

# New Mum Star™ Scales

The Outcomes Star for preparing for and looking after your baby

For each of the nine questions, choose the answer that best describes you most of the time.

- 1 Stuck   2 Starting to engage   3 Trying for yourself   4 Finding what works   5 Self-reliance

## 1 Life skills

Cooking, cleaning, money, shopping, travel, paperwork, looking after yourself



- 5 I look after myself well and can organise what I need
- 4 I'm finding ways to look after myself and be more organised, with support
- 3 I'm trying to develop the skills I need to look after myself but it's hard
- 2 I don't look after myself well enough but I'm starting to accept help with this
- 1 I don't look after myself well enough. I don't want to talk about it

## 2 Your health and well-being

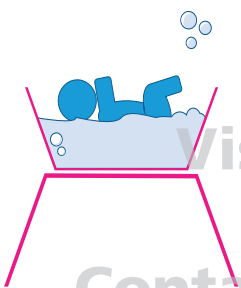
Health appointments and treatment, healthy lifestyle, coping with stress and difficulties



- 5 I look after my health and well-being and my lifestyle is healthy
- 4 I'm finding ways to look after my health and well-being, with support
- 3 I'm trying to do more to look after my health and well-being, but it's hard
- 2 People say I'm neglecting my health and well-being but I'm starting to accept help with this
- 1 People say I'm neglecting my health and well-being. I don't want to talk about it

## 3 Looking after your baby

Feeding, bathing and other tasks, your baby's health, preparing for your baby in pregnancy



- 5 I'm looking after my baby well or there are no concerns about my ability to do so
- 4 I'm learning how to look after my baby well, with support
- 3 I'm trying to look after my baby well, but it's hard
- 2 I'm not managing to look after my baby or am not ready but I'm starting to accept help with this
- 1 I'm not managing to look after my baby or am not ready to. I don't want to talk about it

## 4 Your baby's development

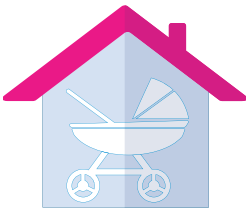
Developmental milestones, movement, language, coordination, play and activities



- 5 I do everything needed to support my baby's development
- 4 I'm finding ways to support my baby's development but there are a few challenges
- 3 I'm trying to support my baby's development but it's hard
- 2 There are concerns about how I support my baby's development but I'm starting to accept help
- 1 There are concerns about how I support my baby's development. I don't want to talk about it

## 5 Safety and stability

A safe and stable home, supervising and protecting your baby, safe sleeping and feeding



- 5 My baby is safe in my care and we have a stable, suitable home
- 4 My baby is mostly safe in my care and we have a stable home but there are a few issues
- 3 I'm trying to make sure things are safe and stable for my baby, but it's hard
- 2 There are concerns about where we live and/or my baby's safety but I'm starting to accept some help
- 1 There are concerns about where we live and/or my baby's safety. I don't want to talk about it

## 6 Connecting with your baby

Bonding with your baby, their emotional well-being, enjoying and responding to your baby



- 5 I have a positive connection with my baby
- 4 I'm learning to build a positive connection with my baby, with support
- 3 I'm trying to build a positive connection with my baby, but it's hard
- 2 I don't feel a positive connection with my baby but I'm starting to accept help with this
- 1 I don't feel a positive connection with my baby. I don't want to talk about it

Want to use this Star?  
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