

How do I use it?

To use the Family Star Plus you need to be getting one-to-one support, from a Health Visitor. You and your Health Visitor decide together where you are on your journey. Then you agree which areas you want to work on for next time and how you're going to approach them.

At regular points you go back to the Star with your Health Visitor to get a clear picture of what is working well and where things could still be improved for you and your family.

“I thought I had an issue with everything, and everything was going wrong, but doing the Family Star points out stuff you are good at and not so good at. So it's a lot better than saying 'I need help with everything'. When you do the Star you realise you're not as bad at some things as you thought you were.” Parent

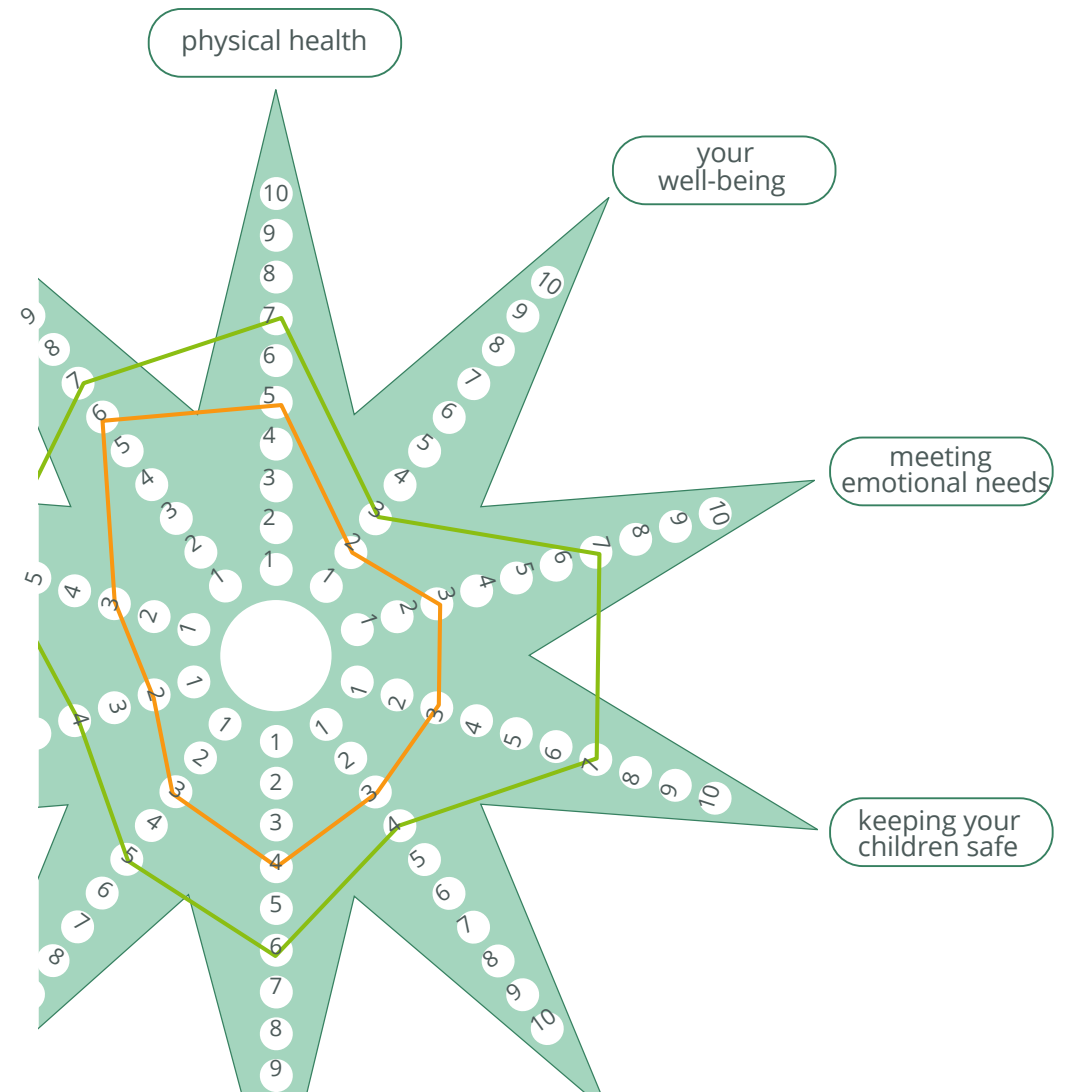
Information sharing

We are obliged to share information if there are any concerns about the safety and/or well-being of a child, young person or adult and there are clear reasons for doing so which are in their best interests. Information may also be shared to ensure that you and your family are getting the right services.

The information gathered on the Star is recorded and will be securely stored and used to provide services to your family. It may also be used to monitor and audit the quality of the service offered to you and your children and/or family.

Family Star Plus™

A parent's guide



Being a parent can be tough

Raising a family is one of the most challenging things any of us will ever do. Children need love, attention, patience, meals, clothes, guidance and boundaries – often before 8.30 in the morning. Sometimes as parents we have our own issues to deal with, or circumstances such as disability, moving to a new area or family conflict, which can make the challenges even greater. It's not surprising that many of us sometimes find it hard to cope.

What is the Family Star Plus?

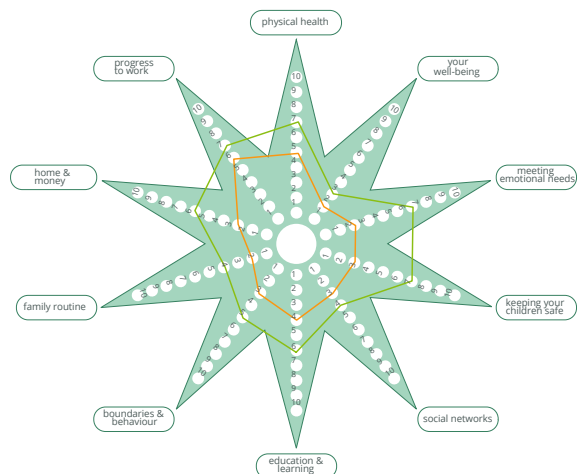
The Family Star Plus supports you to help your children thrive through effective parenting.

It shows you where you and your family are on your journey, and maps out the steps you need to take to improve life for both you and your children.

How does it work?

The Family Star Plus focuses on **ten areas of your life**.

For each area of your life there is a ten-point scale that measures how you feel, how you are coping, and what you are doing to address any difficulties. This is called the Journey of Change (shown on the next page).



The Journey of Change

Where are you on your journey?

9 - 10 Effective parenting

My children can do well in my care and I don't need support from a service

7 - 8 Finding what works

I am finding ways of meeting my children's needs but still need support

5 - 6 Trying

I try to do things to meet my children's needs but it's hard

3 - 4 Accepting help

I am concerned about my children and go along with some support

1 - 2 Stuck

Other people are concerned about my children but I don't want to talk about it