

'I'm Lucy' Reflection Tool

This tool is designed to facilitate reflection by practitioners and supervisors after watching the 'I'm Lucy' video resource.

Protective factors

Protective factors are elements, attributes, or resources in an individual's life that help decrease the likelihood of negative outcomes, maintain psychological well-being and resilience, and promote overall well-being. Many protective factors can be developed or strengthened which can contribute to, and improve, an individual's sense of purpose, quality of life, and recovery.

Children are not protective factors

Professionals should not assume that being a parent/carer automatically reduces risk.

Children can be an important part of life for many, but they are not a protective factor and should not be classed as such in assessments.

Children are individuals in their own right and considering them 'protective factors' for their parent/carers' mental health can inadvertently lead to expectations of responsibility, which can create pressure, obscure need, and may discount the impact of parenting stress on the mental ill-health of the adult. It may also lead to an unhealthy attachment style between parent and child.

Reflection points to consider:

- What are the risks to a child if considered a protective factor for their parent or carer's mental health?
- How do I consider what risk or vulnerability a parent or carer's mental health issues might pose to a child's safety and wellbeing?
- How can I reframe a parent or carer viewing their child as a protective factor?
- What impact might there be for children if their parent or carer has mental health concerns? How can I ensure the child is supported?

Useful resources:

['I'm Lucy' video](#)
['I'm Lucy' conversation tool](#)
[Kent Support Levels Guidance](#)
[KSCMP Impact of Parent Mental Health on Children Factsheet](#)
[KSCMP Courageous & Challenges Conversations Tool](#)
[KSCMP Training](#)

I'm not a protective factor, I'm Lucy



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