

# Contents

The Family Star Plus Flashcards are for parents. These cards are an additional resource to be used alongside the Star Chart, with or instead of the short illustrated Scales and User Guide.

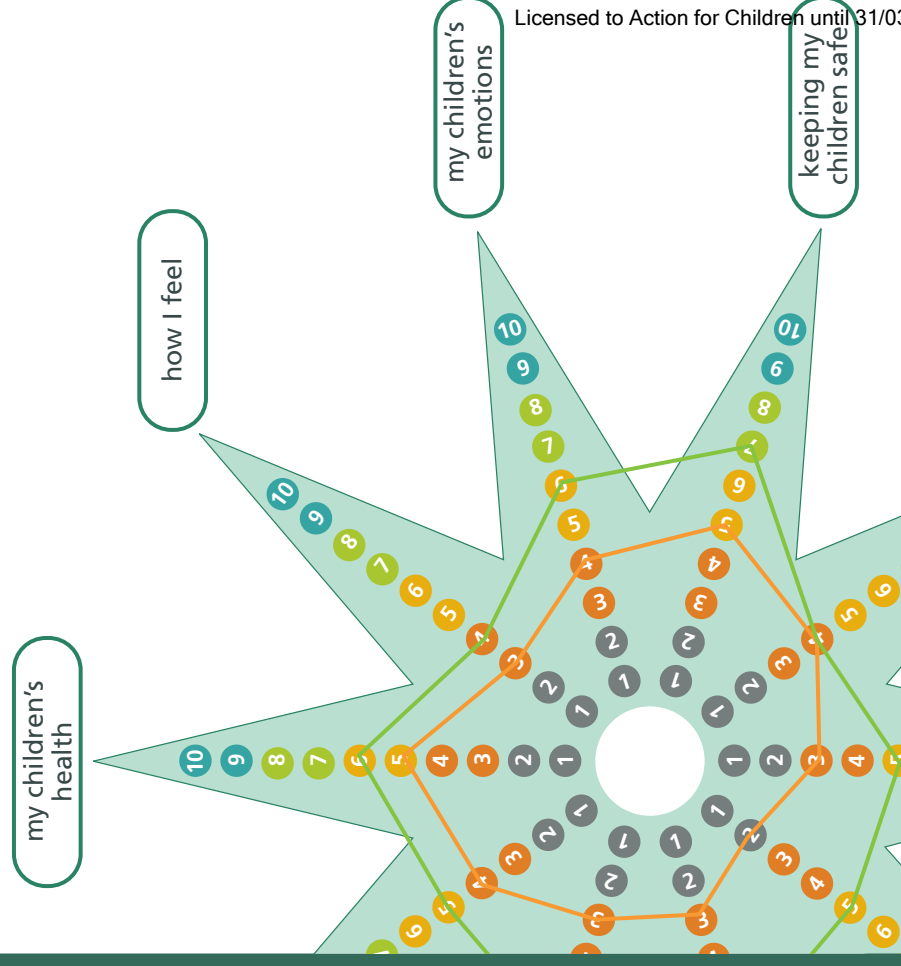
Please ensure you have received training, are licensed and are familiar with the Star and how to use it.

This pack contains 17 cards in total including:

- 10 Star area flashcards
- 5 Journey of Change flashcards
- Cover and copyright card
- How to print the flashcards card

# Family Star Plus™

An Outcomes Star for parents



Licensed to Action for Children until 31/03/2024

# Copyright Information

The Family Star Plus is a version of the Outcomes Star, a suite of tools for supporting and measuring change when working with people.

Triangle Consulting Social Enterprise Ltd is the copyright holder of the Family Star Plus. In order to support consistency of use and effective implementation, the creation of derivative works is prohibited and users are required to buy a licence and train all workers using the materials with service users. See website for full copyright information  
[www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)

# How to print the flashcards

Each card is designed as A5 in size. They can be professionally printed or printed on standard office printers. They have been designed to fit two to an A4 page and to be printed double-sided and then cut out, with the main area on the front of the card and additional images and text for prompts on the back.

Set the document to print in colour or black and white, double-sided, long-edge binding.

- If your printer allows you to print to the edge of a page, scale at 100%. If it does not, you can print the document at "scale to print" and trim off the white borders
- A professional-print pdf with full 3mm bleeds is available should you wish to get the cards professionally printed onto cardstock.

# Journey of Change

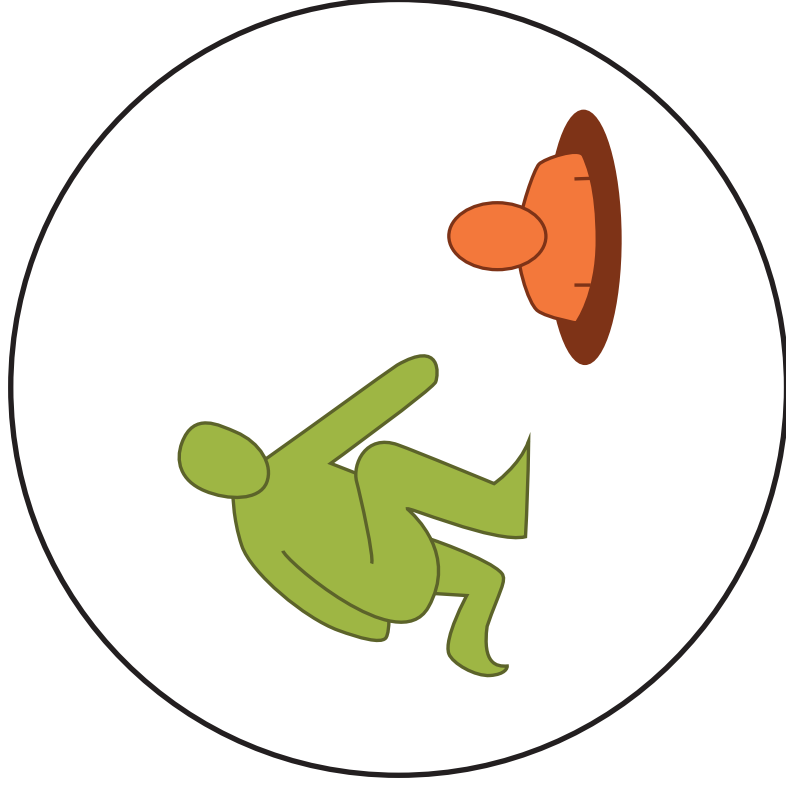
Family Star Plus™



3-4 Accepting help

# Journey of Change

Family Star Plus™



1-2 Stuck

## 1-2 Stuck

- Struggling with parenting
- Or others are concerned
- Children not doing well just now
- Don't have the help you need or can't engage with it

**1 = Not getting help or not ready to engage**

**2 = Occasionally say you struggle**

## 3-4 Accepting help

- Struggling but
- Going along with some support
- Getting practical help or advice
- But... don't yet believe you can make a difference

**3 = Sometimes allow others to help**

**4 = Go along with help more consistently**

### The Journey of Change

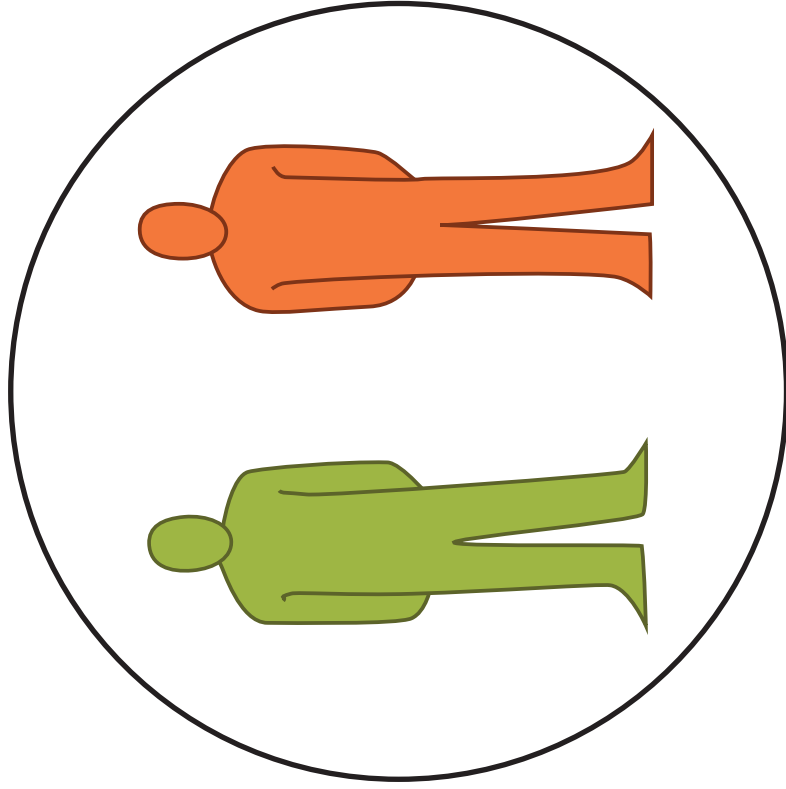
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### The Journey of Change

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# Journey of Change

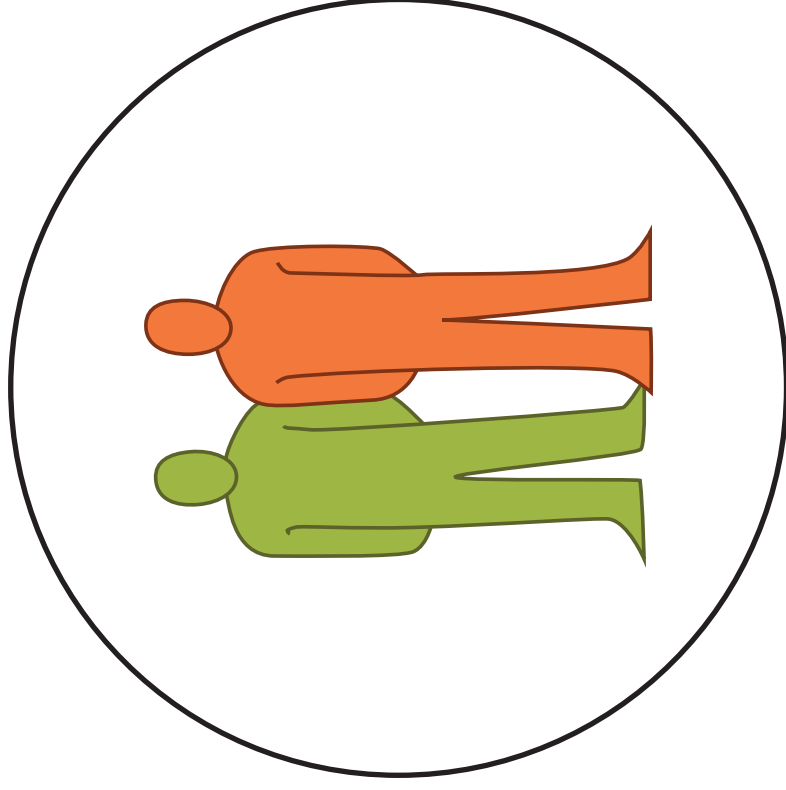
Family Star Plus™



7-8 Finding what works

# Journey of Change

Family Star Plus™



5-6 Trying

## 5-6 Trying

- Recognising it's up to you too
- Believing things can change
- Trying new ways to do things
- But... it's not working yet

**5 = Starting to believe you can make a difference**

**6 = Trying to make changes but it's not yet working**

## 7-8 Finding what works

- Learning from experience
- Children are benefitting
- Finding ways to improve things
- But ... still need support with problem areas

**7 = More changes needed**

**8 = Working well with ongoing support**

### The Journey of Change

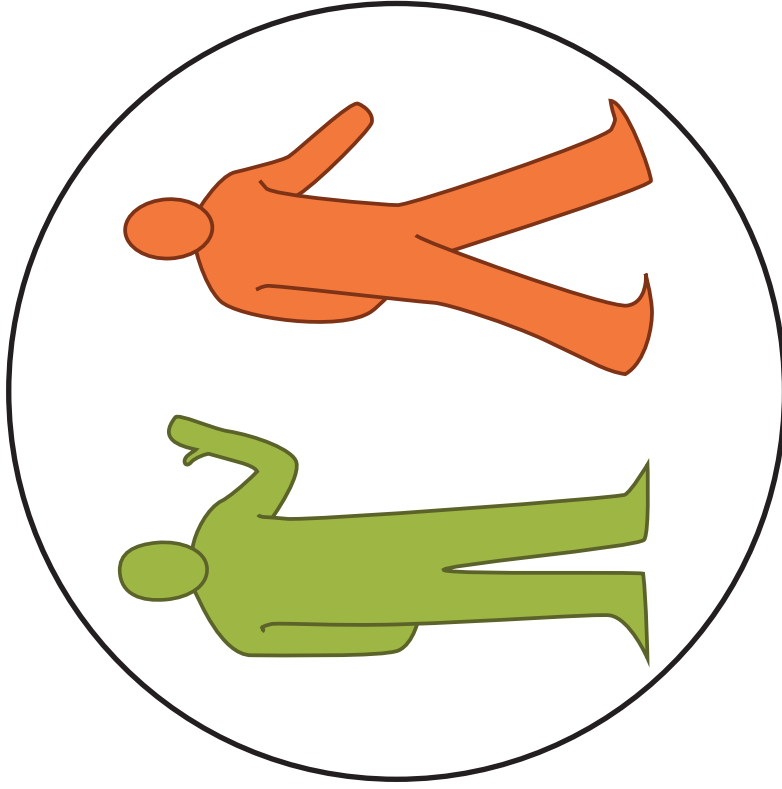
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### The Journey of Change

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# Journey of Change

Family Star Plus™



9-10 Managing well

## 9-10 Managing well

- Children doing well in your care
- Putting them first when necessary
- Having the support you need from friends, family or communities
- No longer need professional support

**9 = Occasional support from the service**

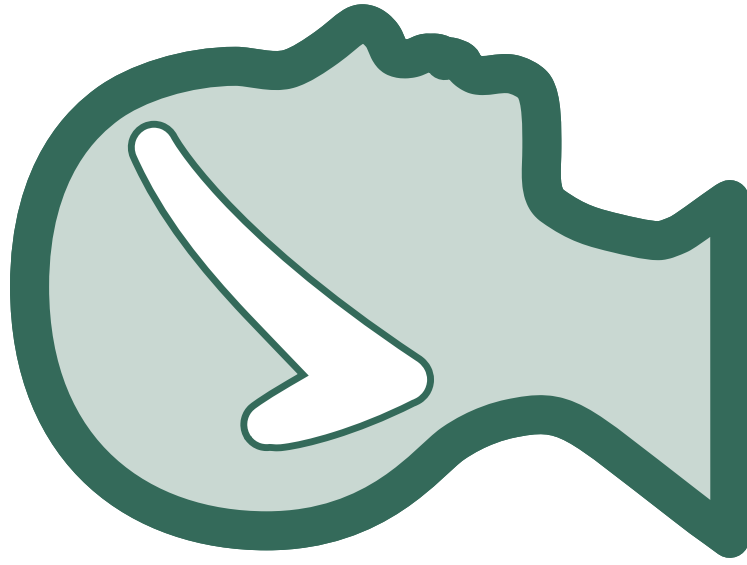
**10 = No longer need support from the service**

### The Journey of Change

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**How I feel**



**My children's  
health**



# My children's health



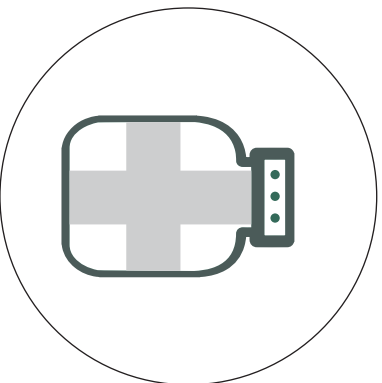
Doctors, dentist, optician



Healthy lifestyle

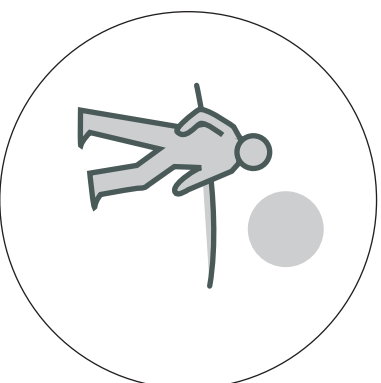


Early development



Managing health conditions

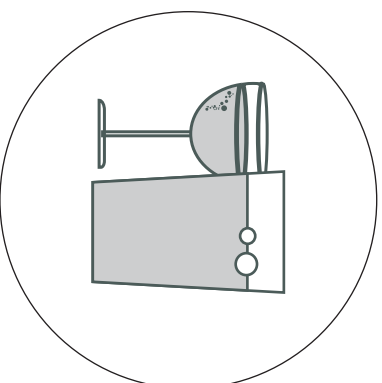
# How I feel



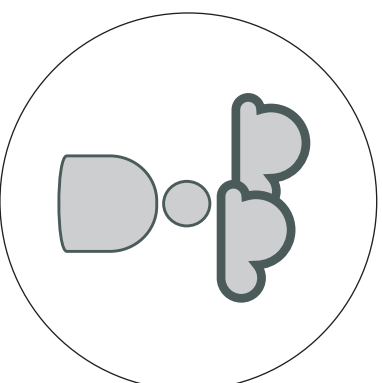
Your physical health



Your emotional and mental health

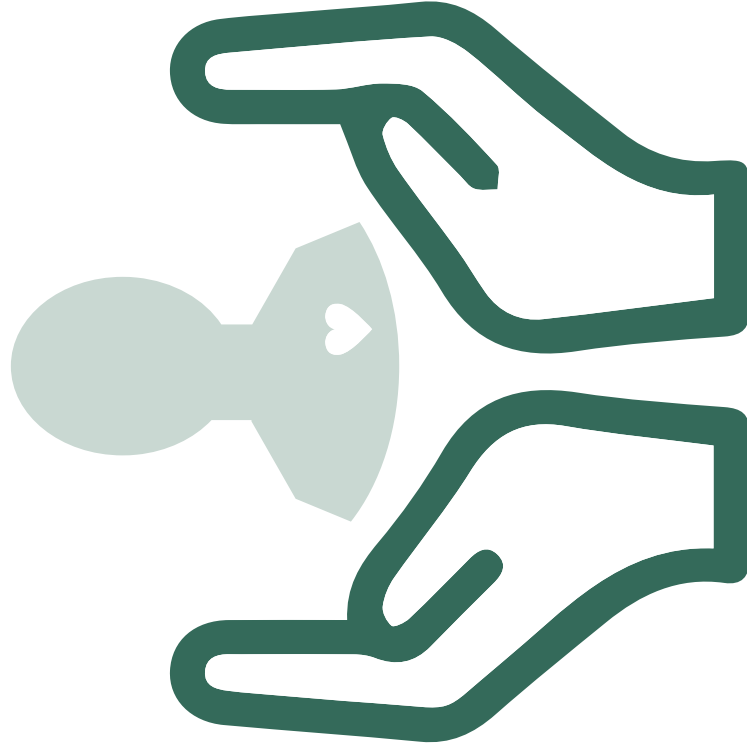


Drinking or drugs



Managing difficult feelings

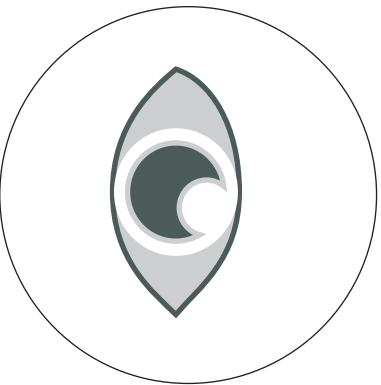
## Keeping my children safe



## My children's emotions



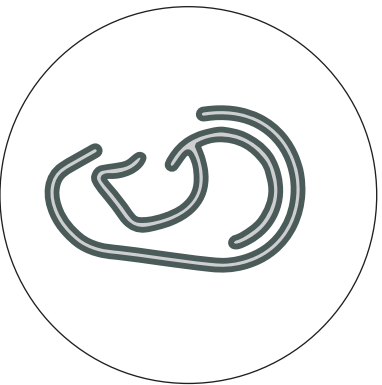
# My children's emotions



Attention



Encouragement



Listening and paying attention

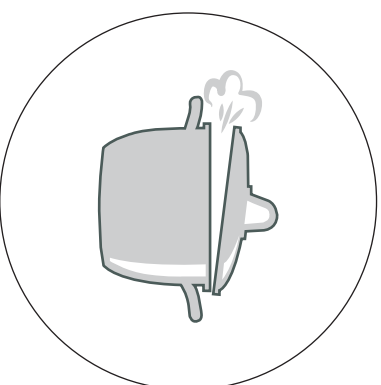


Connection and love

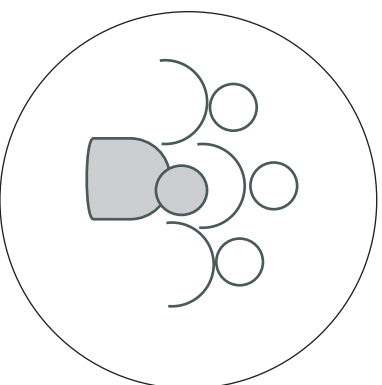
# Keeping my children safe



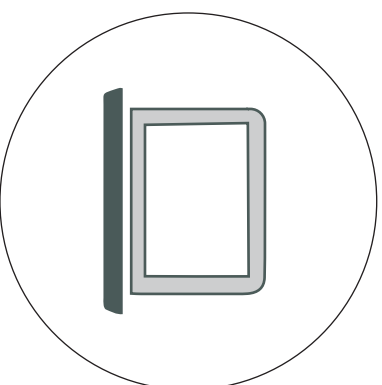
Protecting your children



Avoiding accidents



Bullying and abuse

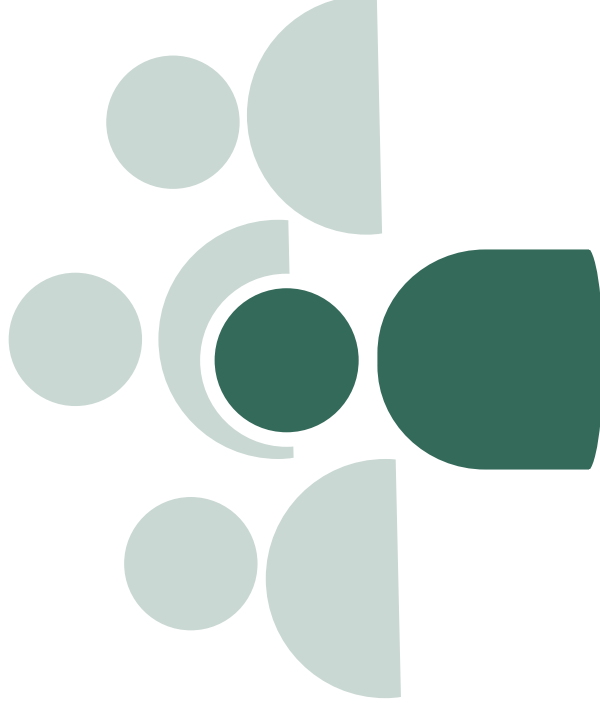


Safety online

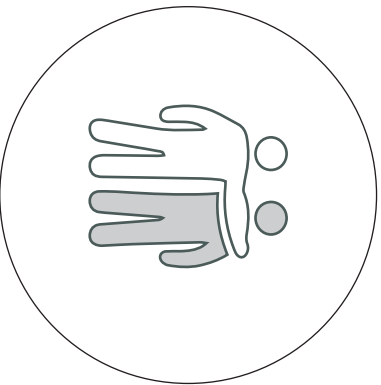
# My children's learning



# Friends and community



# Friends and community



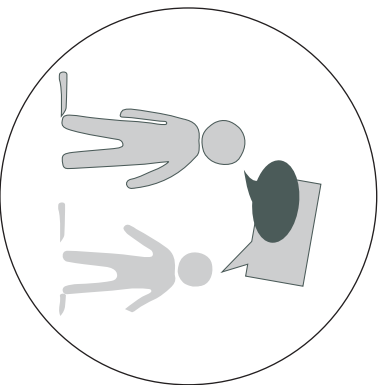
People who support you



Social life



Community



Developing children's social skills

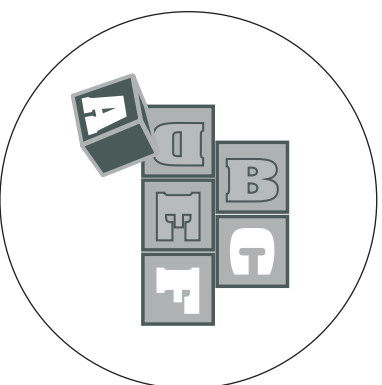
# My children's learning



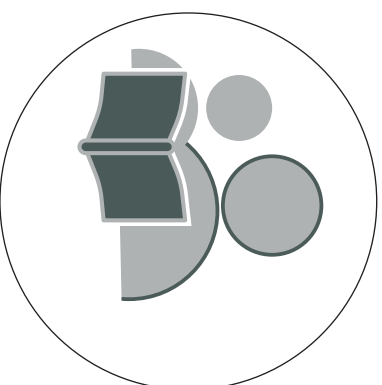
School and homework



Learning through play



Early development



Encouraging learning  
and aspiration

## Our family routine



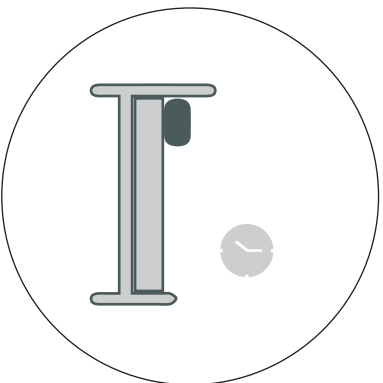
## My children's behaviour



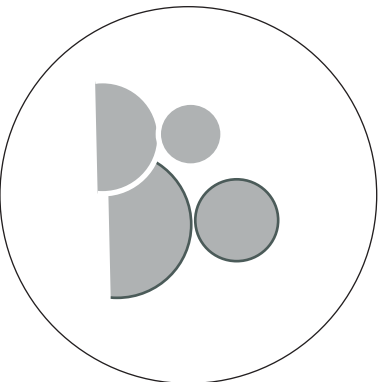
# My children's behaviour



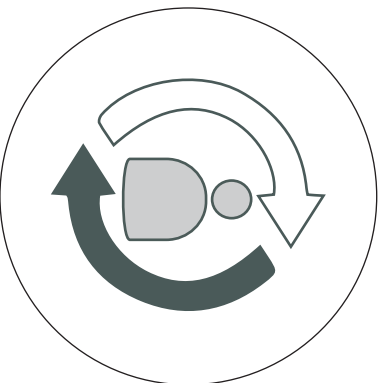
Responding when things are difficult



Appropriate boundaries

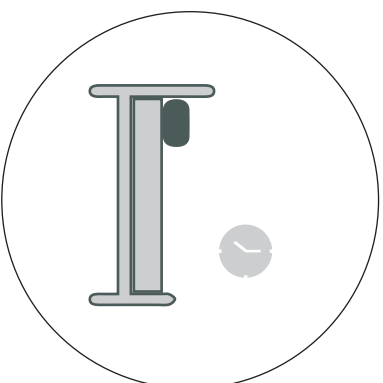


Being a role model

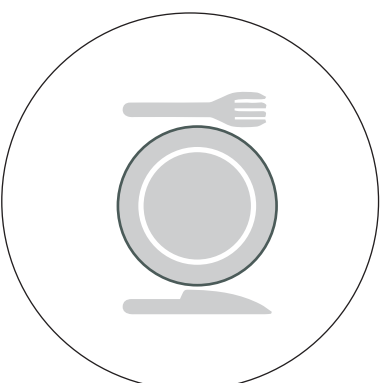


Helping develop resilience

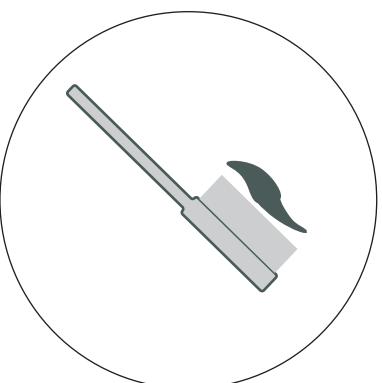
# Our family routine



Bedtime and getting up



Mealtimes



Basic care



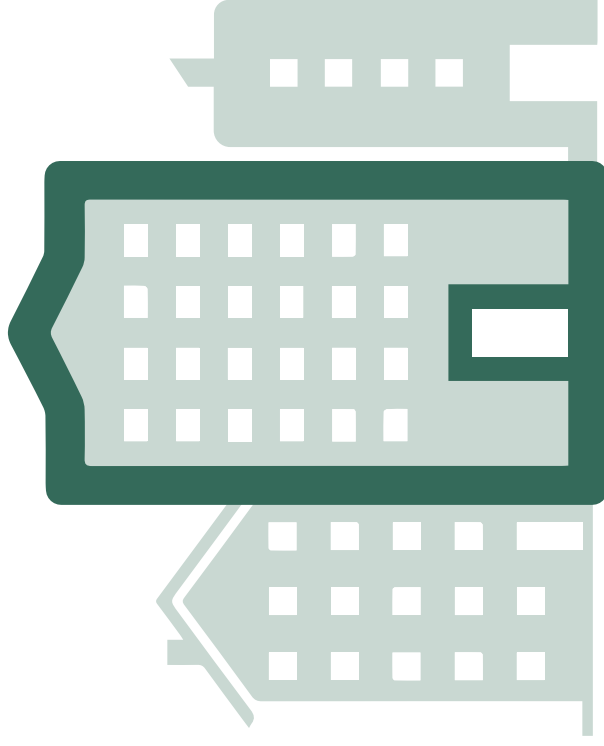
Doing things together



# Work



# Home and money



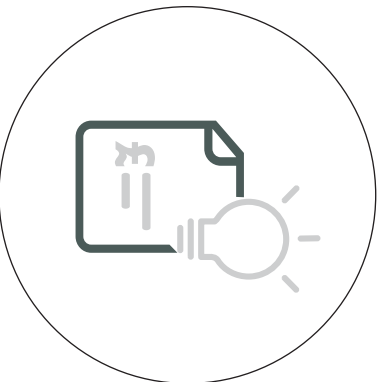
# Home and money



A secure and adequate home



Money for food and basics



Paying bills and rent

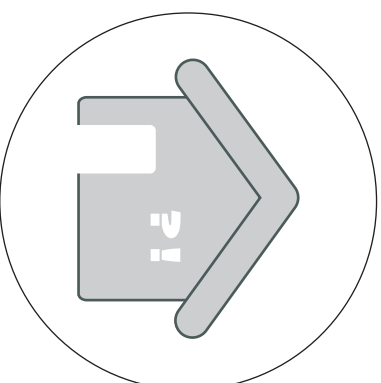


Managing your finances

# Work



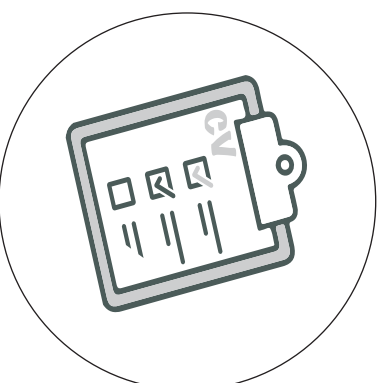
Aspirations



Overcoming barriers at home



Work skills and training



Job hunting