

Parents' Assessment of Protective Factors

The Parents' Assessment of Protective Factors (PAPF) is a list of 36 statements that describe you as a parent or caregiver. Some of the statements will describe you very well. Other statements will not describe you at all.

This survey should take only a few minutes to complete.

You are encouraged to respond to every statement.

Parent Statements

DIRECTIONS: There are 4 groups of statements in this survey. In responding to each statement, focus on the youngest child in your care who is between birth and 8-years-old.

In responding to the statements, please keep 3 points in mind:

1. You should respond truthfully to each statement. There are no right or wrong answers – only your opinions.
2. Some statements may seem like others, but no two statements are exactly the same.
3. You are encouraged to respond to every statement.

Read each statement and fill in the circle that best describes you during the last couple of months.

Fill in only one circle for each statement like this: ●

	This is NOT AT ALL LIKE me or what I believe	This is NOT MUCH LIKE me or what I believe	This is A LITTLE LIKE me or what I believe	This is LIKE me or what I believe	This is VERY MUCH LIKE me or what I believe
11. I feel positive about being a parent/caregiver.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I take good care of my child even when I am sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I find ways to handle problems related to my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I take good care of my child even when I have personal problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I manage the daily responsibilities of being a parent/caregiver.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I have the strength within myself to solve problems that happen in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I am confident I can achieve my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I take care of my daily responsibilities even if problems make me sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I believe that my life will get better even when bad things happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	This is NOT AT ALL LIKE me or what I believe	This is NOT MUCH LIKE me or what I believe	This is A LITTLE LIKE me or what I believe	This is LIKE me or what I believe	This is VERY MUCH LIKE me or what I believe
20. I have someone who will help me get through tough times.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I have someone who helps me calm down when I get upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I have someone who can help me calm down if I get frustrated with my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I have someone who will encourage me when I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I have someone I can ask for help when I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I have someone who will tell me in a caring way if I need to be a better parent/caregiver.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. I have someone who helps me feel good about myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I am willing to ask for help from my family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I have someone to talk to about important things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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29. I don't give up when I run into problems trying to get the services I need.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. I make an effort to learn about the resources in my community that might be helpful for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. When I cannot get help right away, I don't give up until I get the help I need.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. I know where to go if my child needs help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. I am willing to ask for help from community programs or agencies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. I know where I can get helpful information about parenting and taking care of children.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. Asking for help for my child is easy for me to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36. I know where to get help if I have trouble taking care of emergencies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. I try to get help for myself when I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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38. I maintain self-control when my child misbehaves.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. I help my child learn to manage frustration.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40. I stay patient when my child cries.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41. I play with my child when we are together.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42. I can control myself when I get angry with my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43. I make sure my child gets the attention he or she needs even when my life is stressful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44. I stay calm when my child misbehaves.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. I help my child calm down when he or she is upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46. I am happy when I am with my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

STOP