Parents given a year or kids go to a home Jamie First

Parents who lose their children to foster care will have 12 months to demonstrate they have dealt with their issues, under legislation to be introduced into state parliament this week.

The Napthine government said the change to the Children, Youth and Families Act will give young people in care greater stability.

Community Services Minister Mary Wooldridge said too many kids were spending an extended period of time in care without any certainty, causing extra and avoidable trauma.

The Protecting Victoria's Vulnerable Children Inquiry found that young people were waiting an average of five years to be placed on a permanent care order if they could not return to their parents.

"Our first priority is to keep a child with a parent, but when parents cannot address the areas of concern, such as deal with their drug addiction or provide a safe environment, removing the children is the only option," Ms Wooldridge said.

In cases where parents demonstrate good progress, but need more time, a further 12 months may be granted to resolve issues.

If this does not work, a decision will be made to seek permanent alternative care for the child.