

## How do I use the Parent and Baby Star™?

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.

# Parent and Baby Star™

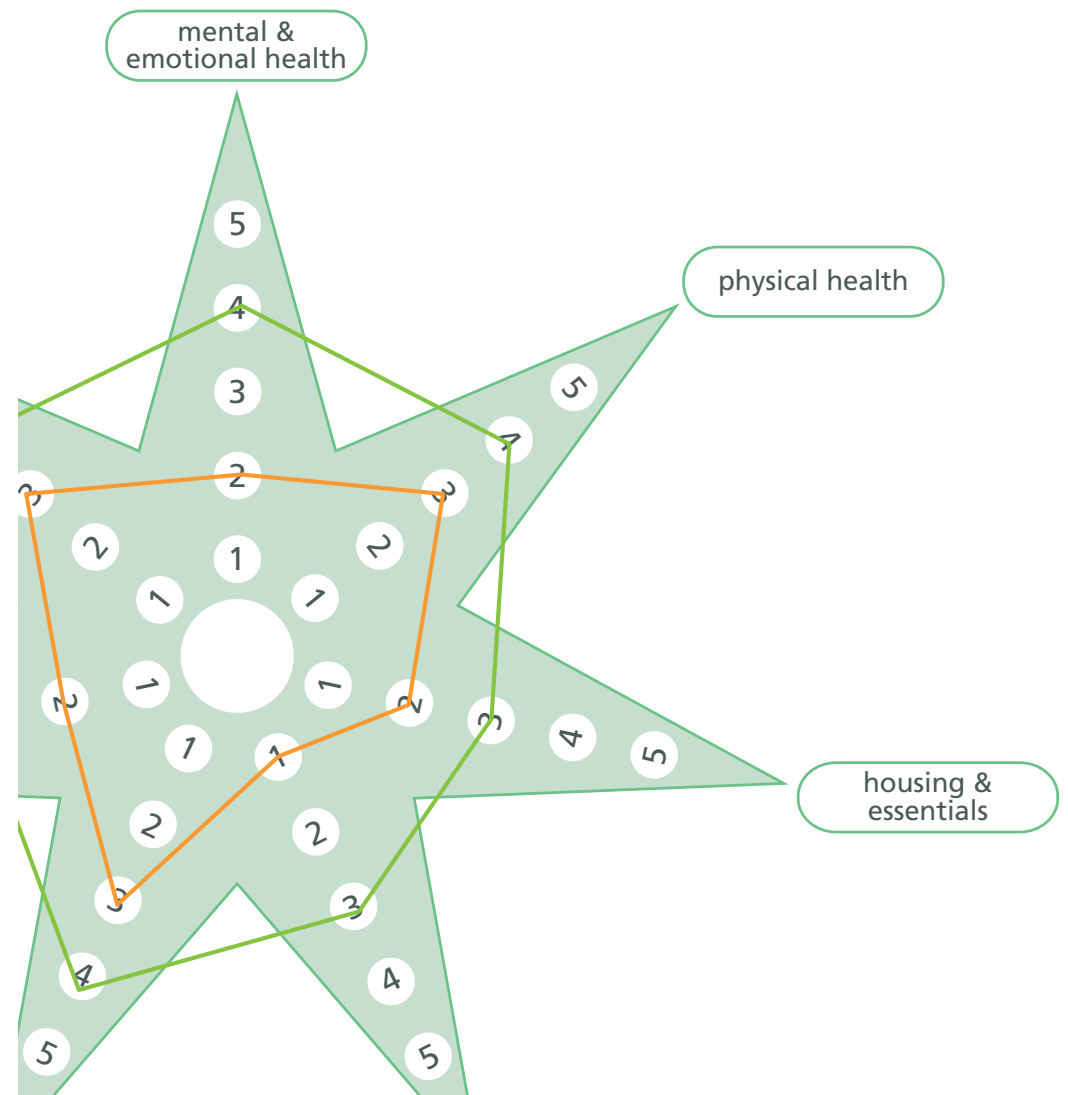
## Information for parents

"I thought I had an issue with everything, and everything was going wrong, but doing the Star points out stuff you are good at and not so good at. 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

The service you are accessing is obliged to share information if there are any concerns about someone's safety and/or well-being 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 you. It may also be used to monitor and audit the quality of the service offered to you and your family.

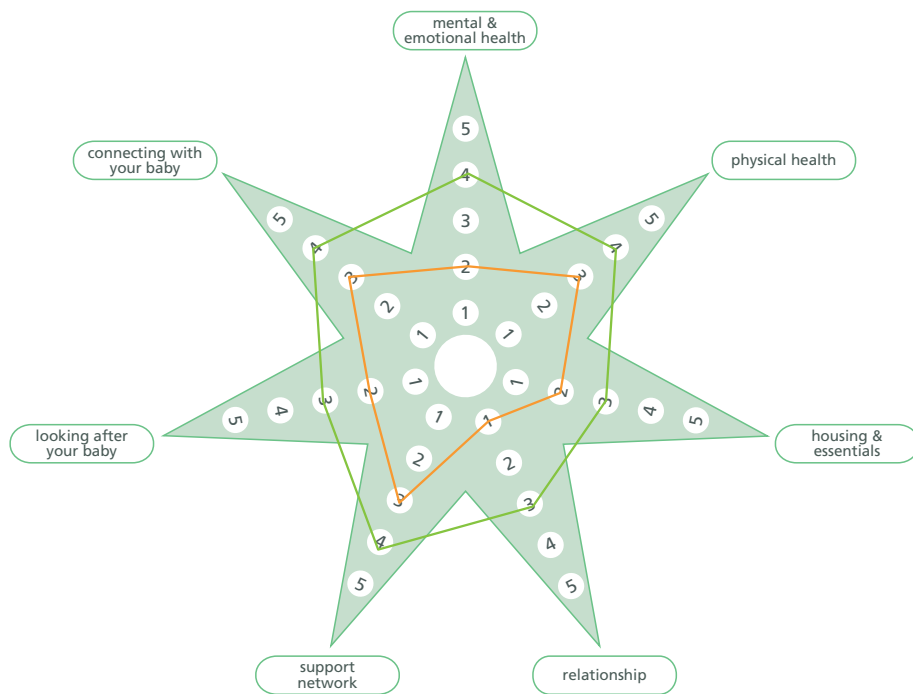


# Helping you care for your baby and yourself

The Parent and Baby Star is a tool for parents who may need extra support.

It supports you and your family by helping you look at seven different areas of your life (below).

For each area, there is a five-point scale that will help you to measure how you feel, what's going well and what is being done to address any difficulties. This is called the Journey of Change (shown on the next page).



# The Journey of Change

Which step are you on?

