

Family Star™ Scales

An Outcomes Star for parents

For each of the eight 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

2 Emotional well-being

Helping your children grow up happy and resilient, connection and support, your health and well-being



I feel fine and support my children emotionally

- 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

3 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

4 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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5 My children's learning

School, homework, learning through play, early development, encouraging learning and aspiration



My children are learning well and developing positive aspirations for the future

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

I'm finding ways to support my children to learn or develop but there are a few issues

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

I know I need to do more to support my children to learn or develop and am trying, but it's hard

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

People are concerned about my children's learning or development but I'm accepting help with this

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

People are concerned about my children's learning or development. I don't have the help I need

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

6 My children's behaviour

Helping children with behaviour, maintaining appropriate boundaries, being a role model



I'm managing well with my children's behaviour

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

I'm finding what works to manage my children's behaviour but there are a few issues

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

I know I need to address issues with my children's behaviour and am trying, but it's hard

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

People are concerned about my children's behaviour but I'm accepting help with this

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

People are concerned about my children's behaviour. 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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7 Our family routine

Bedtime, getting up, mealtimes, basic care, doing things together



My family has a positive routine that supports us all

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

I'm finding ways to have a positive routine for us as a family but there are a few issues

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

I know I need to create more of a routine for us as a family and am trying, but it's hard

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

We don't have much of a routine to support us during the week but I'm accepting help with this

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

We don't have much of a routine to support us during the week. I don't have the help I need

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

8 Home and money

A secure and adequate home, paying bills and rent, managing your finances



Our home is secure and adequate for our needs and we mostly manage on our income

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

I'm making progress with housing or finances but there are a few issues

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

I know I need to do something about our housing or finances and am trying, but it's hard

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

We don't have a stable, adequate home or enough money for basics but I'm accepting help with this

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

We don't have a stable, adequate home or enough money for basics. I don't have the help I need

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

Now mark on the Star Chart where you are on the Journey of Change for each of the areas and connect the points to get a picture of what is working well and any areas of difficulty. This picture will help you and those supporting you to plan the changes you want to make and the support you need.

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