

Initial Early Help Plan & Team Around the Family Meeting (TAF)

Date of TAF:	
Venue of TAF:	
Name and Agency of Keyworker:	

FAMILY MEMBERS THIS PLAN IS SUPPORTING

Name	Family Member	Agency ID	Date a Copy of this Plan was Provided	Tick if Attended TAF
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

TAF AGENCY MEMBERS INVITED TO ATTEND THIS TAF

Name	Agency	Date a Copy of this Plan was Provided	Tick if Attended
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

FAMILY PLAN 1

Scoring as completed in the Early Help Assessment (dated _____)

1	2	3	4	5	6	7	8	9	10
Stuck		Accepting Help		Trying		Finding What Works		Effective Parenting	

Outcome Star Area	Outcome Star Number on EHA	What changes are needed?	Who needs to do this and by when?	What do we want to achieve? (based on the worries and changes needed)
Physical Health				
Your Wellbeing				
Meeting Emotional Needs				
Keeping Your Children Safe				
Social Networks				
Education and Learning				
Boundaries and Behaviour				
Family Routine				
Home and Money				
Progress to Work				
Other				

AIDE MEMOIR



Family Star Plus™

An Outcomes Star for parents

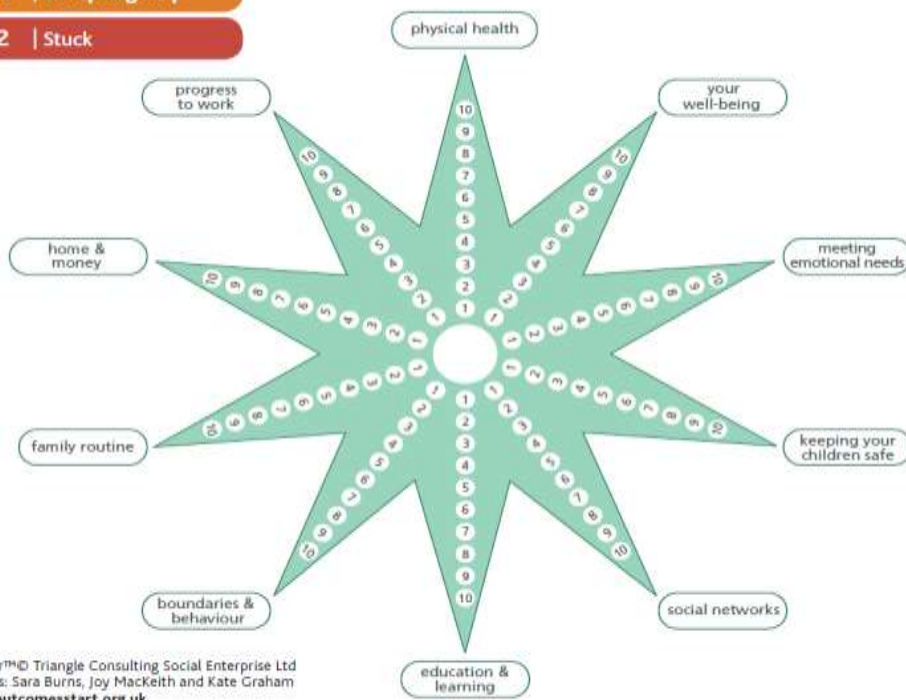
Parent

Date of completion

First Review Retrospective

Completed by Professional and Parent
 Professional
 Parent

- 9-10 | Effective parenting
- 7-8 | Finding what works
- 5-6 | Trying
- 3-4 | Accepting help
- 1-2 | Stuck



Use the Outcome Star to record where you and your family are today, this can then inform what changes are needed and what progress has been made.

Professionals please refer to the Outcome Star Guidance.

Please complete each review/assessment on the outcome star above using the following colour scale:-

Initial Assessment	Green
Review 1	Red
Review 2	Blue
Review 3	Yellow



The Journey of Change

Steps to effective parenting

Stuck (1-2)

Others are concerned about one or more of your children – perhaps about their behaviour, health or development – but you aren't acknowledging problems or doing anything to change the situation. Perhaps your own needs or other things are taking your attention so you can't meet your children's needs. Maybe you are really worried but don't know what to do. Maybe you don't want others involved or feel criticised or afraid to talk about problems. At 2 you have moments of acknowledging difficulty or concern and briefly open up to someone about it, but you do not accept help so things are still stuck.

Accepting help (3-4)

Your children have problems with their behaviour, development or school attendance and at this stage you go along with help when things are organised for you. Perhaps you feel helpless, angry or that you have to co-operate, but this stage is a positive place to be because you are engaged and change is possible. At 3 sometimes you go along with support and sometimes you don't. You take a step forward to 4 when you go along with support more consistently but the initiative is from workers at this stage.

Trying (5-6)

You recognise that it is up to you to improve things for your children and to start to take more responsibility. You take the initiative to try new ways to address your children's needs and deal with problems. Sometimes this goes well but often it doesn't and your children resist the changes so things may seem worse for a while. This is a difficult place to be and it is easy to give up so you may need lots of support. At 5 you may feel tentative and give up quickly. At 6 you stick to new ways of doing things for longer.

Finding what works (7-8)

You are learning from experience what works and what doesn't work with your children and they are benefiting from this. More of your own needs are met so you are more able to give to your children and you are thinking about the whole family and how to make things work for everyone. However, there are some things that are not working so well or where you need professional support. By 8, you are parenting well enough but you still need ongoing support and could slip back if this is withdrawn too soon.

Effective parenting (9-10)

Your children can do well in your care and so you do not need the support of a specialist service. You put your children first when necessary but you also find ways to meet your own needs so you can be a good-enough parent and cope with the ups and downs of family life most of the time. Although for most parents this will not be the end of the journey, you are able to reflect on what you have learnt and continue to improve your parenting and learn new skills as your children get older, without professional input. At 9 you need occasional support and at 10 you are parenting well enough without support from a service.