

Parent and Baby Star™ Scales

The Outcomes Star for perinatal mental health and well-being

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

1 Things aren't OK 2 Accepting help 3 Believing and trying 4 Finding what works 5 Managing well

1 Mental and emotional health

Medication and treatment, coping with difficulties and anxieties, time for yourself



- 5 I manage my mental health well enough and mostly feel OK. I can deal with life's ups and downs
- 4 I'm finding ways to manage my mental health and/or emotional well-being, with support
- 3 I believe I can improve my mental health and/or emotional well-being and am trying, but it's hard
- 2 I often feel low or anxious or have other strong symptoms but I'm getting help with this
- 1 I often feel very low or anxious or have other strong symptoms. I don't talk about it

2 Physical health

Food, exercise, sleep, doctors and treatment, alcohol, smoking, drugs, sexual health



- 5 I look after my physical health well enough and my lifestyle is healthy enough
- 4 I'm finding ways to look after my health better, but there are a few issues
- 3 I know I can do more to look after my health and am trying to make changes but it's hard
- 2 I'm not managing to look after my health well enough but I have some help with this
- 1 People are concerned about my health or lifestyle. I don't talk about this

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3 Housing and essentials

A suitable, stable home, money for basics, essential equipment

In Housing and essentials the alternative stage 4 is mostly ok, and alternative stage 3 is basic needs met



- 5 I have a home and essentials for my baby and me
- 4 I mostly have what I need to look after my baby, but there are still a few things to sort out
- 3 I have the basics in terms of home and money but there is a lot to sort out and I'm finding it hard
- 2 I don't have what I need to look after my baby but I have help with this
- 1 I don't have what I need to look after my baby. I don't have help or don't talk about it

4 Relationship

Respect, communication, support, avoiding unhealthy conflict with a partner and/or co-parent



- 5 The relationship is good enough or I'm single and don't have a co-parent
- 4 I'm finding ways to improve the relationship or accept it's not possible, with support
- 3 I think the relationship can improve and I'm trying to change things, but it's difficult
- 2 There are serious problems in the relationship but I have help with this
- 1 There are serious problems in the relationship. I don't talk about this

5 Support network

Family, friends, community, social activities, antenatal and baby groups



- 5 I'm well supported by my wider network
- 4 I'm building a positive network of friends, family or community, with support
- 3 I believe I can get more support from people and am taking steps towards this but it's hard
- 2 I'm isolated but I'm accepting help with this
- 1 I'm isolated. I don't talk about this

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