatric Edible Cannabis Exposures and Acute Toxicity: 2017-2021. *Pediatrics*.

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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Resource Links

- [C&TC Provider Documentation Forms \(https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources\)](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources)
- [Positive Parenting Tips \(www.cdc.gov/ncbddd/childdevelopment/positiveparenting\)](http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting)
- [Ages and Stages \(www.healthychildren.org/English/ages-stages/Pages/default.aspx\)](http://www.healthychildren.org/English/ages-stages/Pages/default.aspx)
- [Healthy Living \(www.healthychildren.org/english/healthy-living/pages/default.aspx\)](http://www.healthychildren.org/english/healthy-living/pages/default.aspx)
- [Children's Oral Health \(www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html\)](http://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html)
- [Kids and Sleep \(https://kidshealth.org/en/parents/sleep.html\)](https://kidshealth.org/en/parents/sleep.html)
- [Power of Play Toolkit \(www.aap.org/en/newsroom/campaigns-and-toolkits/power-of-play-toolkit\)](http://www.aap.org/en/newsroom/campaigns-and-toolkits/power-of-play-toolkit)
- [Safety Tips \(www.safekids.org/safetytips\)](http://www.safekids.org/safetytips)
- [Safe to Sleep \(https://safetosleep.nichd.nih.gov/resources/order\)](https://safetosleep.nichd.nih.gov/resources/order)
- [Child Passenger Safety \(www.cdc.gov/transportationsafety/child_passenger_safety/index.html\)](http://www.cdc.gov/transportationsafety/child_passenger_safety/index.html)
- [Preventing Unintentional Poisonings from Cannabis Products \(www.health.state.mn.us/communities/cannabis/thcpoisonings.html\)](http://www.health.state.mn.us/communities/cannabis/thcpoisonings.html)
- [Germ Prevention Strategies \(www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Germ-Prevention-Strategies.aspx\)](http://www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Germ-Prevention-Strategies.aspx)
- [Infants & Toddlers Ages 0-3 \(www.cdc.gov/parents/infants/healthychildren.html\)](http://www.cdc.gov/parents/infants/healthychildren.html)
- [Children Ages 4-11 \(www.cdc.gov/parents/children/healthychildren.html\)](http://www.cdc.gov/parents/children/healthychildren.html)
- [C&TC Schedule of Age-Related Screening Standards \(https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG\)](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092\)](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092)
- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us/divs/cfh/program/ctc/index.cfm\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)