Anticipatory Guidance: Birth – 10 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 supports health and development and prevents injury and illness as the child grows older.

Personnel
Anticipatory guidance should be provided by qualified personnel (physician, nurse practitioner, physician assistant, or registered nurse with adequate training).

Documentation
Documentation must show that age-appropriate anticipatory guidance and health education were discussed. Examples of age-appropriate guidance can be found on the C&TC Provider Documentation Forms (www.dhs.state.mn.us).

Procedure
High priority topics of anticipatory guidance should be part of the face-to-face conversation with the patient and family. Handouts can supplement this in-person guidance, keeping in mind the family’s language and literacy needs.

Focus anticipatory guidance topics on:
1. Questions and concerns brought by the child and the parent/caregivers,
2. Findings from the child’s health history and physical exam, and
3. Age-appropriate health promotion and illness or injury prevention (refer to helpful links later in this fact sheet).

Motivational interviewing, awareness of and respect for the family’s culture and values, and using plain language all improve the effectiveness of anticipatory guidance.

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

Key Topics

Healthy Relationships
Positive relationships are the foundation for healthy social-emotional, physical, and cognitive development. Encourage parents to set routines and developmentally appropriate expectations (Glascoe, 2010).

- Early Development and Well Being (www.zerotothree.org)
- Search Institutes Developmental Relationship and Developmental Assets Frameworks (www.search-institute.org)
- Positive Parenting Tips (www.cdc.gov)
- Ages and Stages (www.healthychildren.org)

Healthy Lifestyle
An active lifestyle and healthy behaviors are important for optimal development and lifelong beneficial habits.
Healthy Living for Families (www.healthychildren.org)
Family Media Plan (www.healthychildren.org)
We Can! eat play grow (www.nhlbi.nih.gov)
MyPlate (www.choosemyplate.gov)
Children's Oral Health (www.cdc.gov)
All About Sleep (kidshealth.org)

Injury Prevention

Keeping children safe is a critical role of parenting.

- Protect the Ones You Love: Child Injuries are Preventable (www.cdc.gov)
- Safe Kids Worldwide Safety Tips (www.safekids.org)
- Household Safety Checklists (kidshealth.org)
- Safe to Sleep (www.safetosleep.nichd.nih.gov)
- Preventing Abusive Head Trauma (www.cdc.gov)
- Child Passenger Safety (www.cdc.gov)
- Preventing Children's Sports Injuries (kidshealth.org)

Illness Prevention

Children have close and prolonged contact with others, especially in settings such as daycare, preschools and schools, which puts them at higher risk of contracting illness.

- Germ Prevention Strategies (www.healthychildren.org)
- Vaccines and Immunizations (www.cdc.gov)
- When to Call Your Pediatrician (www.healthychildren.org)

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

- Minnesota Health Care Programs Provider Manual C&TC Section (www.dhs.state.mn.us)
- Minnesota Child and Teen Checkups Schedule of Age-Related Screening Standards (www.dhs.state.mn.us)

Minnesota Department of Health

- Child and Teen Checkups (www.health.state.mn.us)

References


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 651-201-3760 or email health.childteencheckups@state.mn.us.

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