



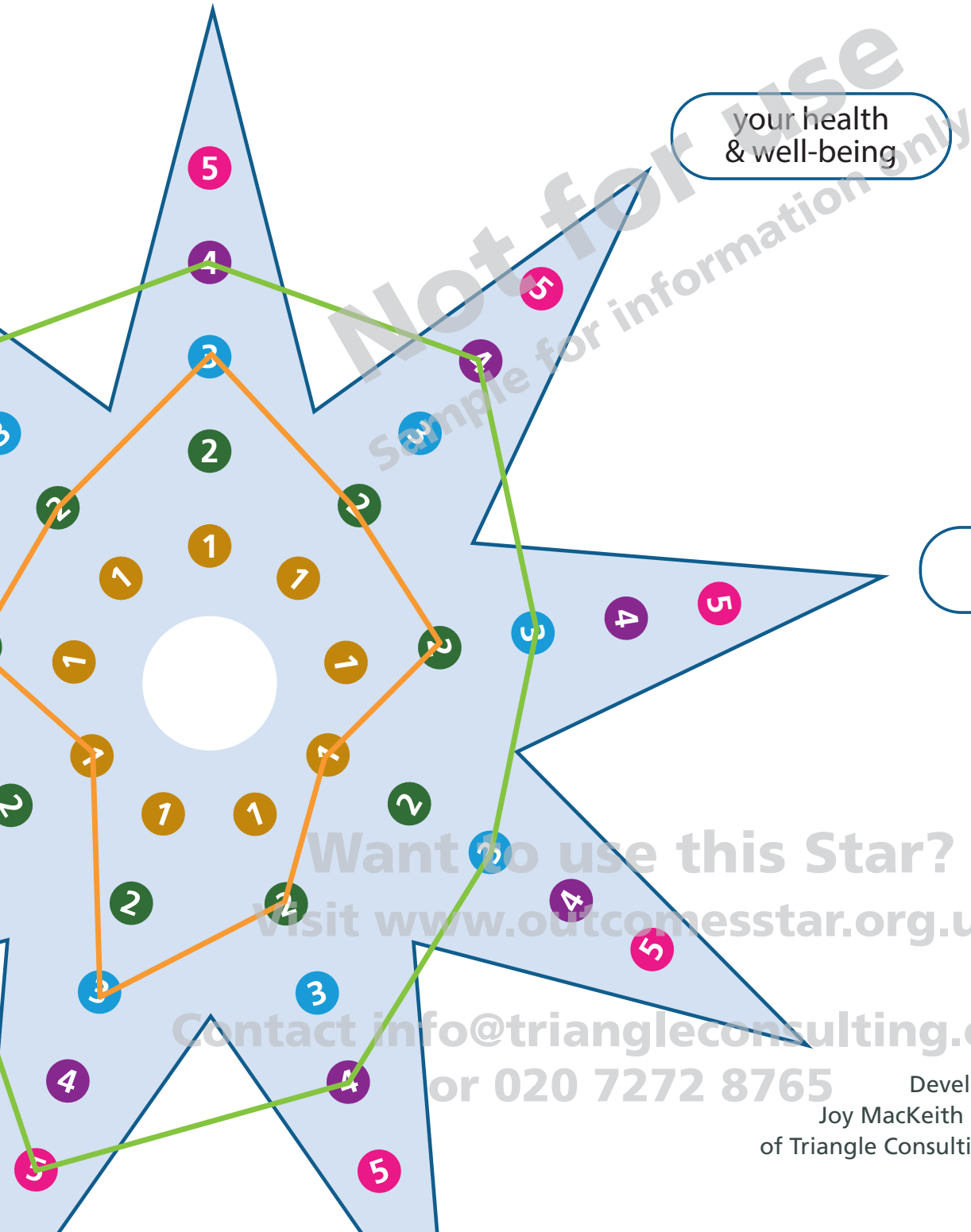
New Mum Star™

The Outcomes Star for preparing for and looking after your baby

life skills

your health
& well-being

looking after
your baby



Want to use this Star?

visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk

or 020 7272 8765

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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 or Quiz and guidance on implementation and some have visual and other resources. For other versions of the Outcomes Star, good practice and further information see www.outcomesstar.org.uk.

Acknowledgements

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Introduction to the New Mum Star™

We are here to help you care for your baby and yourself

Having a baby can be wonderful but brings many changes. There is a lot to learn so that you can look after your baby, keep them safe and give them a good start in life. This can be harder if you don't feel prepared to be a mum or are having to deal with extra challenges at home, in your family or elsewhere. It's not surprising that many mums find it hard to cope.

The New Mum Star helps by focusing on nine key areas of your life:

1. Life skills
2. Your health and well-being
3. Looking after your baby
4. Your baby's development
5. Safety and stability
6. Connecting with your baby
7. Relationship
8. Family and support network
9. Goals and aspirations

How does it work?

For each of these nine areas, there is a scale. Each follows the same pattern, or Journey of Change, with five stages.

To complete the Star, look at each of the nine scales one by one and talk it over with the person supporting you. 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 your life and of the areas that are working well and the ones that are more challenging.

This will help you and the person supporting you to agree on what areas to work on together. From there you can start thinking about the actions you want to take and the support that would help you to carry them out.

Your own personal journey

You and the person supporting you will come back to the Star at regular intervals. You can look at the scales again, agree where you are, and plot a new shape on the Star Chart. Over time, this will help you to get a sense of your own personal journey. You will see where you have come from and how things have changed for you. This can help you to view things in a new way – to put the ups and downs of a single week into a bigger picture.

It also helps us to get an idea of whether the service is giving the right support, where new mums make the most changes and where we may need to provide more help or do things differently.

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The Journey of Change

Change doesn't happen in one go 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 scale underpinning the New Mum Star is in five stages:

1. Stuck

People are concerned about you and/or your baby before or after the birth. Perhaps where you live is not suitable for a baby, you are struggling to look after your baby or you are facing family problems. You may not be aware of your baby's needs or are not doing anything to change the situation, so at this stage things are **stuck**. Perhaps other things are taking your attention or your own needs are so great that you can't meet your baby's needs. Maybe you are really worried but don't know what to do. You don't want others involved and may feel criticised or too anxious to talk about the problems.

2. Starting to engage

At this stage, you are struggling to prepare for or look after your baby or having difficulties in other areas of your life, but you acknowledge the problems, talk about your concerns and **start to engage** with people offering help or with the problems that you face. You don't really believe things can improve or know what to do and may feel angry, resentful or let down by people or you may struggle in other ways, but this is a positive place to be because change is possible. You go along with help when it's urgent and/or organised for you; perhaps you feel you have to co-operate. For example, you may attend a group if someone arranges it (and perhaps even takes you). However, you don't yet take the initiative to improve things for you and your baby, even though you may want things to be different.

3. Trying for yourself

The next stage is **trying for yourself**. You know that you need to improve things for your baby and take the initiative to try out new ways of doing things. This behaviour is new and often things don't go well at first. Sometimes you do things in a positive way and may feel confident but at other times you don't manage to or you want to give up. You may continue to face obstacles that make it hard for you to make progress. This can be a difficult place to be and it can be hard to keep going with changes so you may need lots of support.

4. Finding what works

The next stage is **finding what works** and what doesn't work for you and your baby, and developing new skills, confidence and consistency. You may be learning how to look after your own health, supporting your baby's development and/or sorting things out at home. However, there are some problem areas and you still need support to stay on track.

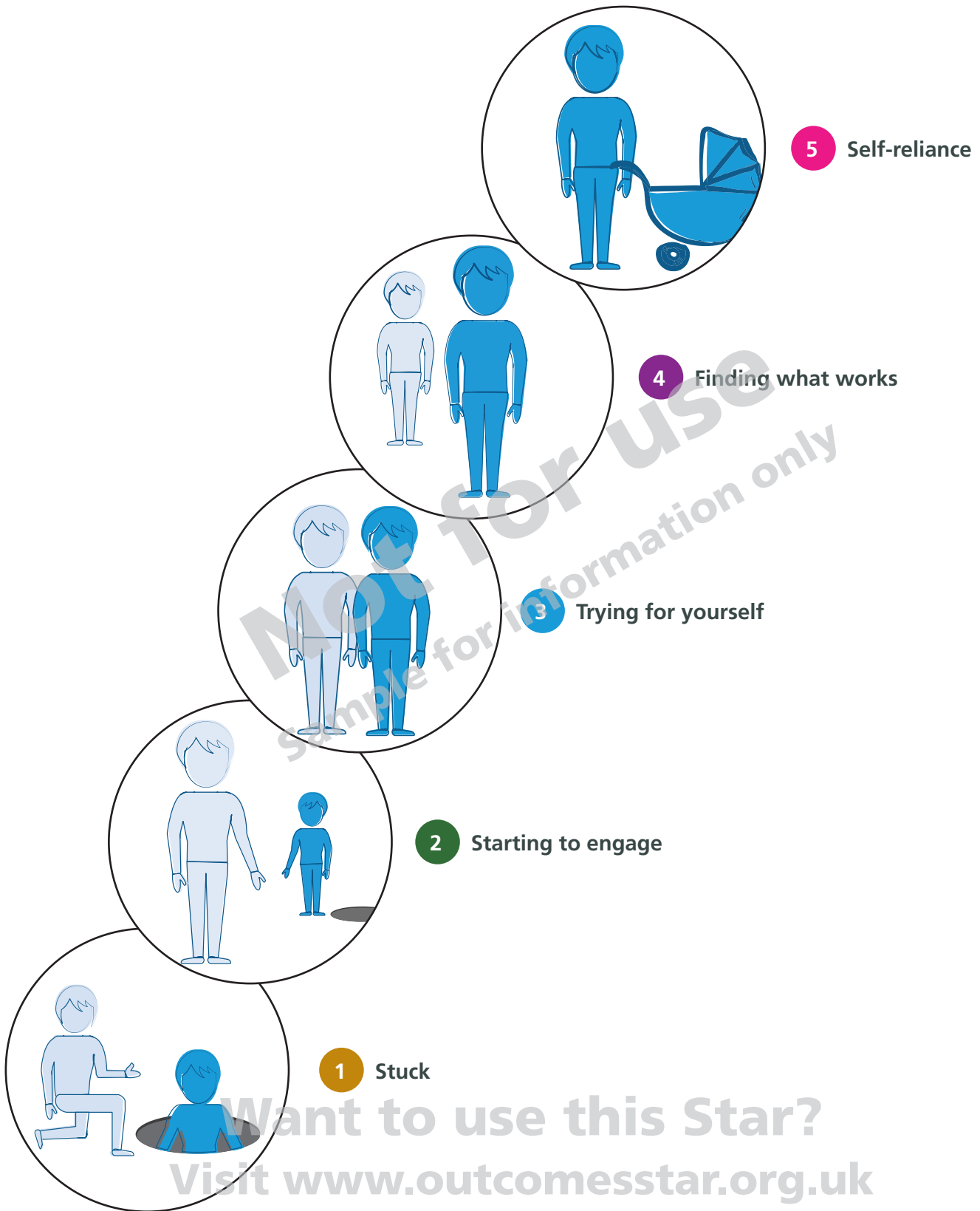
5. Self-reliance

As you learn, you move towards the final stage of **self-reliance**. You can look after yourself and your baby is doing well in your care so you don't need the support of a specialist service. You have a good connection with your baby and you are able to look after them well and provide a safe and secure life for them. You are able to reflect on what you have learnt and continue to learn new skills.

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The Journey of Change



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1 Life skills

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

Key points

- At 5 you are living independently and managing well
- If you live with your parents or carers, you can still reach 4 by building your life skills

5 Self-reliance

I look after myself well and can organise what I need

4 Finding what works

I'm finding ways to look after myself and be more organised, with support

3 Trying for yourself

I'm trying to develop the skills I need to look after myself but it's hard

2 Starting to engage

I don't look after myself well enough but I'm starting to accept help with this

1 Stuck

I don't look after myself well enough. I don't want to talk about it

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1 Life skills (detail)

This scale is about developing important life skills such as cooking healthy meals, getting to places on time including planning how to get there, shopping for the things you need and keeping where you live clean. It also covers dealing with money, including debts, getting the right benefits, budgeting and keeping on top of paperwork and bills. If you live with family it's about learning these skills so you can become more independent.

5 Self-reliance

I look after myself well and can organise what I need

- You have the necessary life skills to take care of yourself and organise your life, and can build new skills as you need them
- You mostly keep where you live clean, tidy and organised and you can shop for yourself and put together healthy meals. You are able to organise travel and get to places on time
- You manage your money yourself, including making positive choices about what you spend your money on. This may mean prioritising your baby's needs over your own
- You don't need help in this area and have the skills to live independently, now or in the future

4 Finding what works

I'm finding ways to look after myself and be more organised, with support

- You have or are learning the necessary life skills to take care of yourself and organise your life and you are practising these as much as possible
- You are learning to manage your money and any paperwork for yourself, including using a bank as needed. You are receiving the benefits you are entitled to and may be applying for grants
- There are a few things to sort out so you need support to stay on track

3 Trying for yourself

I'm trying to develop the skills I need to look after myself but it's hard

- You may be trying to cook simple things, or to organise your life or where you live, do more housework or work out how to get to places on time
- You may be trying to sort out your benefits, follow a payment plan for debts, manage your money better and/or prioritise buying what your baby needs
- Some things go well but others don't and you may give up easily

2 Starting to engage

I don't look after myself well enough but I'm starting to accept help with this

- As for 1, but you acknowledge this isn't good for you and/or your baby and may go along with some suggestions, though you don't yet take the initiative yourself
- You may accept urgent help, for example with debts or benefits or accessing a food bank

1 Stuck

I don't look after myself well enough. I don't want to talk about it

- One or more of these apply to you:
 - You don't organise yourself, look after where you live or get to places you need to be
 - You have serious problems in managing your money and may run out of money for basics such as food or nappies. Maybe you don't have the necessary skills or are not getting the right benefits or you don't prioritise your baby's needs
 - You live with family and they do everything for you so you are not learning to be independent
 - You don't talk about this or engage with support if it's offered. Perhaps you don't recognise or admit to a problem

2 Your health and well-being

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

Key points

- This scale is about both your emotional well-being and your physical health, so focus on what is most important for you and your baby
- At 5 you can mostly cope with the added ups and downs and changes that being pregnant or having a baby brings

5 Self-reliance

I look after my health and well-being and my lifestyle is healthy

4 Finding what works

I'm finding ways to look after my health and well-being, with support

3 Trying for yourself

I'm trying to do more to look after my health and well-being, but it's hard

2 Starting to engage

People say I'm neglecting my health and well-being but I'm starting to accept help with this

1 Stuck

People say I'm neglecting my health and well-being. I don't want to talk about it

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2 Your health and well-being (detail)

This scale is about how you look after your health and well-being – which affects your baby as well as you. It's about attending health appointments, eating healthily, exercising, not smoking, using drugs or drinking too much alcohol, and looking after your personal care, contraception and sexual health. It also covers how you feel most of the time and how you cope when things are difficult.

5 Self-reliance

I look after my health and well-being and my lifestyle is healthy

- You attend all health appointments and look after minor problems at home
- Your lifestyle is mostly healthy. You eat healthily, get enough exercise and look after your sexual health and contraception. You don't smoke and you drink within safe limits or not at all
- You mostly cope emotionally even when it's hard. You make time for yourself or have other ways to stay positive
- You are able to manage any mental health issues well
- You don't need extra support in this area

4 Finding what works

I'm finding ways to look after my health and well-being, with support

- You mostly attend health appointments and follow advice
- You are finding ways to live a healthier life. You mostly look after your sexual health. If you used to smoke, take drugs or drink too much, you have now stopped but may still struggle to maintain this at times
- You are finding ways to feel more positive and to deal with difficulties such as when your baby cries a lot or you or they are unwell or exhausted
- If you have a mental health issue you are learning to manage this well
- There are a few things to sort out so you need support to stay on track

3 Trying for yourself

I'm trying to do more to look after my health and well-being, but it's hard

- You attend health appointments on your own initiative and are trying to follow advice
- You may be trying to have a healthier lifestyle, look after your sexual health, stop smoking or using drugs and/or stop or significantly reduce drinking. There are no concerns about your personal care
- You may be trying new ways to cope with difficult emotions, such as relaxation
- If you have a mental health issue, you are trying to follow advice and treatment
- Some things go well but some don't and you may give up easily

2 Starting to engage

People say I'm neglecting my health and well-being but I'm starting to accept help with this

- As for 1, but you are starting to engage with this and may go along with suggestions
- If you smoke, use drugs or drink too much alcohol, you are engaging with help to stop
- If you have a mental health problem you are getting help and may be starting treatment
- You may want things to be different, but you don't take the initiative yourself

1 Stuck

People say I'm neglecting my health and well-being. I don't want to talk about it

- One or more of these apply to you:
 - You don't attend health appointments when necessary
 - You don't eat healthily or take exercise or there are other concerns about your physical health or personal care. Perhaps you don't use contraception or look after your sexual health
 - You smoke, use drugs or drink more alcohol than is safe
 - You are stressed, anxious or irritable most of the time and/or struggle to cope with difficulties
 - You are experiencing depression or another mental health issue
 - You don't talk about this or engage with support if it's offered. Perhaps you don't recognise or admit to a problem

3 Looking after your baby

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

Key points

- If you are pregnant, this scale is about being confident to look after your baby well once they are born
- If you have your baby already, it's about learning how to look after them well

5 Self-reliance

I'm looking after my baby well or there are no concerns about my ability to do so

4 Finding what works

I'm learning how to look after my baby well, with support

3 Trying for yourself

I'm trying to look after my baby well, but it's hard

2 Starting to engage

I'm not managing to look after my baby or am not ready but I'm starting to accept help with this

1 Stuck

I'm not managing to look after my baby or am not ready to. I don't want to talk about it

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3 Looking after your baby (detail)

This scale is about how you look after your baby and take care of their health. It includes preparing for your baby in pregnancy and you and others being confident that you will manage once they are born. It covers bathing, changing nappies and having appropriate clothes for the weather. It also covers attending health appointments, feeding, weaning and good nutrition, looking after your baby's teeth and not smoking around your baby.

5 Self-reliance

I'm looking after my baby well or there are no concerns about my ability to do so

- You look after your baby's physical needs, follow nutritional advice, look after their teeth and keep them clean and dressed appropriately for the weather
- You know what to do if your baby is ill and when to take them to the doctor or to treat them at home
- If you are pregnant you are prepared for your baby's arrival and there are no concerns about how you will manage once your baby is born
- You don't need extra help from a service in this area

4 Finding what works

I'm learning how to look after my baby well, with support

- You are mostly confident about basic physical care, and are learning to ensure good nutrition for your baby, including weaning when appropriate. You are learning ways to soothe or get them to sleep without using feeding
- You take your baby to routine health appointments and immunisations and are learning what to do if they are ill, including knowing when to use A&E
- If you are pregnant you are mostly prepared for your baby's arrival. You may be learning more about breast-feeding and formula to help you choose
- There are a few things to sort out so you need support to stay on track

3 Trying for yourself

I'm trying to look after my baby well, but it's hard

- You are trying to do more practical tasks, such as taking your baby to health appointments, bathing or dressing them. You are trying to follow advice on feeding, weaning and good nutrition
- If you or others smoked in the same house as your baby, this has stopped
- If you are pregnant, you are trying to prepare for your baby's arrival, for example by going to antenatal classes, getting basic equipment or sorting out issues that might prevent you looking after them yourself, but there are still some concerns
- Some things go well but others don't and you may give up easily

2 Starting to engage

I'm not managing to look after my baby or am not ready but I'm starting to accept help with this

- As for 1, but you are starting to engage and may be getting urgent help, for example with feeding, bathing or holding your baby, or with preparing for your baby while pregnant
- You may want things to be different but you don't take the initiative yourself

1 Stuck

I'm not managing to look after my baby or am not ready to. I don't want to talk about it

- You may feel very anxious or unable to cope with your baby's physical needs. Perhaps you don't feel able to feed, bathe or hold your baby
- You may not be going to antenatal or health appointments for your baby, or may use A&E inappropriately. Perhaps you don't know how to tell if your baby is ill or how to respond. Perhaps you or others smoke in the same house as your baby
- If you are pregnant, you have not started to prepare for your baby and others are concerned about how you will manage
- You don't talk about this or engage with support if it's offered. Perhaps you don't recognise or admit to a problem

4 Your baby's development

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

Key points

- If you smoke, take drugs or drink more alcohol than is safe during pregnancy, you will be at 1 or 2 on this scale even if other things are going well
- If you have your baby already, at 4 or 5 you help them develop movement, language and coordination

5 Self-reliance

I do everything needed to support my baby's development

4 Finding what works

I'm finding ways to support my baby's development but there are a few challenges

3 Trying for yourself

I'm trying to support my baby's development but it's hard

2 Starting to engage

There are concerns about how I support my baby's development but I'm starting to accept help

1 Stuck

There are concerns about how I support my baby's development. I don't want to talk about it

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