

Family Star Plus™ Scales

An Outcomes Star for parents

For each of the ten areas, choose the response that fits best for you most of the time.

1-2 Stuck 3-4 Accepting help 5-6 Trying 7-8 Finding what works 9-10 Managing well

1 My children's health

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



I look after my children's health well

10 Yes, that's me

9 Yes, with occasional support

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

8 I'm managing OK with support

7 Yes, with a few issues

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

6 I'm keeping on trying

5 I'm starting to try things out

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

4 I accept help consistently

3 I sometimes accept help

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

2 I occasionally say I struggle

1 I don't talk about it

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2 How I feel

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



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

- 10 Yes, that's me
- 9 Yes, with occasional support

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

- 8 I'm managing OK with support
- 7 Yes, with a few issues

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

- 6 I'm keeping on trying
- 5 I'm starting to try things out

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

- 4 I accept help consistently
- 3 I sometimes accept help

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

- 2 I occasionally say I struggle
- 1 I don't talk about it

3 My children's emotions

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



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

- 10 Yes, that's me
- 9 Yes, with occasional support

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

- 8 I'm managing OK with support
- 7 Yes, with a few issues

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

- 6 I'm keeping on trying
- 5 I'm starting to try things out

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

- 4 I accept help consistently
- 3 I sometimes accept help

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

- 2 I occasionally say I struggle
- 1 I don't talk about it

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4 Keeping my children safe

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



My children are safe in my care

- 10 Yes, that's me
- 9 Yes, with occasional support

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

- 8 I'm managing OK with support
- 7 Yes, with a few issues

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

- 6 I'm keeping on trying
- 5 I'm starting to try things out

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

- 4 I accept help consistently
- 3 I sometimes accept help

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

- 2 I occasionally say I struggle
- 1 I don't talk about it

5 Friends and community

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



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

- 10 Yes, that's me
- 9 Yes, with occasional support

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

- 8 I'm managing OK with support
- 7 Yes, with a few issues

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

- 6 I'm keeping on trying
- 5 I'm starting to try things out

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

- 4 I accept help consistently
- 3 I sometimes accept help

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

- 2 I occasionally say I struggle
- 1 I don't talk about it

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