

Has used SBY with two parents. Unfortunately one of the mums had other problem going on so she was probably unlikely to have completed the survey. Thinks SBY is a really good programme.

Found SBY to be useful and feels that the leaflet is a good tool. Parents were receptive to the ideas but a lot of the families that she works with don't get up in the mornings so that idea is a bit of a challenge. One parent appeared shocked when she suggested to perhaps get up at 8am. This mum unrealistically wanted her baby to sleep from 8pm to 10am. With that particular family I asked them to have a think about some of those ideas, it's sometime the case of "sowing those seed" so that when I have to go back they can begin to see why they might be having issues.

Other parents have been responsive to the SBY ideas. Avoiding long daytime naps in darkened room has been useful information to give to parents alongside the info about sleep pressure. Families have been prepared to think about that in the context of what they are doing. She was aware that one family had made some of the suggested changes and although she things, due to their personal situation, that some of the old behaviours have crept back in but the baby was now starting to sleep through the night. Thinks that parents sometimes once an issue has been resolved forget how that came about so they begin to revert back to old habits.

Thinks that having the SBY conversation can help parent to begin to think about how other areas of their lives might be impacting on sleep, although for some parents the other issues in their lives take over. Sometimes you feel like you are making progress with a family but then you go back for a visit and you're knocking them out of bed at 10am in the morning still. At least if they have the leaflet they've always got the SBY information to refer back to. Making changes can take a long time with some families, particularly when there are other issues impacting on them such as housing issues.

Currently uses Solihul. Finds it useful to sometimes sit with parents and write down how long a baby has slept for and how often it wakes. SBY fits in well with what she is doing already and helps to back up the suggestions with the evidence that it provides.

Likes the leaflet and would spend more time going through the leaflet with families where learning might be more difficult but that is something that HP in the practice are doing with everything they give to some parents so that is not an issue. Even with Solihull there are parts of it that aren't so good for parents with learning difficulties. Likes the graph that shows the sleep pressure as she can use that to explain it to families.