



USING PROTECTIVE FACTORS TO DEVELOP CASE PLAN TASKS AND ACTIVITIES

Protective Factor	Sample Objective	Sample Tasks / Activities
Parental Resilience	The mother will consistently identify and meet her own physical and emotional care needs.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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 _____

Protective Factor	Objective	Tasks / Activities
Parental Resilience		
Knowledge of Parenting and Child Development		
Social Connections		
Concrete Support in Times of Need		
Social and Emotional Competence of Children		