## Key Risk and Protective Factors in the Early Years

<table>
<thead>
<tr>
<th>Risk</th>
<th>Stage</th>
<th>Protective</th>
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</table>
| Maternal smoking  
Pre-term birth  
Maternal mental illness  
Maternal alcohol use  
Poverty  
Household stress | **Antenatal** | Access to antenatal care  
Stable parental mental health  
Social connections and support |
| Low birth weight  
Difficult temperament  
Insecure attachment and harsh responses from carers  
Inadequate housing  
Low parental aspirations for child  
Parental substance misuse  
Toxic stress | **Early childhood 0-3 years** | Adequate birth weight  
Attachment and nurturing relationship with caregivers  
Maternal wellbeing  
Adequate nutrition and breastfeeding  
Stimulating home learning environment  
Access to health and social care |
| Difficult temperament  
Insecure attachment  
Harsh and inconsistent discipline  
Poor peer relationships  
Toxic stress  
Obesity  
Parental substance misuse  
Low parental aspirations for child | **Preschool 4-5 years** | Self-regulation  
Secure attachment  
Cognitive skills  
Early mastery of skills  
Planning and problem solving ability  
Communication and language skills  
Positive peer relationships  
Maternal wellbeing  
Adequate nutrition  
Stimulating home learning environment  
Access to health and social care  
Access to high quality learning |