### Using Protective Factors to Develop Case Plan Tasks and Activities

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<tr>
<th>Protective Factor</th>
<th>Sample Objective</th>
<th>Sample Tasks / Activities</th>
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| **Parental Resilience** | The mother will consistently identify and meet her own physical and emotional care needs. | • Mother will call her sister when feeling overwhelmed.  
• Mother will take a positive self-care action every day, such as walking for 20 minutes, taking a hot bath, listening to favorite music, talking with her sister, etc.  
• Mother will create a self-calming routine and follow it when she feels frustrated, angry or out-of-control. |
| **Knowledge of Parenting and Child Development** | Both parents will work together to demonstrate expectations for their four-year-old child which are consistent with the child’s age and developmental stage. | • Both parents will enroll in a parenting education class.  
• Both parents will practice a new parenting strategy learned in the parenting class and write down the outcome.  
• Both parents will fill out the “Ages and Stages Questionnaire” and identify any subsequent questions or concerns.  
• Both parents will meet with the child’s preschool teacher or pediatrician to discuss the results of the “Ages and Stages Questionnaire.” |
| **Social Connections** | The mother will identify and engage in positive peer relationships that serve as a source of support. | • Mother will ask her neighbor to care for her child and make use of this support if she does not feel able to do so in a safe way.  
• Mother will invite another mother from her child’s school to go to the movies or other recreational activity.  
• Mother will talk to her counselor about the barriers she has identified that interfere with her ability to engage socially.  
• Mother will engage in reciprocal support with friends (e.g., ride sharing, making meals together, babysitting trade).  
• Mother will join a church group and participate in social activities. |
| **Concrete Support in Times of Need** | The parents and caseworker will work together to address issues contributing to stress in the family. | • Parents and caseworker will identify an agreed-upon list of issues contributing to stress in the family and an agreed-upon action plan to address those issues.  
• Parents and caseworker will identify and select an agreed-upon service provider.  
• Caseworker will provide bus tokens and parents will attend scheduled appointments with the service provider.  
• Caseworker and parents will work together to complete applications for benefits and/or services. |
| **Social and Emotional Competence of Children** | The father and mother will provide for the twelve-year-old child’s social and emotional development. | • Father and mother will talk with their child’s teacher and basketball coach about additional supports the child needs to work through the trauma experienced.  
• Father and mother will schedule counseling appointments and bring the child to the appointments.  
• Father and mother will schedule and jointly participate in interactive recreational activities (e.g., hiking, bowling, sports events) with their child at least one time per month.  
• Father and mother will encourage their child to invite friends to the home for a movie night or other fun activity. |
Worker name ___________________________________
Family name ___________________________________
Date last updated ____________________

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