

# 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. Include topics such as healthy relationships, healthy lifestyle, injury prevention, and illness prevention.

### C&TC standards

#### General

Anticipatory guidance is required at every C&TC visit birth through 10 years of age. This 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.

#### Documentation

Document the discussion of age-appropriate anticipatory guidance and health education.

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

### Procedure

Focus anticipatory guidance on concerns from 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 reported decreased stress and increased effective parenting practices after receiving anticipatory guidance (Hsu, Lee, Lai, Tsai, & Chiu, 2018).

### Key resources to provide to caregivers and youth

#### Healthy relationships

Safe, stable, and nurturing relationships help ease difficulties 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

Encourage active lifestyles and healthy behaviors to promote lifelong healthy habits.

- [Healthy Living](#)
- [Oral Health Tips for Children](#)
- [Kids and Sleep](#)
- [Power of Play Toolkit](#)
- [Early Literacy](#)

## Injury prevention

Counseling parents about preventing injuries positively impacts safety behaviors (Hagan J.F., 2017).

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

## Illness prevention

Prolonged contact with others in daycare, preschools, and schools puts children 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, fourth edition, 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 \(C&TC\)](#)

## 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](mailto: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](https://www.cdc.gov/child-development/positive-parenting-tips/index.html)  
(<https://www.cdc.gov/child-development/positive-parenting-tips/index.html>)
- [Ages and Stages](http://www.healthychildren.org/English/ages-stages/Pages/default.aspx)  
([www.healthychildren.org/English/ages-stages/Pages/default.aspx](http://www.healthychildren.org/English/ages-stages/Pages/default.aspx))
- [Healthy Living](http://www.healthychildren.org/english/healthy-living/pages/default.aspx)  
([www.healthychildren.org/english/healthy-living/pages/default.aspx](http://www.healthychildren.org/english/healthy-living/pages/default.aspx))
- [Oral Health Tips for Children](https://www.cdc.gov/oral-health/prevention/oral-health-tips-for-children.html)  
(<https://www.cdc.gov/oral-health/prevention/oral-health-tips-for-children.html>)
- [Kids and Sleep](https://kidshealth.org/en/parents/sleep.html)  
(<https://kidshealth.org/en/parents/sleep.html>)
- [Power of Play Toolkit](http://www.aap.org/en/news-room/campaigns-and-toolkits/power-of-play-toolkit)  
([www.aap.org/en/news-room/campaigns-and-toolkits/power-of-play-toolkit](http://www.aap.org/en/news-room/campaigns-and-toolkits/power-of-play-toolkit))
- [Early Literacy](https://www.aap.org/en/patient-care/early-childhood/early-childhood-health-and-development/early-literacy/)  
(<https://www.aap.org/en/patient-care/early-childhood/early-childhood-health-and-development/early-literacy/>)
- [Safety Tips](http://www.safekids.org/safetytips) ([www.safekids.org/safetytips](http://www.safekids.org/safetytips))
- [Gun Safety Campaign Toolkit](https://www.aap.org/en/news-room/campaigns-and-toolkits/gun-safety)  
(<https://www.aap.org/en/news-room/campaigns-and-toolkits/gun-safety>)
- [Safe to Sleep](https://safetosleep.nichd.nih.gov/resource/s/order)  
(<https://safetosleep.nichd.nih.gov/resource/s/order>)
- [Child Passenger Safety](https://www.cdc.gov/child-passenger-safety/about/index.html)  
(<https://www.cdc.gov/child-passenger-safety/about/index.html>)
- [Preventing Unintentional Poisonings from Cannabis Products](http://www.health.state.mn.us/communities/cannabis/thcpoisonings.html)  
([www.health.state.mn.us/communities/cannabis/thcpoisonings.html](http://www.health.state.mn.us/communities/cannabis/thcpoisonings.html))
- [Germ Prevention Strategies](http://www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Germ-Prevention-Strategies.aspx)  
([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](https://www.cdc.gov/parents/infants/index.html)  
(<https://www.cdc.gov/parents/infants/index.html>)
- [Children Ages 4-11](https://www.cdc.gov/parents/children/index.html)  
(<https://www.cdc.gov/parents/children/index.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](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092)  
([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 \(C&TC\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)  
([www.health.state.mn.us/divs/cfh/program/ctc/index.cfm](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm))

## References

- 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.
- Hsu, H.-C., Lee, S.-Y., Lai, C.-M., Tsai, W.-L., & Chiu, H.-T. (2018). Effects of Pediatric Anticipatory Guidance on Mothers of Young Children. *Western Journal of Nursing Research*, 305-326.