



Protective Factors Plan for a Child in Kinship Care

Use this to identify the ordinary conditions that help a child feel safer, connected and able to recover after family disruption. Protective factors reduce risk and support wellbeing, but they do not erase what happened or guarantee a particular outcome.

Safe and stable daily life

- ☐ The child knows where they are sleeping and who will be there.
- ☐ Meals, school, transportation and basic household needs are reasonably predictable.
- ☐ Adults explain changes before they happen whenever possible.
- ☐ The home is physically safe and free from violence.

Supportive relationships

- ☐ The child has at least one trusted adult they can go to.
- ☐ Safe sibling and family relationships are actively maintained where appropriate.
- ☐ The child has opportunities for healthy friendships and peer connection.
- ☐ The caregiver has support so the child is not responsible for adult wellbeing.

School and community connection

- ☐ School knows who the caregiver is and how to reach them.
- ☐ The child has at least one supportive adult at school.
- ☐ The child has access to an activity, group, sport, cultural or community connection that fits them.
- ☐ Transportation or cost barriers to participation have been considered.



Protective Factors Plan: Body, Identity & Voice

Body and regulation

- ☐ Sleep routines are reasonably consistent.
- ☐ The child has regular food, water and movement.
- ☐ The child has time outdoors or in nature when that is accessible and enjoyable.
- ☐ Adults notice overload and help the child regulate before teaching or correcting.

Identity and belonging

- ☐ The child has accurate, age-appropriate information about their family story.
- ☐ Culture, language, community, spirituality or faith are supported when meaningful to the child.
- ☐ The child is not expected to hide or explain their family structure.
- ☐ The child can maintain safe connections to important people and places.

Choice and participation

- ☐ The child gets real choices when choices are available.
- ☐ Adults explain what decisions the child can influence and what adults must decide.
- ☐ The child's views are heard in age-appropriate ways.
- ☐ The child knows who to tell when something feels unsafe or confusing.

Three protective factors to strengthen first