$$(p-4) (p-2) (p+4)$$
 $(p-2) (p+2)^2$
 $p (p+3)^2$

1. $p^3 + 6p^2 + 9p$ has a factor (p-(-3)) compute all other factors:

Solution

(p-2) p (p+1)

Apply Long Division.

 $p (p + 3)^2$