



## USING PROTECTIVE FACTORS TO DEVELOP CASE PLAN TASKS AND ACTIVITIES

<b>Protective Factor</b>	<b>Sample Objective</b>	<b>Sample Tasks / Activities</b>
<b>Parental Resilience</b>	The mother will consistently identify and meet her own physical and emotional care needs.	<ul style="list-style-type: none"><li>• Mother will call her sister when feeling overwhelmed.</li><li>• 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.</li><li>• Mother will create a self-calming routine and follow it when she feels frustrated, angry or out-of-control.</li></ul>
<b>Knowledge of Parenting and Child Development</b>	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"><li>• Both parents will enroll in a parenting education class.</li><li>• Both parents will practice a new parenting strategy learned in the parenting class and write down the outcome.</li><li>• Both parents will fill out the "Ages and Stages Questionnaire" and identify any subsequent questions or concerns.</li><li>• Both parents will meet with the child's preschool teacher or pediatrician to discuss the results of the "Ages and Stages Questionnaire."</li></ul>
<b>Social Connections</b>	The mother will identify and engage in positive peer relationships that serve as a source of support.	<ul style="list-style-type: none"><li>• 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.</li><li>• Mother will invite another mother from her child's school to go to the movies or other recreational activity.</li><li>• Mother will talk to her counselor about the barriers she has identified that interfere with her ability to engage socially.</li><li>• Mother will engage in reciprocal support with friends (e.g., ride sharing, making meals together, babysitting trade).</li><li>• Mother will join a church group and participate in social activities.</li></ul>
<b>Concrete Support in Times of Need</b>	The parents and caseworker will work together to address issues contributing to stress in the family.	<ul style="list-style-type: none"><li>• 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.</li><li>• Parents and caseworker will identify and select an agreed-upon service provider.</li><li>• Caseworker will provide bus tokens and parents will attend scheduled appointments with the service provider.</li><li>• Caseworker and parents will work together to complete applications for benefits and/or services.</li></ul>
<b>Social and Emotional Competence of Children</b>	The father and mother will provide for the twelve-year-old child's social and emotional development.	<ul style="list-style-type: none"><li>• 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.</li><li>• Father and mother will schedule counseling appointments and bring the child to the appointments.</li><li>• 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.</li><li>• Father and mother will encourage their child to invite friends to the home for a movie night or other fun activity.</li></ul>



Worker name \_\_\_\_\_

Family name \_\_\_\_\_

Date last updated \_\_\_\_\_

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