

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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