

## Star Development Summary: Parent and Baby Star™

### 1 What is the Parent and Baby Star and who is it for?

- The Parent and Baby Star is a key-work and outcomes measurement tool that is designed to be used by any service providing 1:1 support to mothers and fathers during pregnancy or to those who have recently become parents. This includes services focussed on general well-being or perinatal mental health, for example, a children's centre or a community mental health team
- It encourages mothers and fathers to provide consistent, sensitive and attuned parenting, to build secure relationships and to create a nurturing environment to in turn improve their children's physical, emotional and social development
- It enables mothers and fathers to recognise their strengths through the Journey of Change and enables them to seek the support they need, building their own resilience and that of their baby (and any other children) and preventing their children from gathering Adverse Childhood Experiences (ACEs)

### 2 Who developed and tested the Parent and Baby Star?

- The Parent and Baby Star was developed by Triangle in collaboration with Hertfordshire County Council, Herts Valleys CCG, East and North Hertfordshire CCG and the Stefanou Foundation
- Health visitors, children's centre staff, midwives and mental health practitioners working in services supporting parents with their perinatal mental health were trained to use the Parent and Baby Star and piloted it for six months. For more information about the development process please see the Parent and Baby Star development report which can be found on the Outcomes Star website: [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)

### 3 What sector does the Parent and Baby Star fit into?

- The NHS England Five Year Forward View for Mental Health aims to increase access to specialist perinatal mental health support in England by 2020 and the Perinatal Mental Health Community Services Development Fund has been implemented to fulfil this ambition by investing in perinatal mental health services. The Parent and Baby Star is designed to be able to support the frontline work in these services and measure the outcomes achieved by the parents that are accessing them

### 4 The results of the pilot

- The Parent and Baby Star was well received by practitioners and service users (both mothers and fathers) during the pilot. 83% of parents indicated that the scales helped them see what they needed in the way of support and 92% of practitioners indicated that the scale descriptions helped them to understand what to focus on next with service users.
- Analysis of the psychometric properties of the pilot Star indicated that the Parent and Baby Star measures one underlying construct and that the Star is sensitive enough to measure service user change between Star readings.
- The pilot showed that Parent and Baby Star worked particularly well when used in Children Centres where a parent's perinatal mental health was a concern. Health visitors who piloted the Parent and Baby Star were also positive about the tool and it was agreed it could be a useful keywork and outcomes measurement tool in this setting where the Parent and Baby Star was the only assessment method used.
- This Star is being piloted further to test its suitability for use in more acute perinatal mental health settings

## 5. The Journey of Change and Scales

- The Journey of Change underpinning this follows a very similar journey to the Family Star Plus and many other versions of the Outcomes Star - the empowerment journey. Stage 1, at the bottom of scale, is **things aren't OK** and stage 5, at the top of scale, is **managing well**. The language used in this journey is designed to resonate with parents in the perinatal period and reflect that at the top of the scale a new parent will be independent of additional support from a service but expectant and new parents shouldn't need to be 'self-reliant'.
- The scale "Housing and essentials" follows a different journey to the other scales. Rather than focusing on the parent's relationship with this area of their life as the other scales do, this scale focuses on the extent to which the parent has the housing and essential equipment that they need.

## 6 How does it compare with other Stars for parents?

- The Parent and Baby Star is part of the Family Star range of Outcome Stars and has similarities to the New Mum Star and the Family Star (Early Years).
- The Parent and Baby Star has more of a focus on perinatal mental health and well-being, is suitable for parents of all ages, whether having their first child or not, can be used during pregnancy and during the first-year post birth and is for use with both fathers and mothers.
- The New Mum Star is primarily designed to be used with young first-time mothers during pregnancy and up to their baby being 2 years old. This Star can be used where support is more holistic and less focussed on perinatal mental health and wellbeing.
- The Family Star (Early Years) is designed to be used by services supporting parents with young children, not specifically in the perinatal period. It is recommended to be used in services providing brief, relatively light-touch interventions, although it can work well in any early years' service.