

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 documentation forms on the [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources](#) webpage 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 et al., 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 et al., 2021).

- [Positive Parenting Tips](#)
- [Ages and Stages](#)

Healthy lifestyle

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

- [Healthy Living](#)
- [Tips to Prevent Cavities in Young Children](#)
- [Sleep](#)
- [Power of Play Toolkit](#)
- [Early Literacy](#)
- [How to Make a Family Media Plan](#)

Injury prevention

Counseling parents about preventing injuries positively impacts safety behaviors (Hagan et al., 2017).

- [Safety Tips](#)
- [Gun Safety Campaign Toolkit](#)
- Safe to Sleep [print and download materials](#)
- [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.

- [Keep Your Home Healthy: Room-by-Room Cleaning Tips to Prevent Infections](#)

Raising healthy children:

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

Professional recommendations

American Academy of Pediatrics

Bright Futures, fourth edition, provides recommendations for anticipatory guidance by topic and age (Hagan et al., 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.

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Resource links

- [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources](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)
- [Healthy Living](http://www.healthychildren.org/english/healthy-living/pages/default.aspx)
(www.healthychildren.org/english/healthy-living/pages/default.aspx)
- [Tips to Prevent Cavities in Young Children](https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Teething-and-Dental-Hygiene.aspx)
(<https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Teething-and-Dental-Hygiene.aspx>)
- [Sleep](https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx)
(<https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx>)
- [Power of Play Toolkit](http://www.aap.org/en/newsroom/campaigns-and-toolkits/power-of-play-toolkit) (www.aap.org/en/newsroom/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/>)
- [How to Make a Family Media Plan](https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx)
(<https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx>)
- [Safety Tips](http://www.safekids.org/safetytips) (www.safekids.org/safetytips)
- [Gun Safety Campaign Toolkit](https://www.aap.org/en/newsroom/campaigns-and-toolkits/gun-safety)
(<https://www.aap.org/en/newsroom/campaigns-and-toolkits/gun-safety>)
- [Safe to Sleep print and download materials](https://safetosleep.nichd.nih.gov/resources/older)
(<https://safetosleep.nichd.nih.gov/resources/older>)
- [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)
- [Keep Your Home Healthy: Room-by-Room Cleaning Tips to Prevent Infections](https://www.healthychildren.org/English/healthy-living/conditions/prevention/Pages/Germ-Prevention-Strategies.aspx)
(<https://www.healthychildren.org/English/healthy-living/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)
- [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)

References

- Garner, A., Yogman, M., & Committee on Psychosocial Aspects of Child and Family Health. (2021). Preventing childhood toxic stress: Partnering with families and communities to promote relational health. *Pediatrics*, 148(2). <https://doi.org/10.1542/peds.2021-052582>
- Hagan, J. F., Shaw, J. S., Duncan, P. M. (Ed.). (2017). *Bright Futures, 4th ed.* American Academy of Pediatrics. <https://doi.org/10.1542/9781610020237>
- 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. <https://doi.org/10.1177/0193945916681292>