

Anticipatory Guidance 6-12 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 promote 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. Individualize and prioritize anticipatory guidance topics according to the questions and concerns brought by the child, parent or guardian.

Providing anticipatory guidance with a "strengths building approach" for children in the preadolescent years can promote healthy adolescent choices, independence, and involvement in one's own health care, as well as decrease risky behaviors (Duncan, et al., 2012). Strength-based counseling is focused on the preadolescent's competencies, health behaviors, relationships, community

engagement, self-confidence, and decision making.

Importance of Anticipatory Guidance

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

Important Topics in Promoting Healthy Development

Healthy Weight

Encourage a variety of healthy foods; increase fruit, vegetable, and whole-grain consumption. Emphasize value of family meals. Advise to limit eating out and consumption of energy-dense foods, sweetened beverages, and energy drinks that contain caffeine. Encourage at least 60 minutes of moderate to vigorous physical activity each day and limit screen time to less than two hours per day (Hagan, Shaw, & Duncan, 2008).

Sexual Development

Discuss sexual development in advance of puberty. Emphasize how parent-child discussion of sexual development and relationships correlates with delayed sexual experimentation (Hagan, Shaw, & Duncan, 2008). Factual information is more likely to come from parents than peers. For more information, refer to [Puberty \(www.healthychildren.org\)](http://www.healthychildren.org).

Important Injury Prevention Topics

Injury prevention counseling in primary care has been proven effective in decreasing injury rates in children (Gardner, 2007).

Pedestrian/School Safety

Advise supervision of pedestrian children until age 10 and supervision of children boarding and exiting buses (Committee on Injury, Violence, and Poison Prevention, 2009). Encourage caregivers to teach safe street habits crossing the street and riding the school bus. Children should always wear an approved helmet when biking. Children under 9 years of age should not bike in the street. They should only ride their bike with adult supervision. For more information, refer to [Safety on The Way To School \(www.healthychildren.org\)](http://www.healthychildren.org).

Gun Safety

Counsel about storing guns unloaded in locked cabinets where child does not have access to the key; the safest option is to have a gun free home. Minnesota law prohibits storage that allows children to have access to loaded firearms; failure to comply with safe storage result in a gross misdemeanor charge (Dowd & Sege, 2012). For more information, refer to [Gun Safety: Keeping Children Safe \(www.healthychildren.org\)](http://www.healthychildren.org).

Important Personal Safety Topics

Internet Safety

Discuss family internet rules and use. Direct supervision is recommended. Place the computer in a location where you can monitor its use and check the internet history frequently. (O'Keefe & Clarke-Peterson, 2011) [The Internet and Your Family \(www.healthychildren.org\)](http://www.healthychildren.org).

Sexual Abuse

Emphasize resilient behaviors: autonomy, open parent-child communication, self-respect, and development of good personal boundaries. For more information, refer to [Sexual Abuse \(www.healthychildren.org\)](http://www.healthychildren.org).

Bullying

Self-confidence and the ability to get along with other children are protective factors against bullying behaviors and being bullied. Discuss strategies (identifying a safe adult, engaging the school staff) for the child and parent if bullying occurs. For more information, refer to [Bullying: It's Not Ok \(www.healthychildren.org\)](http://www.healthychildren.org).

References

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