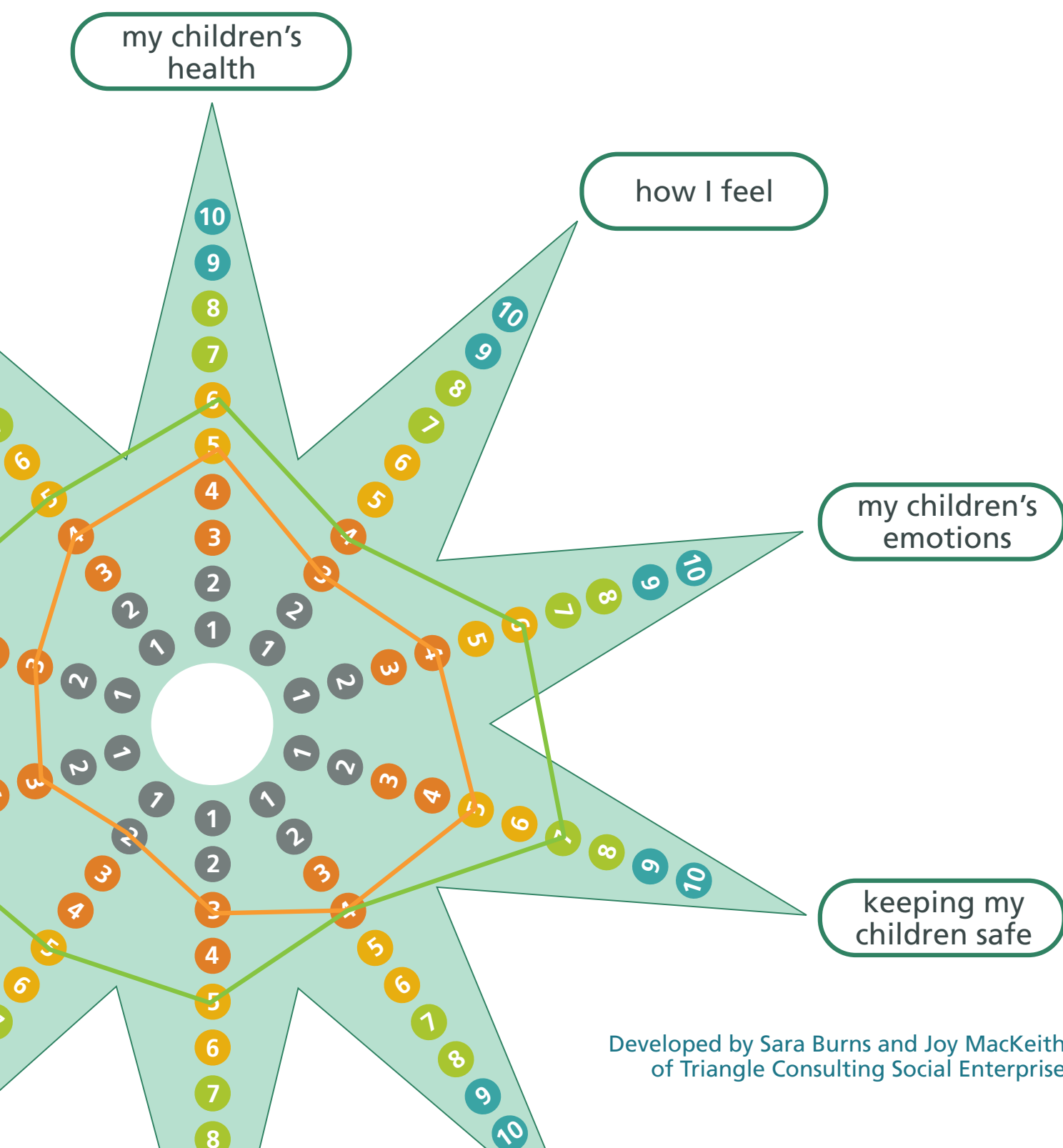




Family Star Plus™

An Outcomes Star for parents



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Please contact info@triangleconsulting.co.uk to enquire about buying a licence and training.

Licences are also available for those wishing to translate the document into other languages.

The Outcomes Star™

This Star is part of a family of Outcomes Star tools. Each tool includes a Star Chart, User Guide and Guidance for Workers and some have visual and other resources. For other versions of the Outcomes Star, good practice and further information see www.outcomesstar.org.uk.

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Introduction to the Family Star Plus™

Raising a family is one of the most challenging things any of us will ever do.

Children need love, attention, patience, meals, clothes, guidance and boundaries – often all before 8.30 in the morning! Sometimes parents have their own issues or circumstances to deal with that can make the challenges even greater. It's not surprising that many of us sometimes find it hard to cope. The Family Star Plus helps us by focusing on ten areas of life:

1. My children's health
2. How I feel
3. My children's emotions
4. Keeping my children safe
5. Friends and community
6. My children's learning
7. My children's behaviour
8. Our family routine
9. Home and money
10. Work.

The Journey of Change

Change doesn't happen in one go – it's a journey, and it can help to understand the steps along the way. Everyone makes changes in their own way but the pattern is often similar. The Family Star Plus is built on a five-stage Journey of Change:

1-2 Stuck

3-4 Accepting help

5-6 Trying

7-8 Finding what works

9-10 Managing well

How does it work?

To complete the Star, look at each of the ten scales one by one and talk them over with your keyworker or support worker. Together you can agree where you are in each area, then mark the number on the Star Chart and connect the points to create a snapshot of how things are for you and your family at the moment. The completed shape will give you a clear picture of the areas that are working well and ones that are causing difficulties.

This will help you and your worker to agree on what areas to work on together, the actions you want to take and any support you need. You and the worker will come back to the Star at regular intervals. This will help you build a picture of your progress.

It's not just down to you

The Family Star Plus focuses primarily on the things that you and your worker can do to support your family. However, it is important to recognise that a number of things can affect your progress but are beyond your control, such as difficulties with housing, high costs of living, suitable work not being available or not having access to health care or other services you need. Using the Star can help show where things are holding you back and where support can help.

Families come in all shapes and sizes

You may have a young baby or teenage children. You may have several children at different stages of development. You may have children with special needs. There may just be one parent in your family or there may be two, or perhaps a grandparent or someone else is a main carer. The scales work for all these different situations – just focus on where you are having the most difficulty and would most like support.

Maybe only one or some of your children are causing concerns while the others are doing well, or maybe you find some children easier to parent than others. Throughout the Star, discuss and record issues relating to those children where there are difficulties or concerns or where you need support.

All the scales refer to “you”. If you want to complete one Star for both parents or to include other carers, “you” means both or all of you. However, in most cases it is useful for each parent or carer to have their own Star, as your views or needs may be different.

The Journey of Change

Stuck (1-2)

At the beginning of the journey you are struggling with parenting one or more of your children, or other people are concerned – perhaps about your children’s behaviour, health, development or learning. However, you don’t have the help you need or are not engaging with it, so things are **stuck**. Maybe you are worried but don’t know what to do. Maybe your own needs or other things are taking your attention so you can’t think about your children’s needs. Maybe you feel criticised or find it hard to trust the people offering help, and don’t want others involved. By 2 you occasionally say that things are not working or need to change, but you still don’t have the help you need or are not yet ready to engage with it, so things are still **stuck**.

Accepting help (3-4)

As with the first stage, you are struggling with parenting – perhaps your children have difficulties with their behaviour, health, development or learning or you are in difficult circumstances or struggling with issues of your own – but at this stage you are **accepting help**. Perhaps you accept help because you want things to improve but don’t know what to do. Perhaps you feel you have to go along with the help offered even though you don’t think it will make a difference or it isn’t right for you. At 3 you go along with support some of the time. By 4 this is more consistent, but workers are likely to be taking the lead as you don’t yet really believe that you can make a difference.

Trying (5-6)

At this stage you start **trying** ways to address your children’s needs and to improve things for them. You recognise that it is up to you and believe you can make a difference, with suggestions and support from others where that helps. Sometimes this goes well but often it doesn’t and your children may resist the changes, so things may seem worse for a while. This can be a difficult place to be, so parents often get discouraged at this stage and need lots of support. By 6 you are able to stick to new ways of doing things for longer but haven’t yet found what works for you and your family.

Finding what works (7-8)

At this stage you are learning from experience and your children are benefiting as you **find what works** – and what doesn’t – for you and your family. Perhaps more of your own needs are met, so you are better able to address your children’s needs, and you are thinking about how to make things work for the whole family. However, there are some things that are not working so well or where you need professional support. By 8, you have mostly found what works and have support to stay on track and keep learning. For some parents with children with additional needs, it may not be appropriate to manage without support, so this would be the top of the journey.

Managing well (9-10)

At this stage your children are doing well in your care without support from a service. You put them first when necessary but you also have the support you need from family, friends or communities. You find ways to meet your own needs so that you cope with the ups and downs of family life most of the time. You are able to keep up the improvements and changes you have made, reflect on what you have learned and respond to the changing needs of your children as they grow, without professional input. At 9 you need occasional support from a service and by 10 you are **managing well** – we all need support as a parent but this comes from friends, family and others rather than from the service.

1 My children's health

Doctors, dentists, healthy lifestyle, early development, managing any health conditions

Key points

- This scale is about how you look after your children's health, not about how healthy they are, so you can reach 10 even if they have a long-term health condition
- From 5 you start taking more responsibility for your family's health
- By 8 you are looking after your children's health well, with support

9 - 10 Managing well

I look after my children's health well

7 - 8 Finding what works

I'm finding ways to look after my children's health better but there are a few issues

5 - 6 Trying

I know I need to look after my children's health better and am trying to do this, but it's hard

3 - 4 Accepting help

People are concerned about the way I look after my children's health. I'm accepting help with this

1 - 2 Stuck

People are concerned about the way I look after my children's health. I don't have the help I need

1 My children's health (detail)

This scale is about how you look after your children's health. It covers taking them to doctors, dentists or opticians as needed and managing any illnesses or long-term health conditions. It also covers giving them a healthy start in life and a healthy enough lifestyle, with enough healthy food, exercise and sleep. For older children, this includes helping them take responsibility for their own health.

9 - 10 Managing well

I look after my children's health well

- You look after your children when they are unwell, including treating minor problems at home. If they have a disability or health condition, you manage it well and help them to manage it too
- Your children mostly have enough healthy food, exercise and sleep
- If you have a baby you are giving them a healthy start in life. You encourage older children to take responsibility for their health, including sexual health
- Choose 9 if it helps to have occasional support in this area. Choose 10 if you look after your children's health well enough without support from a service

7 - 8 Finding what works

I'm finding ways to look after my children's health better but there are a few issues

- You are learning ways to look after your children when they are unwell or to manage a disability or health condition
- You are finding ways to introduce healthy food or exercise or to improve their sleep. You may be finding it works best if you do these things too
- If you have a baby, you are learning how to give them the best start in life. You teach older children to take care of their health, including sexual health
- Choose 7 if there is more that needs to change. Choose 8 if your children mostly have what they need to be healthy, with ongoing support to stay on track

5 - 6 Trying

I know I need to look after my children's health better and am trying to do this, but it's hard

- You are starting to believe you can make a difference to your children's health
- You are trying ways to care for their health, such as taking them to the doctor and dentist, but struggle to follow advice. If they are ill you try to look after them
- Perhaps you are trying out changes such as healthier food or ways to improve sleep, but there are often setbacks
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

People are concerned about the way I look after my children's health. I'm accepting help with this

- As for 1-2, you struggle to look after your children's health, but you recognise this and go along with some support
- Perhaps you are getting advice on affordable healthy meals, improving your children's sleep or managing any health conditions
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

People are concerned about the way I look after my children's health. I don't have the help I need

- Your children don't see a doctor or dentist except in emergencies
- They don't eat healthy food, have too little exercise or sleep, and may be obese, under-nourished or at risk of health problems later. If you have a baby they don't get what they need for healthy development
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you struggle to look after your children's health but are not yet engaging with help

2 How I feel

Your physical, emotional and mental health, dealing with difficulties, not drinking or using drugs to cope

Key points

- By 8 you don't use alcohol or drugs to cope, there is no domestic abuse and you manage any health issues you have, with support
- At 10 you can maintain this without support or don't have any health issues

9 - 10 Managing well

I feel fine and manage my well-being and mental health well enough

7 - 8 Finding what works

I'm finding ways to improve my well-being and mental health but there are a few issues

5 - 6 Trying

I know I need to improve my well-being and mental health and am trying, but it's hard

3 - 4 Accepting help

I often feel pretty bad or have problems that may affect my family but I'm accepting help with this

1 - 2 Stuck

I often feel pretty bad or have problems that may also affect my family. I don't have the help I need

2 How I feel (detail)

This scale is about you – how you feel most of the time and how you cope with difficulties. It covers your physical, emotional or mental health, for example feeling ill, exhausted, stressed, low or anxious, drinking a lot or using drugs to cope. It also covers the physical or emotional impact on you of any family conflict, violence or abuse, or harassment. If your own needs are met, it's easier for you to meet your children's needs.

9 - 10 Managing well

I feel fine and manage my well-being and mental health

- Your emotional well-being is good and you mostly manage the difficulties in life and the stresses of parenting, with support from family and friends
- If you have a physical or mental health issue, you are managing your symptoms. You don't use alcohol or drugs to cope
- Choose 9 if it helps to have occasional support in this area. Choose 10 if you look after your emotional and mental health well enough without support from a service

7 - 8 Finding what works

I'm finding ways to improve my well-being and mental health but there are a few issues

- You are finding ways to look after your well-being, reduce stress and feel OK
- If you have a physical or mental health issue or used alcohol or drugs to cope, you are finding ways to manage this, perhaps with support from an appropriate service
- If you were experiencing family conflict, violence, abuse or harassment, this has mostly been addressed. By 8 there is no violence or other abuse at home
- Choose 7 if there is more that needs to change. Choose 8 if you mostly feel OK and manage your emotional or mental health well enough, with ongoing support to stay on track

5 - 6 Trying

I know I need to improve my well-being and mental health and am trying, but it's hard

- You are starting to believe you can feel better
- You are trying ways to lift your mood or stabilise your emotions and may be trying to avoid unhelpful ways of coping, but there are often setbacks
- You may be getting treatment for your physical or mental health, or trying to address issues that affect your emotional well-being, including any violence or other abuse
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

I often feel pretty bad or have problems that may affect my family but I'm accepting help with this

- As for 1-2, you are struggling with how you feel, but you recognise this and go along with some support
- You are getting help to start addressing issues such as physical or mental health problems, relying on alcohol or drugs to cope, violence or abuse
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

I often feel pretty bad or have problems that may also affect my family. I don't have the help I need

- One or more of the following is the case:
 - You are struggling emotionally. Perhaps you are feeling depressed, anxious or hopeless
 - You have a physical or mental health problem that is not being treated or managed appropriately
 - You are drinking too much or using drugs to cope or in ways that risk your health
 - Your well-being is impacted by family conflict, violence, abuse or harassment
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you struggle with how you feel, but are not yet engaging with help

3 My children's emotions

Helping your children grow up happy and resilient; connection, warmth and support

Key points

- Supporting your children emotionally is different for each child and can be harder if they have additional needs or struggle with friendships or school
- Things may be difficult but you have support from 3
- By 8 you support your children to grow up emotionally healthy and resilient, with support

9 - 10 Managing well

I support my children emotionally and help them to deal with ups and downs

7 - 8 Finding what works

I'm finding ways to help my children emotionally but there are a few issues

5 - 6 Trying

I know I need to support my children emotionally and am trying, but it's hard

3 - 4 Accepting help

I find it hard to support my children emotionally but I'm accepting help with this

1 - 2 Stuck

I find it hard to support my children emotionally. I don't have the help I need

3 My children's emotions (detail)

This scale is about helping your children grow up feeling happy, confident and able to deal with life's ups and downs. This may include listening to them and giving them attention and encouragement. It covers feeling connected to them and expressing your love for them in ways that are right for your family. It also includes helping them learn to deal with difficulties for themselves.

9 - 10 Managing well

I support my children emotionally and help them to deal with ups and downs

- You give your children enough attention, positive feedback and encouragement, and express your love for them
- You support them to deal with difficulties, so they grow up more resilient
- You are close and allow them to be separate from you when they need to be
- You understand what each child needs emotionally
- Choose 9 if it helps to have occasional support in this area. Choose 10 if your children have what they need to be emotionally healthy without support from a service

7 - 8 Finding what works

I'm finding ways to help my children emotionally but there are a few issues

- You are learning how to give your children the attention, positive feedback and encouragement they need
- You may be learning to listen more, offer more support or let them find their way with difficulties for themselves, depending on their needs
- You may be learning what each child needs emotionally
- Choose 7 if there is more that needs to change. Choose 8 if your children mostly have what they need to grow up emotionally healthy, with ongoing support to stay on track

5 - 6 Trying

I know I need to support my children emotionally and am trying, but it's hard

- You are starting to believe you can give your children the emotional support they need
- You are trying to give your children attention, positive feedback and encouragement, but they may experience you as inconsistent and there are often setbacks
- If your relationship has been too distant or too close, you are trying to change this
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

I find it hard to support my children emotionally but I'm accepting help with this

- As for 1-2, you are struggling to connect with your children or to help them with difficult feelings or emotions, but you recognise this and go along with some support
- Perhaps you are getting advice on what children need to grow up emotionally resilient and healthy, able to get on with others and deal with life's up and downs
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

I find it hard to support my children emotionally. I don't have the help I need

- You are not able to give your children the attention, encouragement or emotional support they need. Perhaps you did not have your own emotional needs met when you were a child
- You may feel unable to connect with or empathise with them or to express the love you feel. You may feel angry or resentful towards them, or depend on them to meet your own emotional needs
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you struggle to meet your children's emotional needs, but are not yet engaging with help

4 Keeping my children safe

Protecting your children, avoiding accidents, bullying, violence or other abuse at home, safety online

Key points

- By 4 any immediate safety issues are being addressed
- By 8 your children are safe in your care, with support
- Being safe means there is no domestic abuse in the family, your children are well supervised, and older children avoid inappropriate risks

9 - 10 Managing well

My children are safe in my care

7 - 8 Finding what works

I'm finding what works to keep my children safe but there are a few issues

5 - 6 Trying

I know I need to keep my children safe and am trying, but it's hard

3 - 4 Accepting help

People are concerned that my children may not be safe enough but I'm accepting help with this

1 - 2 Stuck

People are concerned that my children may not be safe enough. I don't have the help I need

4 Keeping my children safe (detail)

This scale is about keeping your children out of harm and providing the supervision they need. It includes awareness of safety and how to prevent accidents, including ensuring your home is safe and that your children stay safe online. It includes protecting them from bullying. It is also about making sure there is no violence or other abuse at home, as that impacts children emotionally even if they are not at risk physically.

9 - 10 Managing well

My children are safe in my care

- You are safe, your home is safe, and any visitors are safe for your children
- You teach your children about safety issues appropriate to their age, including bullying, drugs, alcohol, sexual health, accident prevention and staying safe online
- If you have older children you know enough of what they are doing, their peer group is mostly safe, and they are not putting younger siblings at risk
- You think ahead and act if you see a risk to your children's safety
- Choose 9 if it helps to have occasional support in this area. Choose 10 if your children are safe without support from a service

7 - 8 Finding what works

I'm finding what works to keep my children safe but there are a few issues

- You are learning strategies to keep your children safe at home, outside and online
- If your children were bullied or there was violence or other abuse at home, this has now stopped
- You talk to your children about safety issues appropriate to their age
- Choose 7 if there is still more that needs to change. Choose 8 if your children are safe in your care, with ongoing support to stay on track

5 - 6 Trying

I know I need to keep my children safe and am trying, but it's hard

- You are starting to believe you can keep your children safe
- You are taking steps to do this, such as supervising them better, addressing issues with older siblings or putting safety controls on the internet, but there are often setbacks
- You may be trying to change your own behaviour
- If there has been bullying or violence or other abuse at home, this is being addressed, including the physical or emotional impact on your children
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

People are concerned that my children may not be safe enough but I'm accepting help with this

- As for 1-2, you struggle with aspects of keeping your children safe, but you recognise this and go along with some support
- Perhaps you also feel unsafe because of violence or other abuse at home
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

People are concerned that my children may not be safe enough. I don't have the help I need

- Your children may be unsafe due to one or more of the following:
 - They are left unsupervised or at risk of accidents inside or outside the house
 - They are experiencing or involved in bullying
 - They are at risk of abuse, including online
 - Your behaviour or that of your partner, older siblings or visitors puts them at risk
 - They are often in risky situations or get in trouble with crime, alcohol or drugs
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you struggle with keeping your children safe, but are not yet engaging with help

5 Friends and community

Positive friendships, social life, community, developing social skills for your children

Key points

- Moving up this scale will look different for different people, depending on your preferences for social contact
- By 8 your children have the contact with others needed to develop social skills and you have the support you need

9 - 10 Managing well

We have the social contact and support we need from friends, wider family or community

7 - 8 Finding what works

We are finding ways to have more social contact and support but there are a few issues

5 - 6 Trying

I know we need to have more social contact and support and I'm trying, but it's hard

3 - 4 Accepting help

My family is isolated or not well supported but I'm accepting help with this

1 - 2 Stuck

My family is isolated or not well supported. I don't have the help I need

5 Friends and community (detail)

This scale is about you having the support and social connection you need and want as a parent, and your children being able to make friends and develop communication and social skills through spending time with other children. It's also about feeling settled and happy where you live and having access to community activities, places of religious worship or other facilities important to you and your family.

9 - 10 Managing well

We have the social contact and support we need from friends, wider family or community

- Friends, neighbours or wider family meet your needs for support and company
- Your children spend time with other children, have positive friendships and are developing appropriate communication and social skills for their age
- You feel reasonably settled where you live and have access to places of worship or other community facilities that matter to you
- Choose 9 if it helps to have occasional support in this area. Choose 10 if your family has the social contact you want without support from a service

7 - 8 Finding what works

We are finding ways to have more social contact and support but there are a few issues

- You have friends, neighbours or wider family you spend time with and maybe can call on for support or childcare
- Your children spend time with other children to build positive friendships and develop their social skills
- You may be starting to feel part of your community. Perhaps you have joined some local activities
- Choose 7 if there is still more that needs to change. Choose 8 if your family mostly has good enough social contact, with ongoing support to stay on track

5 - 6 Trying

I know we need to have more social contact and support and I'm trying, but it's hard

- You are starting to believe your family can have social contact and support
- You are trying to help your children to develop positive friendships and social skills and trying to connect with people locally or with family or friends further away, but there are often setbacks
- You may be finding out what is available in your local community
- You may be taking steps to distance yourself from people who are unhelpful for you or your family
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

My family is isolated or not well supported but I'm accepting help with this

- As for 1-2, you are struggling with social contact and positive friendships for your family, but you recognise this and go along with some support
- Perhaps you are checking out a local activity
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

My family is isolated or not well supported. I don't have the help I need

- You have little support from family or friends and/or your children don't spend time with other children to make friends or develop communication or social skills
- Perhaps you are a long way from family or friends, no one around speaks your first language or you don't feel part of the community
- Perhaps the people you know are unhelpful for your family – maybe they drink too much or behave inappropriately
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you or your children struggle with social contact, but are not yet engaging with help

6 My children's learning

School, homework, learning through play, early development, encouraging learning and aspiration

Key points

- How you support your children to develop and to achieve their potential depends on their age and needs
- By 8 you support them with early development, school or training and encourage their learning. By 10 you can maintain this without extra support

9 - 10 Managing well

My children are learning well and developing positive aspirations for the future

7 - 8 Finding what works

I'm finding ways to support my children to learn or develop but there are a few issues

5 - 6 Trying

I know I need to do more to support my children to learn or develop and am trying, but it's hard

3 - 4 Accepting help

People are concerned about my children's learning or development but I'm accepting help with this

1 - 2 Stuck

People are concerned about my children's learning or development. I don't have the help I need

6 My children's learning (detail)

This scale is about supporting your children's learning, development and aspirations. For school-age children this means helping them engage with school and homework and working with the school as needed to support them. For babies and younger children it means providing stimulating activities and play to help their development. For older children, it means supporting their aspiration to find suitable further education, work or training.

9 - 10 Managing well

My children are learning well and developing positive aspirations for the future

- Your children are engaging with school and you support their learning, attend main school events and celebrate their achievements. You advocate for your child if necessary
- You prioritise learning, play, reading, early development and other stimulation for babies or young children and help them be ready to start school
- You do what you can to support older children with college, training or work and with developing their aspirations
- Choose 9 if it helps to have occasional support in this area. Choose 10 if your children are learning well without support from a service

7 - 8 Finding what works

I'm finding ways to support my children to learn or develop but there are a few issues

- Your children are mostly engaging with school and/or have some opportunities to learn and develop in ways that work for them
- If they have left school or college, you are encouraging them with training, employment and aspirations
- You may be finding ways to advocate for your child if needed
- Choose 7 if there is still more that needs to change. Choose 8 if your children are mostly able to learn well, with ongoing support to stay on track

5 - 6 Trying

I know I need to do more to support my children to learn or develop and am trying, but it's hard

- You are starting to believe you can make a difference to your children's learning
- You are trying new things such as praising them for learning, playing or reading together or helping with homework, but there are often setbacks
- If they are close to leaving school or college, you are trying to help them with aspirations
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

People are concerned about my children's learning or development but I'm accepting help with this

- As for 1-2, you are struggling with your children's learning or development, but you recognise this and go along with some support
- Perhaps you are getting advice on how to encourage learning
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

People are concerned about my children's learning or development. I don't have the help I need

- Your children are not yet able to achieve their potential because of one or more of the following:
 - You don't know how to support their learning or aspirations. Maybe your experience of school was negative
 - They are not regularly attending school, training, work or alternative education or are not able to learn. Perhaps they are often in trouble
 - If below school age, they don't have what they need for stimulation and early development
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you struggle with your children's learning or development, but are not yet engaging with help

7 My children's behaviour

Helping children with behaviour, maintaining appropriate boundaries, being a role model

Key points

- Although this scale is about how your children behave, it also includes your behaviour and that of others in the family as this will have an impact on your children
- From 5 you know you can make a difference to your children's behaviour and start trying to do this
- If your children have additional needs that affect their behaviour, there may still be difficulties at 10 but you are managing well

9 - 10 Managing well

I'm managing well with my children's behaviour

7 - 8 Finding what works

I'm finding what works to manage my children's behaviour but there are a few issues

5 - 6 Trying

I know I need to address issues with my children's behaviour and am trying, but it's hard

3 - 4 Accepting help

People are concerned about my children's behaviour but I'm accepting help with this

1 - 2 Stuck

People are concerned about my children's behaviour. I don't have the help I need

7 My children's behaviour (detail)

This scale is about your children behaving well enough at home, school and elsewhere, so life is easier for you all and they stay out of trouble. This may mean setting clearer boundaries or having more consistent consequences for behaviour that causes difficulties, as well as being a positive role model through your own behaviour. It also includes understanding that disruptive behaviour can be a sign of distress or call for help.

9 - 10 Managing well

I'm managing well with my children's behaviour

- Your children may sometimes behave in ways that cause difficulties but you can deal with this effectively and consistently
- You have family boundaries and expectations that work most of the time. You adapt these as your children grow up and find ways around difficulties
- You are a good role model in terms of your own behaviour
- Choose 9 if it helps to have occasional support in this area. Choose 10 if you are able to manage well with behaviour without support from a service

7 - 8 Finding what works

I'm finding what works to manage my children's behaviour but there are a few issues

- You mostly have appropriate boundaries as a family and keep to them
- You often know the reasons when your children behave in challenging ways. You may be learning to communicate better with them
- You mostly manage to be a good role model to your children
- Choose 7 if there is still more that needs to change. Choose 8 if you mostly manage your children's behaviour well enough, with ongoing support to stay on track

5 - 6 Trying

I know I need to address issues with my children's behaviour and am trying, but it's hard

- You are starting to believe your children's behaviour can improve
- You are trying out changes, perhaps from a parenting course, and trying to set clearer boundaries. Your children may resist changes so things may feel worse for a while
- You may be talking and listening to your children more
- You are trying to set a good example, for example by how you talk to neighbours or teachers or by moderating any aggressive behaviour
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

People are concerned about my children's behaviour but I'm accepting help with this

- As for 1-2, you are struggling with your children's behaviour, but you recognise this and go along with some support
- Perhaps you are getting advice about how children's behaviour can be a sign of distress or unmet needs or about how changing your behaviour may help
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

People are concerned about my children's behaviour. I don't have the help I need

- You are struggling with your children's behaviour or others have concerns about it
- Your children may feel there are no rules or that the rules are too strict or unfair
- Perhaps the way you or another adult behave around your children may contribute to issues with their behaviour
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you struggle with behaviour, but are not yet engaging with help

8 Our family routine

Bedtime, getting up, mealtimes, basic care, doing things together

Key points

- What this looks like varies, but includes when your children go to bed and get up during the week, regular meals, and your home being organised enough
- By 4 you consistently accept support and may be getting some more routine in place
- From 7 you are finding a supportive family routine

9 - 10 Managing well

My family has a positive routine that supports us all

7 - 8 Finding what works

I'm finding ways to have a positive routine for us as a family but there are a few issues

5 - 6 Trying

I know I need to create more of a routine for us as a family and am trying, but it's hard

3 - 4 Accepting help

We don't have much of a routine to support us during the week but I'm accepting help with this

1 - 2 Stuck

We don't have much of a routine to support us during the week. I don't have the help I need

8 Our family routine (detail)

This scale is about a supportive weekday routine so your family can all get to school, childcare or work on time and your children have regular meals, suitable clothes and are clean enough. This includes making sure your home is clean and organised enough, and encouraging older children to take responsibility for their routines. It is also about doing some things together, such as eating meals, going to the park or other activities.

9 - 10 Managing well

My family has a positive routine that supports us all

- Your children have regular meals, get up at a regular time and get to where they need to be during the day. They are clean enough, have suitable clothes and have appropriate bedtimes. The house is clean and organised enough, with food in the kitchen
- Choose 9 if it helps to have occasional support in this area. Choose 10 if you are able to maintain a positive routine well enough without support from a service

7 - 8 Finding what works

I'm finding ways to have a positive routine for us as a family but there are a few issues

- You are finding ways to create a clear sense of routine for the whole family. This is likely to include your children getting up on time on weekdays and having at least one regular meal each day. Your home is mostly clean and organised enough
- You manage to do some things together as a family most weeks
- Choose 7 if there is still more that needs to change. Choose 8 if your family mostly has a positive routine, with ongoing support to stay on track

5 - 6 Trying

I know I need to create more of a routine for us as a family and am trying, but it's hard

- You are starting to believe you can have a family routine that works for you
- You are trying out new routines, such as sticking to regular meal or bedtimes, getting your home more organised or doing things together as a family. Your children may resist the changes so things may feel worse for a while
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

We don't have much of a routine to support us during the week but I'm accepting help with this

- As for 1-2, you struggle with family routine, but you recognise this and go along with some support. Perhaps you are getting advice on how routine makes children feel secure
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

We don't have much of a routine to support us during the week. I don't have the help I need

- Either there is no family routine or the current one is having a negative effect on your children. They don't have a regular bedtime or meals or get to where they need to be on time, or don't wash enough or have clean, suitable clothes to wear
- Your home may currently be too chaotic to support a positive family routine. For example, there may be no food in the kitchen, or you rely on older children to look after younger children without appropriate support
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you struggle with family routine, but are not yet engaging with help

9 Home and money

A secure and adequate home, paying bills and rent, managing your finances

Key points

- Things may be hard financially, but this scale is about having adequate accommodation and enough for basics
- By 4 you have support to address any big issues so that where you live is secure, with heating and light and your family mostly has enough for basics
- From 5 you are starting to take more responsibility and action for yourself

9 - 10 Managing well

Our home is secure and adequate for our needs and we mostly manage on our income

7 - 8 Finding what works

I'm making progress with housing or finances but there are a few issues

5 - 6 Trying

I know I need to do something about our housing or finances and am trying, but it's hard

3 - 4 Accepting help

We don't have a stable, adequate home or enough money for basics but I'm accepting help with this

1 - 2 Stuck

We don't have a stable, adequate home or enough money for basics. I don't have the help I need

9 Home and money (detail)

This scale is about providing your children with the security of a stable home that is adequate for your needs, including paying your rent or mortgage and other bills regularly. It is also about managing as well as possible on the money you have coming in, so you can cover the basics. Some people may be doing all they can but are still unable to cover food, energy and other basic needs, and this is an opportunity to discuss that.

9 - 10 Managing well

Our home is secure and adequate for our needs and we mostly manage on our income

- Your home is adequate for your needs and secure enough, at least for now
- You are managing your money well and make positive choices about spending. Perhaps it's hard to cover basics, especially when there are unexpected costs, but you keep up with rent and out of trouble
- You are making regular repayments on any debts so they are not increasing. You may be saving money if your situation is easier
- Choose 9 if it helps to have occasional support in this area. Choose 10 if you manage without support from a service

7 - 8 Finding what works

I'm making progress with housing or finances but there are a few issues

- You are finding ways to improve your housing situation if needed
- You are getting the benefits or financial support you are entitled to and, if you have debts, you are making enough repayments to stay out of trouble
- You may be learning ways to budget and to manage your money or may be accessing extra help. However you may still struggle to cover the basics
- Choose 7 if there is still more that needs to change. Choose 8 if your home is secure and adequate and you mostly manage financially, with ongoing support to stay on track

5 - 6 Trying

I know I need to do something about our housing or finances and am trying, but it's hard

- You are starting to believe you can make a difference to your housing or finances
- You are getting help to improve inadequate housing and trying to do what you can to improve things, but there are often setbacks
- If you don't have enough money for basics, you are sorting out issues with benefits or financial support or trying to manage better with what you have, but find it hard
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

We don't have a stable, adequate home or enough money for basics but I'm accepting help with this

- As for 1-2, you struggle with housing or finances, but you recognise this and go along with some support
- Perhaps you are getting help to apply for priority housing or to claim benefits or financial support
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

We don't have a stable, adequate home or enough money for basics. I don't have the help I need

- One or more of these apply to your family:
 - Your home is temporary or inadequate for your needs
 - Your home is overcrowded, has severe damp or lacks basic facilities such as a cooker
 - There is a significant risk you will be evicted
 - You don't have money to buy food and other basics
 - Someone is withholding money from you. Maybe you are a victim of financial abuse
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you struggle with housing or finances, but are not yet engaging with help

10 Work

Aspirations, overcoming barriers at home, work skills, work training, job hunting

Key points

- How this area looks will depend on your family situation and the age of your children. By 8 you or your partner are working, or if work is not realistic just now, you are looking at future possibilities
- At 1-4 you cannot see a way out of your family living entirely on benefits or government payments
- From 5 you start to see other options and start taking steps to move towards a working future

9 - 10 Managing well

At least one parent is in suitable work if appropriate

7 - 8 Finding what works

I'm finding ways to make myself ready and able to work but there are a few issues

5 - 6 Trying

I know I need to take steps to find work in the future, and am trying, but it's hard

3 - 4 Accepting help

I have no chance of getting into work but I'm accepting help with this

1 - 2 Stuck

I have no chance of getting into work. I don't have the help I need

10 Work (detail)

This scale is about having suitable work or moving towards this so you can support yourself and your family financially. It includes developing aspirations, learning new skills, training, volunteering, work experience and job-hunting until you find the right work for you. If it isn't appropriate for you to move towards work for now, perhaps because you are on disability benefits or equivalent financial support or have very young children, you are at 10.

9 - 10 Managing well

At least one parent is in suitable work if appropriate

- You and/or your partner are in suitable work, if that is right for your family just now
- Work is going well enough and means you are able to support your family financially
- If it isn't appropriate for you to be working now, you are exploring your aspirations and may be developing plans or goals for the future
- Choose 9 if it helps to have occasional support in this area. Choose 10 if you are in suitable work or this is not appropriate just now, and you don't need support from a service

7 - 8 Finding what works

I'm finding ways to make myself ready and able to work but there are a few issues

- You have a realistic idea of the work you would like and are trying to find a job
- You are developing aspirations and skills to help you achieve this and/or making your home life more conducive to work
- You may have taken on short-term or occasional work already but do not yet have a regular job that is suitable for you
- Choose 7 if there is still more that needs to change. Choose 8 if you are mostly ready for work, with ongoing support in finding a job

5 - 6 Trying

I know I need to take steps to find work in the future, and am trying, but it's hard

- You are starting to believe you can find suitable work
- You are trying to take steps to overcome any barriers to work. For example, you may be trying to make your home life or daily routine more supportive or learn new skills, but there are often setbacks
- You are developing ideas of the work you could do and starting to move towards it, but find it hard. You may have started volunteering, training or a scheme to help you get work
- Choose 5 if you have just started doing things differently. Choose 6 if you have been trying for a while and are hopeful things will get better

3 - 4 Accepting help

I have no chance of getting into work but I'm accepting help with this

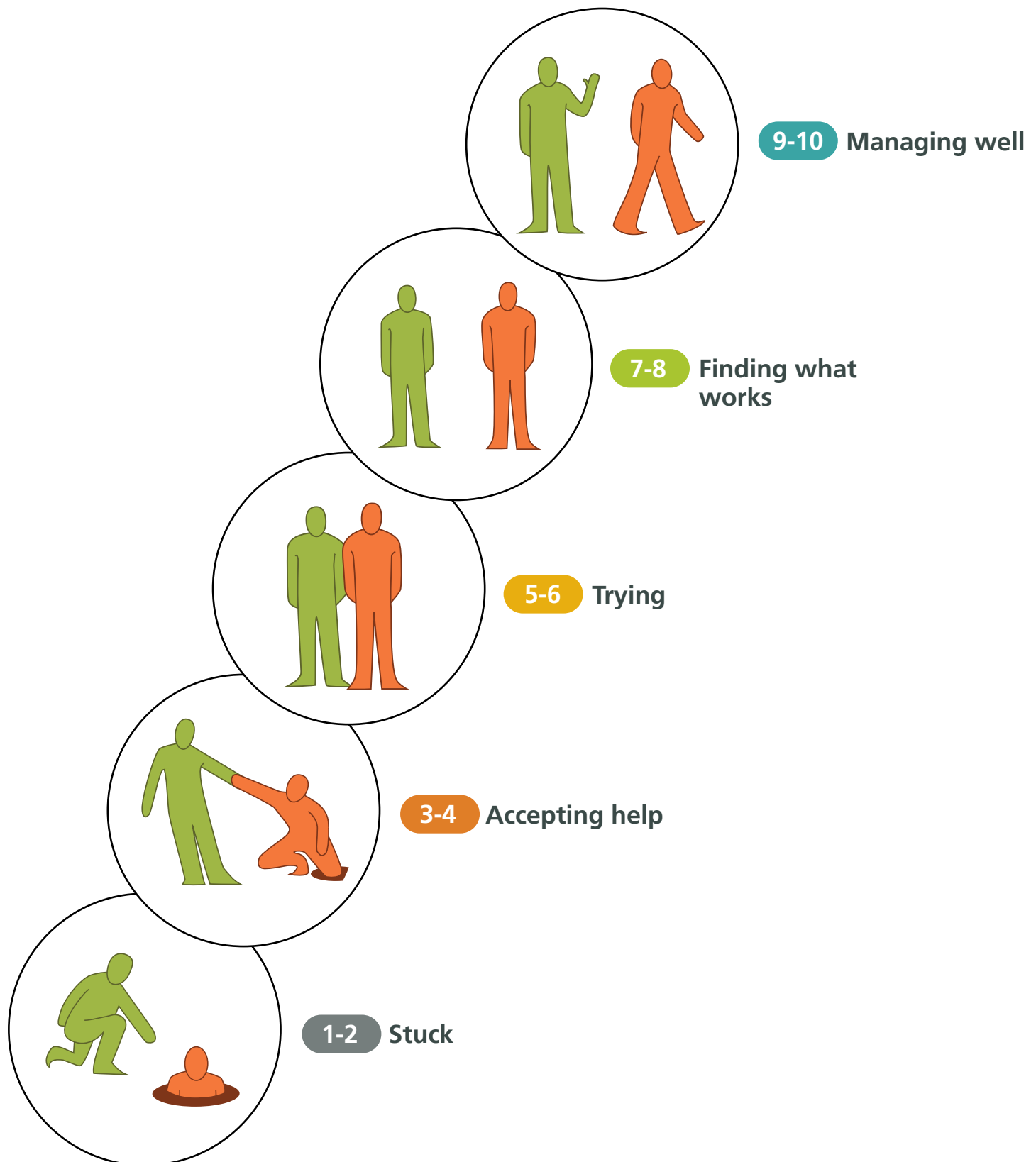
- As for 1-2, the barriers to work seem huge, but you are thinking about the possibility of working and go along with some support with this
- Choose 3 if you sometimes allow others to help. Choose 4 if you go along with help more consistently

1 - 2 Stuck

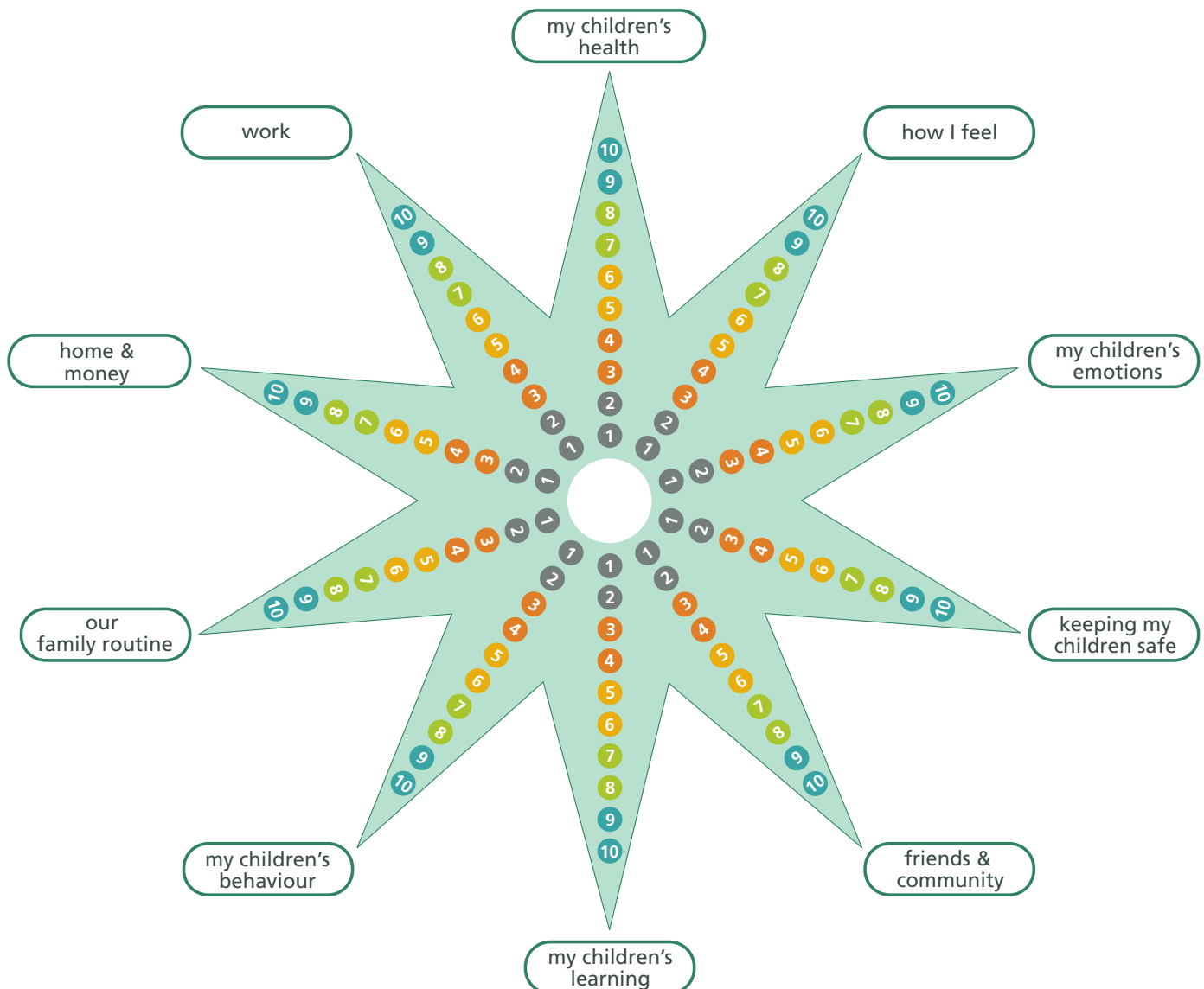
I have no chance of getting into work. I don't have the help I need

- You don't feel you have any chance of getting into work, now or in the future. You may have no aspirations
- You are resigned to your family living on unemployment benefits or government payments and don't see change as possible
- Choose 1 if you don't have the help you need or are not ready to engage with it. Choose 2 if you occasionally say you struggle with believing you can work, but are not yet engaging with help

The Journey of Change







The Family Star Plus™ is a version of the Outcomes Star™, a family of tools developed by Triangle for supporting and measuring change when working with vulnerable people.

This Star is one of a growing family

See our website for:

- Versions tailored to different people, settings and sectors
- The evidence base that supports the Star
- Testimonials and case studies from Star users

www.outcomesstar.org.uk

Licensed to Action for Children until 31/03/2024

How to use the Outcomes Star

- Sign up for Star licences including the option to use our Star Online web app
- Ensure all members of staff attend Star training and explore specialist courses
- Access Star materials, other tools and ongoing support from Triangle

www.staronline.org.uk