

Used SBY formally with a two families who were very accepting of the information and were willing to give it a go but it's hard to say if SBY had been effective as you don't always see results straight away and there may be other issues that are effecting sleep. Both families had young infants under 9 months. One family was already doing some of the suggestions as they had an older child in school reception year i.e. getting out of bed early and getting out the house in the morn. Thinks that it might have been the baby's digestive system setting down as it was only a young baby. The other mum is still experiencing sleep problems but thinks that some of the advice has been helpful for her—this mum is experiencing PND and is anxious so believes that there are other issues going on that might be effecting sleep. This family have a dog so they were getting up and out the house already but she felt that the mum's expectations of infant sleep were unrealistic so SBY might have helped with that. Feels that even if parents are doing some of the suggestions already that it is helpful and reassuring for parents to know that they are doing positive things and also for them to know that there are several suggestions that can be tried.

Has used SBY informally with other parents where she could see that the advice might be helpful and perhaps the parents weren't ready for formal help with sleep at that time.

Feels that finding the eligible families for evaluation within the 1-2 month period and has made it difficult to engage as many families as she would have liked. Feels that the even if we haven't been able to track the impact of SBY on sleep it is a useful tool to help families to "dissect what they are doing and to evaluate where they are" some families will then see that what their babies are doing is not actually abnormal "it gives them that opportunity to talk, for them to know that somebody is listening and taking it seriously".

SBY is a helpful tool for talking to parents with children under 9 months. They use Solihull a lot but this is aimed at older children—the disappearing chair and controlled crying although fewer parents are willing to use controlled crying with their infants. "If parents with children of a younger age [less than 9 months] are experiencing sleep problems, it's great to have that tool...we need to continue to use it" Feels that it's a holistic tool as it not only good for the baby it's addressing issues with the parents too e.g. the mum with anxiety and PND it encourages her to get out and about more and into the daylight, SBY addresses more than sleep.

For her caseload she feels the leaflet is appropriate to use with families, there would only be a very small minority of families that it may not be appropriate to use with such as those with learning difficulties or if there is a language barrier. Feels that talking parents through the SBY leaflet doesn't have to feel formal. Feels that if a parent is asking for help with sleep then they probably already have a good relationship with that person so it would be easy to talk them through it.

The only thing in the leaflet that she didn't think was appropriate was the info on pg11 about encouraging mums to go out jogging with their buggy. Prolapse in women isn't often talked about but is quite common and also bladder issues. Advised by a women's health physiotherapist that women shouldn't be out jogging with their babies as it could lead to problems. Suggested that we might want to run these ideas past a women's health physio.