

Has given SBY out to 6-7 parents and had sent back some consent forms. Some of the families have said that the information has made sense to them i.e. why babies wake in the night every few hours to be fed etc. but some are quite surprised when you tell them that it's normal for babies not to sleep through the night. Some think that it's normal that babies should be sleeping through the night at 6 weeks so when they don't they begin to question if the milk that they are giving them is enough to sustain them. Having the information and evidence written down e.g. info about babies having small stomach, has helped her to talk to parents about this.

Feels that the SBY ideas are quite different to the Solihull approach that they currently use so it takes time for HP themselves to get their head around these new ideas and families need time to come around to this new way of thinking.

Feels that sleep is often a part of other issues that are going on in families, it's about them adapting to becoming a parent.

Feels that SBY has been welcomed by the families as it's quite visual. It's difficult to gauge if people have been implementing any of the SBY suggestions and if this has been beneficial to the families as often she will not have contact with them again for some time after. She got feedback from one family and they had reported that their babies sleep had got better and that they were trying to keep the baby up longer at night, do more throughout the day and not expecting the baby to have long naps during the day. They felt that doing these things was helping.

Feels that SBY gives parents more information and gives them a little bit more control over what they decided to do. It would be interesting to see how some of the ideas would work with older toddlers too. Helps to deliver baby practical plus sessions in conjunction with Sure Start Centres. It's for parents who might be struggling to parent a child or they have social care involvement. The session I do it called how to have a happy baby so it might be useful for me to incorporate some of the SBY information in a simple form. It would be useful for me to have a laminated crib card with pointers on as a reminder of what to discuss with parents. Some parents might not want to know all the information behind the SBY ideas or aren't such good readers so something simpler could be developed. Feels the leaflet is still useful for parents who perhaps don't read as well as it's quite visual.

Has been talking to some parents about SBY even though they haven't said that they have had a sleep problem but what they are saying is that the baby doesn't settle very well. So I've been using the ideas to talk to them about ways to help their baby calm down.