**The following case study is the outline of the family situation you will then see how this information and additional information transfers into the Family Outcomes Star and Action Plan on other downloadable documents.**

**FAMILY OUTCOMES STAR CASE STUDY**

**Mum** Emma 29 **Children** Lauren 15yrs

**Dad** Paul 32 Tommy 4yrs 1 mth

Carla 8 months

**Background**

Emma is a single mum who lives with her two youngest children Tommy & Carla. Their dad Paul lives on the same housing estate with their older sister Lauren. Paul & Emma split 6 yrs ago, but have remained in close contact and stayed good friends. Paul spends every other weekend with the younger children, and Lauren regularly visits her mum at the family home after school.

Emma recently lost her job at the local supermarket, and has been having trouble finding work. Her mood is very low, and she often feels tired and unwell. She finds it hard to manage on her own with the younger children, and occasionally becomes frustrated and angry with Tommy whose behaviour has recently become disruptive both at pre-school and home. Because her mood is low she finds it difficult to keep regular meal & bedtimes, and often ends up buying fast food or ready meals for dinner as she feels too tired to cook.

Paul tries to come by as much as possible & help with food shopping and housework but he works shifts and is regularly called down to school to speak to teachers about Lauren, who is in the last couple of months has started to fall behind and often has unauthorised absences. Emma is finding it difficult to maintain good friendship with Lauren who has suddenly become very hostile towards her and the younger children and they are regularly fighting in front of Tommy and Carla. Emma is often very tearful and upset, and as a result has not been able to find much time when she is able to play with her younger children in or outside the home.