

Hasn't been able to use SBY with any parents as has been working on child protection cases and no-one with a child under 1yr has come to her about a specific sleep problem. It tends to be parents of older children that ask for help.

"SBY as whole is really good, however, I'd struggle to do it with most of our population as it's quite a deprived area, it would be easier to implement in areas where parents have lots of resources, places to go"

"The biggest struggle would be to try to encourage parent to get out of the house and do things with their baby and have an active day, I think people here don't necessarily do that, they might go to visit family or come to clinic but they don't necessarily go to groups. There's some new estates where people who live there, professional parents, who would love this but they're not our case load...but you can kind of apply this in a much simpler version so that even those parents who would struggle to understand the principle you can tone it down a bit and get across the important information that's going to have an impact". People who tend to live in the more affluent areas seem to understand the reasoning behind things a whole lot better and the suggestions in SBY are things that they were probably going to do anyway with their babies "If I was to suggest to our mums to go for a walk with their babies they would look at me as if I was mad!"

The training has definitely been helpful but I don't think I could deliver the programme with many parents in the way that it was shown in the training session. It would work better to talk to parents in a more informal way and tailor the advice to fit around individual's lives in a way that would be acceptable. If you are telling these parents to do things that are totally different to their lives it's just not going to work "I can kind of pick out bits and drip feed that in". Going through the whole programme with some people would be too much of a lengthy exercise. "Even visits that are for something completely different you can drop these principles into the conversation if you think the parent is going to be receptive to them"

Some parents would struggle to adjust their daytime napping behaviour.

The value of the SBY for the parents who work with is mainly with empowering parents that they can actually do some things to help their babies sleep at night and to have some control over it helping them to reduce the stress and worries they might have and talking to them about what to expect about infant sleep. "When people come to us with infant sleep problems they've probably hear a lot of negative stuff from everybody else, they all share their horror stories and not many parents share the good stuff they've tried to help with their baby's sleep which makes them feel even more powerless"

Didn't think leaving her parents with the leaflets would be useful as lot of the parents "just put them straight in the bin and that applies to all the leaflet we give out really. It's a good leaflet, there's nothing wrong with it, it's just some parent don't look at them"

The training has been valuable as she now understands how to promote sleep in babies a lot better. Would like to see the SBY programme and training with HP continue and for there to be an increased number of approaches HP can use it will be beneficial. Likes the fact that SBY offers a range of suggestion to address sleep issues as, for example, with controlled crying, a lot of parents won't do that so it nice to have something alternative to offer them.

SBY fill the gap of helping the general population with sleep issues but didn't think that it would be sufficient to address severe sleep issues.

Doesn't know what evidence would be needed for SBY to adopted into the Trust.

Suggested SBY should be developed for older children but using the sample principles. She had encountered a portage worker (portage workers provide a home-visiting service for pre-school children (under five years old) who have special educational needs, and their families) using the similar principles as SBY when working with an 2yr old child. Having a SBY resource for HP to use with parents of older children would be valuable as she believed most HP would struggle to offer any advice to parents on these issues.