

How do I use the Family Star Plus™?

To use the Family Star Plus you need to be getting one-to-one support, perhaps from a children's centre or family support worker. You and a worker talk about each of the 10 areas and agree where you are on your journey. Then you agree the actions you want to take and any support you need.

You and the worker will come back to the Star at regular intervals. This will help you build a picture of your progress.

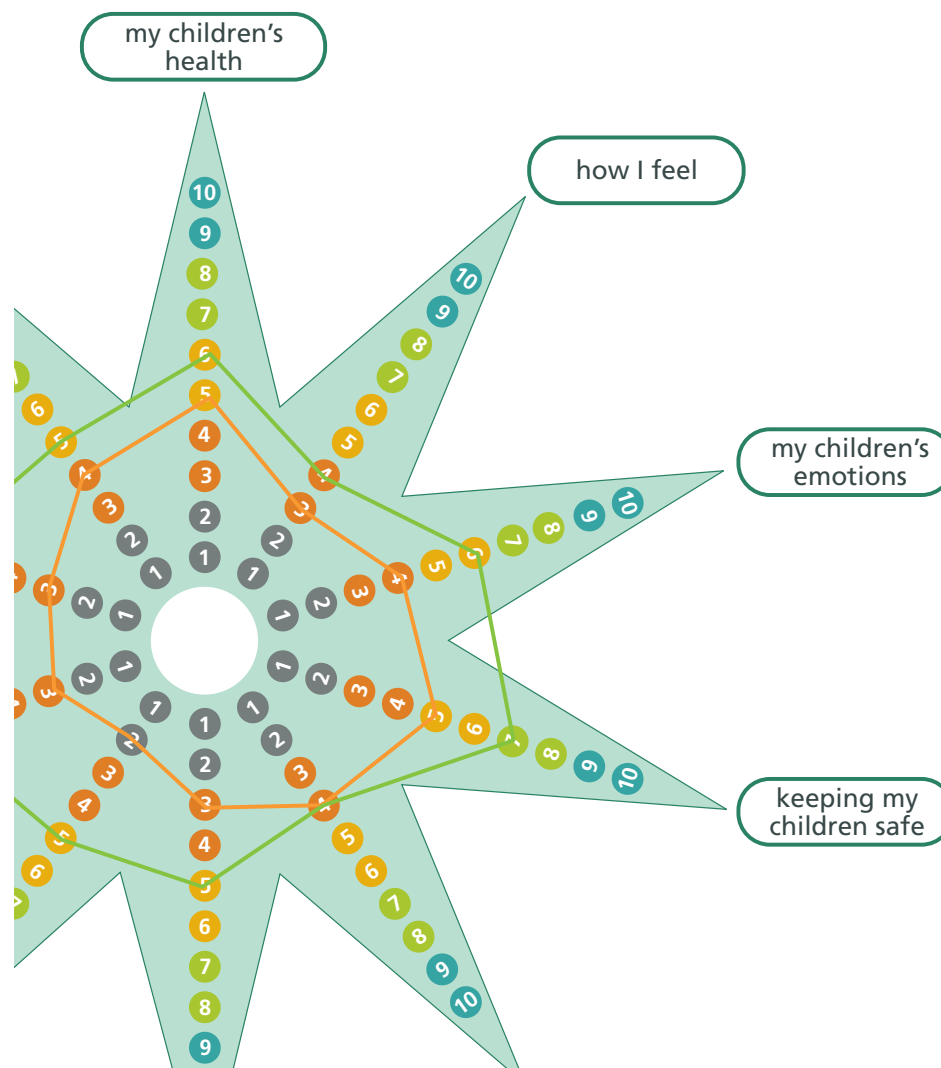
"I thought everything was going wrong, but doing the Family Star points out stuff you are good at and not so good at. So it's a lot better than saying 'I need help with everything'."
Parent

Information sharing

The service supporting you is 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 that person's 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™

Information for parents



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 all before 8:30 in the morning. Sometimes parents have their own issues or circumstances to deal with that 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?

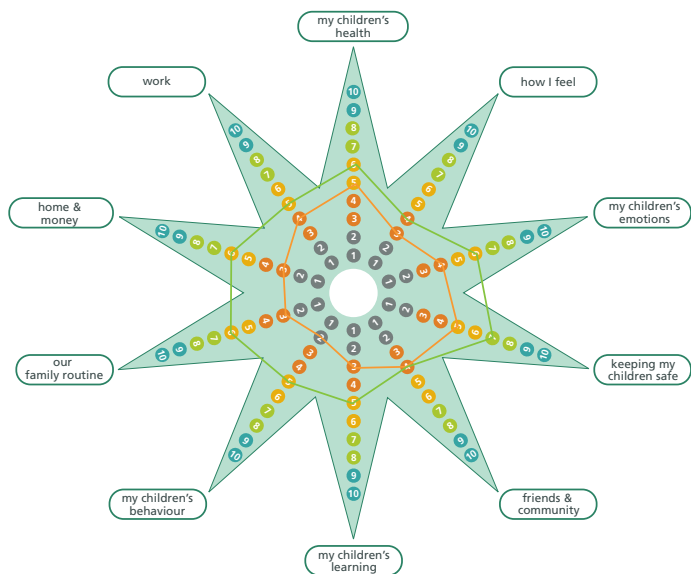
The Family Star Plus supports you to help your children thrive.

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?

