

Anticipatory Guidance 0-5 Years

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

C&TC Requirements

General

Anticipatory guidance regarding the child's health must be provided as part of every C&TC visit. Anticipatory guidance helps the parent or caregiver support healthy development and prevent injury and illness as the child grows older.

Personnel

Qualified personnel should provide anticipatory guidance such as: Physician, Nurse Practitioner, Physician Assistant, or Registered Nurse with adequate training.

Documentation

Documentation must show that age-appropriate anticipatory guidance and health education were provided. For documentation examples, visit: [C&TC Documentation Forms for Providers and Clinics \(www.dhs.state.mn.us\)](http://www.dhs.state.mn.us).

Procedure

Physical, developmental, mental health, and other C&TC components give the initial context for providing health education at the C&TC visit. Dental screening provides an additional opportunity for anticipatory guidance and health education.

Importance of Anticipatory Guidance

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

Important Topics in Promoting Healthy Development

Positive Parenting

Encourage the family to set routines and developmentally appropriate expectations, provide positive reinforcement of desired behaviors, and encourage independence and curiosity (Glascoe & Leew, 2010). For more information, refer to [Positive Parenting Tips \(www.cdc.gov\)](http://www.cdc.gov).

School Readiness

"Promote the Five Rs of early education: Reading, Rhyming and play, Routines, Reward every day successes, and Reciprocal nurturing relationships" (High, 2008). For more information, refer to [Using Their Words: Help preschoolers get a good start in reading and learning \(www.healthychildren.org\)](http://www.healthychildren.org).

Nutrition

Encourage exclusive breastfeeding until 6 months of age, family meals, and the importance of breakfast. Emphasize adequate intake of fruits, vegetables, and whole grains and limit portion sizes. For more information, refer to: [Childhood Nutrition \(www.healthychildren.org\)](http://www.healthychildren.org).

Oral Health

Encourage caregivers to establish a dental home by one year of age, avoid allowing sleeping with a bottle, limit juice, and supervise and assist in brushing teeth. For more information, refer to [Children's Oral Health \(www2.aap.org\)](http://www2.aap.org).

Important Injury Prevention Topics

Shaken Baby Syndrome (SBS)

Educate caregivers about safe approaches to calming and coping with crying infants and the

dangers of shaking, striking, or impacting an infant's head. For more information, refer to [Preventing Abusive Head Trauma in Children \(www.cdc.gov\)](http://www.cdc.gov).

Sudden Unexpected Infant Death (SUID) and Sudden Infant Death Syndrome (SIDS)

Encourage back-to-sleep position in a crib on a firm mattress with a fitted sheet free of soft objects and loose bedding, room sharing without bed sharing, and avoidance of other devices such as swings or car seats for routine sleep. For more information refer to [What does a safe sleep environment look like \(www.nichd.nih.gov\)](http://www.nichd.nih.gov).

Motor Vehicle Accidents

Educate parents and guardians regarding safe car seat installation, rear facing position with a 5-point harness until age 2 years, forward facing seats with a harness for as long as possible, booster seats for all children until they are 4 feet 9 inches in height (usually between 8-12 years of age), and seat children in the back seat until age 13. For more information, refer to [Child Passenger Safety: Get the Facts \(www.cdc.gov\)](http://www.cdc.gov).

Drowning

Counsel caregivers about importance of close adult supervision around any body of water, including bathtubs. Fence off all home pools and recommend swimming only at beaches where lifeguards are present. For more information, refer to [Drowning Prevention \(www.cdc.gov\)](http://www.cdc.gov).

Burns

Educate parents and guardians to maintain working smoke alarms, have an escape plan, use safe cooking practices, how to avoid hot liquid spills, and maintain water heater temperature to less than 120° F. For more information, refer to [Burn Prevention \(www.cdc.gov\)](http://www.cdc.gov).

Poisoning

Educate parents about the importance of keeping medicines and household products in original containers out of reach and out of sight. Keep the poison control number handy: 1-800-222-1222. For more information, refer to [Poison Prevention \(www.healthychildren.org\)](http://www.healthychildren.org).

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For More Information

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Revised: 1/2017

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