

# Family Star Plus™

## An Outcomes Star for parents

The Family Star Plus Flashcards are for parents. These cards are an additional resource to be used alongside the Star Chart, with or instead of the short illustrated Scales and User Guide.

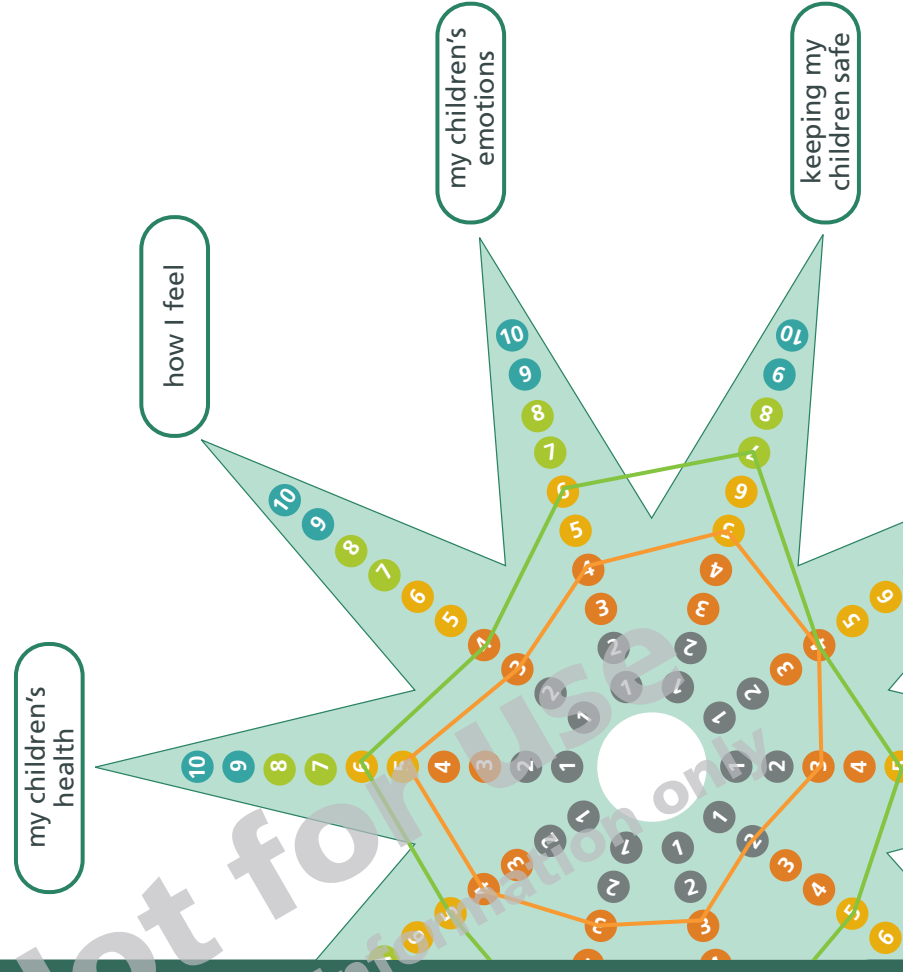
Please ensure you have received training, are licensed and are familiar with the Star and how to use it.

This pack contains 17 cards in total including:

- 10 Star area flashcards
- 5 Journey of Change flashcards
- Cover and copyright card
- How to print the flashcards card

**Want to use this Star?**  
Visit [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)

0202 7272 8765



## Copyright Information

The Family Star Plus is a version of the Outcomes Star, a suite of tools for supporting and measuring change when working with people.

Triangle Consulting Social Enterprise Ltd is the copyright holder of the Family Star Plus. In order to support consistency of use and effective implementation, the creation of derivative works is prohibited and users are required to buy a licence and train all workers using the materials with service users. See website for full copyright information  
[www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)

## How to print the flashcards

Each card is designed as A5 in size. They can be professionally printed or printed on standard office printers. They have been designed to fit two to an A4 page and to be printed double-sided and then cut out, with the main area on the front of the card and additional images and text for prompts on the back.

- Set the document to print in colour or black and white, double-sided, long-edge binding.
- If your printer allows you to print to the edge of a page, scale at 100%. If it does not, you can print the document at "scale to print" and trim off the white borders
- A professional-print pdf with full 3mm bleeds is available should you wish to get the cards professionally printed onto cardstock.

# Journey of Change

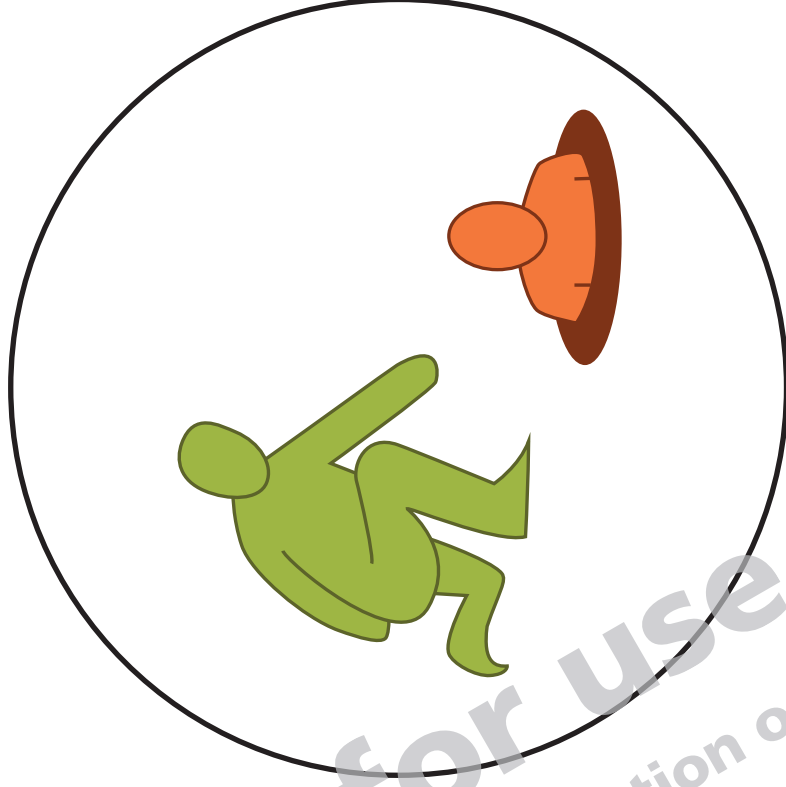
Family Star Plus™



3-4 Accepting help

# Journey of Change

Family Star Plus™



1-2 Stuck

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## 1-2 Stuck

- Struggling with parenting
- Or others are concerned
- Children not doing well just now
- Don't have the help you need or can't engage with it

1 = Not getting help or not ready to engage

2 = Occasionally say you struggle

## 3-4 Accepting help

- Struggling but
- Going along with some support
- Getting practical help or advice
- But... don't yet believe you can make a difference

3 = Sometimes allow others to help

4 = Go along with help more consistently

### The Journey of Change

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## My children's health



**Not for use**  
Sample for information only

## How I feel



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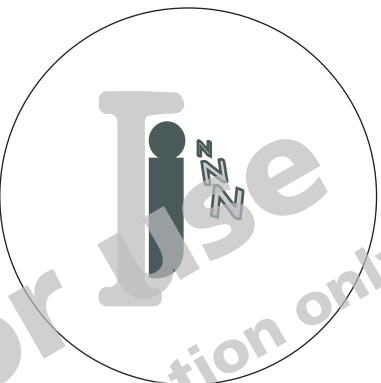
Contact [info@triangleconsulting.co.uk](mailto:info@triangleconsulting.co.uk)  
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# My children's health



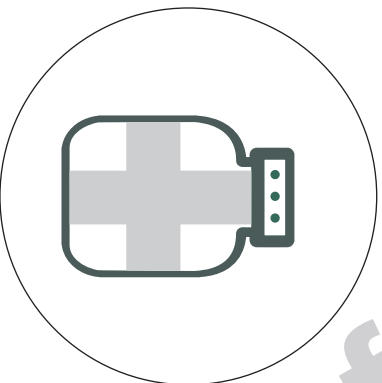
Doctors, dentist, optician



Healthy lifestyle



Early development

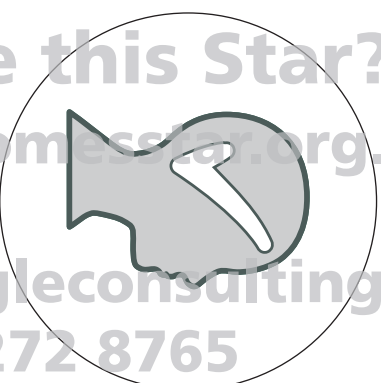


Managing health conditions

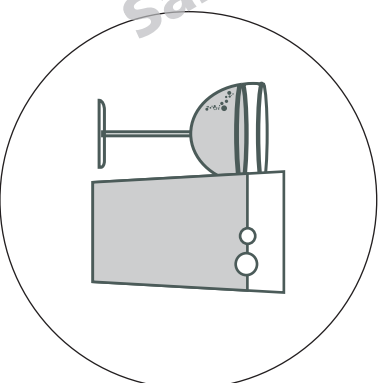
# How I feel



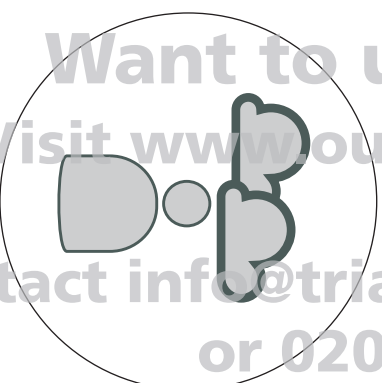
Your physical health



Your emotional and mental health



Drinking or drugs



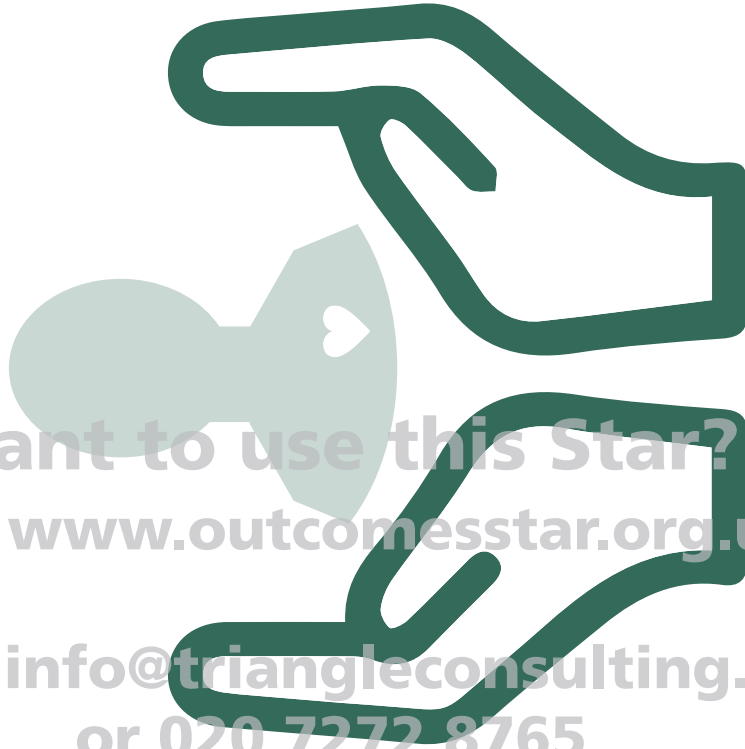
Managing difficult feelings

Not for use  
Sample for information only

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## Keeping my children safe

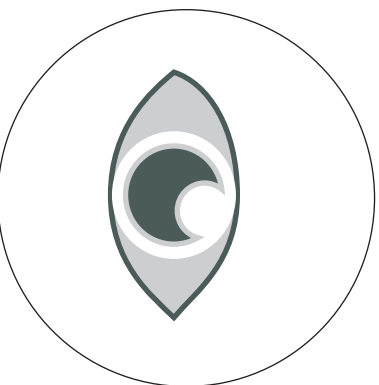


## My children's emotions



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# My children's emotions



Attention



Encouragement



Listening and paying attention

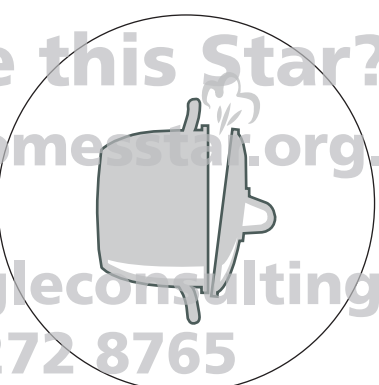


Connection and love

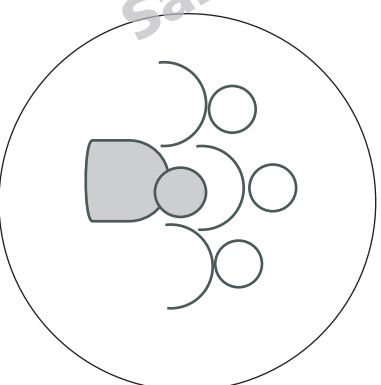
# Keeping my children safe



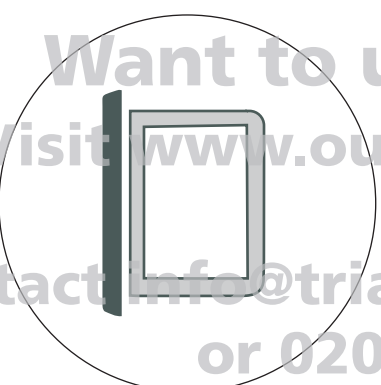
Protecting your children



Avoiding accidents



Bullying and abuse



Safety online

Not for use  
Sample for information only

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