

Parent Protective Factors Card Sort “Growth Cards”

The Parent Protective Factors (PPF) Card Sort is a client-directed method to indicate areas for personal growth. The PPF Card Sort was developed by the University of Washington School of Nursing and the Washington State Department of Health to identify families in which children were at risk for child abuse, neglect and/or injury. An over-arching belief was that families had both risk and protective factors. The PPF Card Sort was developed to identify family strength and areas for growth.

The PPF is organized into two protective factors: (1) Self Care and Parent. Self-Care is composed of eight sections: (1) Physical and Mental Well-being; (2) Personal Social Networks; (3) Solving Problems (4) Coping with Anger; (5) Managing Stress; (6) Managing Everyday Life; (7) Self-Sufficiency; and, (8) Communicating with Others. The Parent component has four areas: (1) Nurturing and Bonding; (2) Understanding Child Development; (3) Disciplining as a Learning Process; and (4) Protecting and Help-Seeking.

The PPF Card Sort is based on a card “game” that parents “play” to identify and prioritize their strengths, challenges and areas for growth. The “deck” consists of 55 cards which represent the 12 protective factors listed above. There are 34 cards in the Self-Care factor, and 17 in the Parent factor. Each area has two Wild Cards that are used to identify areas that are not identified in the deck. The letters next to each number indicates the factor.

Directions:

1. Using the PPF Card Sort, the parent sorts through the set of Self Care cards and the Parent cards. The cards are read by the parent, privately or out loud.
2. Both sets of cards are combined and sorted into two piles: (1) Skills that are Well-Developed and (2) Skills that have Potential for Growth. If a particular card is not applicable for that parent, it can be placed in the “Skills that are Well-Developed” pile.
3. To affirm the strength of the parent, she or he can discuss all or selected cards in the pile of “Skills that are Well-Developed.”
4. The parent goes through the pile of “Skills that have Potential for Growth”. Use the PPF Growth work sheet to list those skills.
5. The parent chooses and priorities the top five cards that she or he feel are most important for growth. If there are less than five cards, all of them are chosen.
6. These five priority areas become the immediate areas for growth.
7. The Problem-Solving Process can help to develop a plan to achieve goals.