

Has used SBY formally with one family and found it worked well. In her practice it's usually the nursery nurses that tend to go out and give the more intensive support to families. The feedback from the mum was that she found it easy to follow, easy to understand it has made a difference to their baby's sleep routine which has impacted on the behaviour issues they were experiencing. "One we kind of cracked the sleep we kind of knocked the other issues the other issues into place". The main issue that they focused on was trying to get the baby up at the same time each morning and that made a difference.

Likes having the leaflet as that works well with the type of families that she deals with and feels that it is written in a way that parents are able to understand the info.

Didn't find any part of the leaflet difficult to discuss with parents, had delivered SBY 2 weeks after the training so it was very fresh in her mind "The first time you talk about everything really it's a bit nerve wracking but if you get out there and start using it when it's fresh in your mind it's fine". Agreed that it can take time for HP to adjust to a different way of working.

Feels that SBY fills a gap in service provision. Only other resource used is the Solihull approach. Feels that SBY fits well with the kinds of things that she would be talking to parents about anyway.

Would like to see a SBY app developed as that is the way that parents are now accessing info. It could contain videos to allow parents to see other parents talk about their experiences.

Thinks that there is already quite a lot of info that gets given antenatally and the focus there on sleep is about safe sleeping. The HV antenatal visit is usually 1.5-2hrs long so there is already an information overload there so wouldn't like SBY incorporated at that stage as it would be too much. It's better to keep that information for when baby is born or if the parents ask for it. Feels that if we start talking to mums, particularly first time mums, about sleep problems too early it might cause anxiety. It would be ok antenatally to introduce info about the expectation of sleep.

Thinks that developing SBY for older children would be a good idea as they use Solihull and thinks that it could bridge the gap in between so of that info. Suggested that getting school nurses involved in this would be a good idea as well as family support workers attached to the schools. They tend to deal with a lot of behaviour problems but sometimes when they get to the bottom of things it's not only just the stresses of school, it's the lack of sleep that is heightening some of these behavioural issues.