

How do I use the New Mum Star™?

To use the New Mum Star you need to be getting one-to-one support from a service. You and your Family Nurse 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 to get a clear picture of what is working well and where things could still be improved for you and your baby.

"I thought I had an issue with everything, and everything was going wrong, but doing the New Mum 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."
New Mum

Information sharing

You will have already had a conversation about information sharing with your Family Nurse and this is to remind you that s/he is obliged to share information if there are any concerns about the safety and/or well-being of you or your baby, and if there are clear reasons for doing so which are in your best interests. Information may also be shared to ensure that you and your baby are getting the right support.

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 check the quality of the service offered to you and your family.

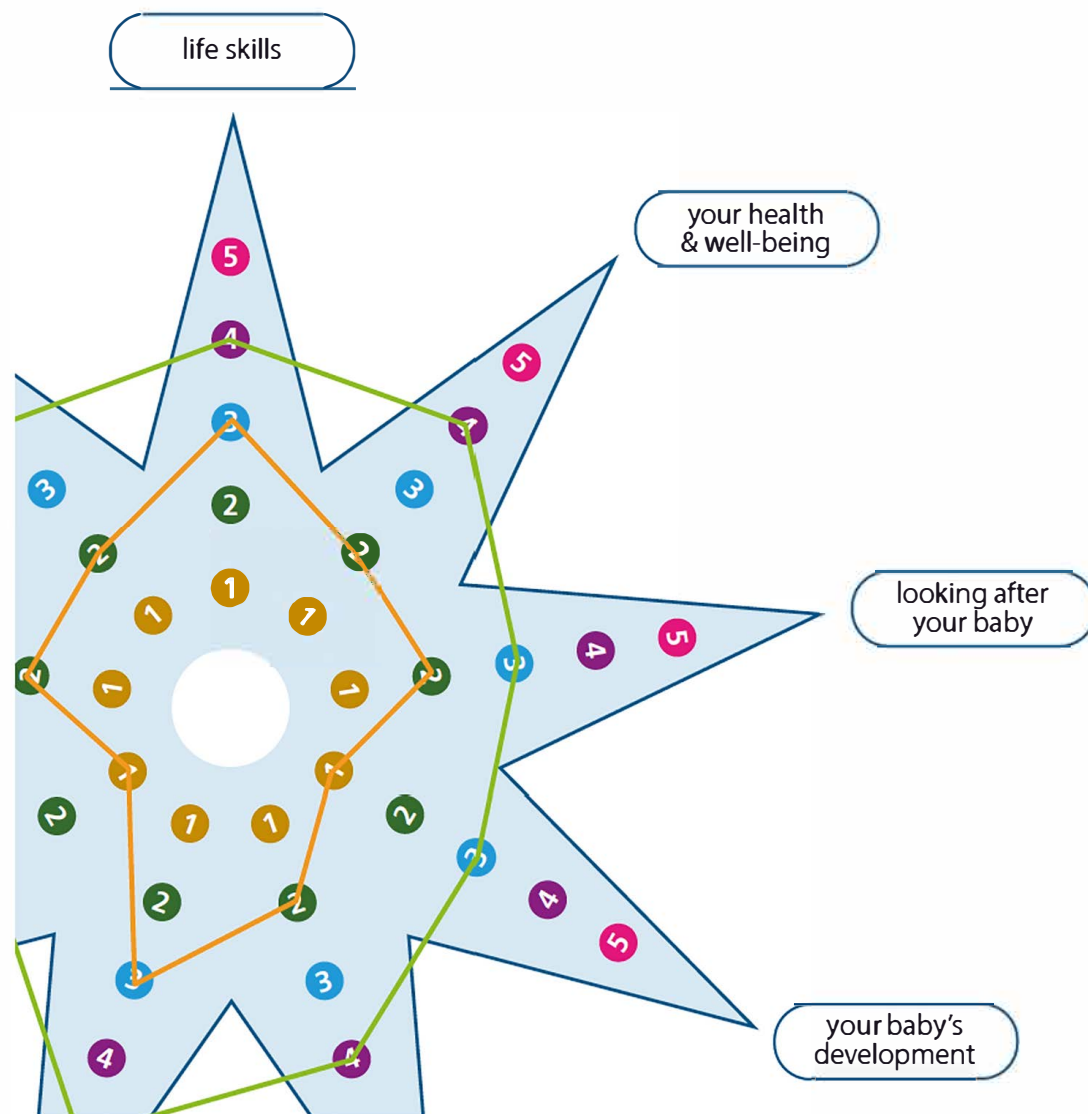
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New Mum Star™

Information for service users



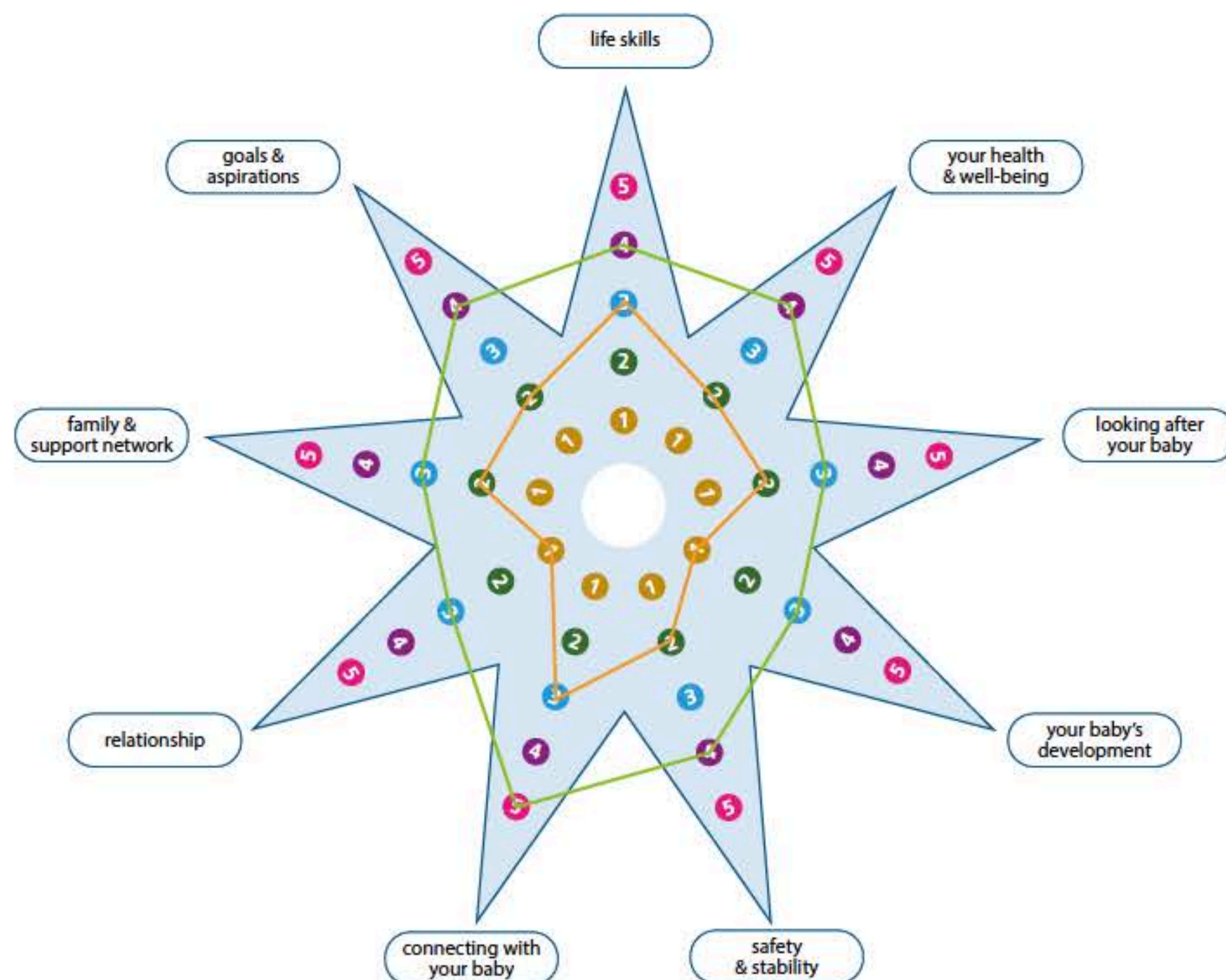
Being a new mum can be tough

Having a baby can be wonderful but brings many changes.

There is a lot to learn to look after your baby, keep them safe and give them a good start in life. This can be harder if you don't feel prepared to become a mum or are having to deal with extra challenges at home, in your family or elsewhere. It's not surprising that many mums can find it hard to cope.

What is the New Mum Star™?

It's a way of helping you look at nine different areas of your life (below). For each area, there is a five-point scale that will help you to understand and talk about 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?

