

Didn't use SBY formally as didn't encounter any families that would be suitable for the evaluation. The SBY training was very helpful and got her thinking more about the issue. It is useful to have the training as the team do support families with sleep issues and book time to provide them with additional support. Has been talking to parents with older children about some of the SBY principles, getting them to think about a waking up routine rather than focusing on the bedtimes. Feels that parents have been receptive to the advice but finds that it is sometimes difficult for families to put the suggestions into practice. They do see families who don't get up themselves until 11-12pm so they are putting their babies to bed late e.g. midnight, some of these families she's seen again at safe guarding meetings and has been some discussions about how they have been trying to address this issue but doesn't have any evidence around that "Sometimes it's hard for people to change their whole day-to-day cycle".

Has also talked to some parents with new babies, around the time of birth or their 6 weeks check and has introduced the ideas about getting up at the same time and getting out the house. Thinks giving people the SBY information in the first 3 months is a good idea to try and help parents get into a good pattern of behaviour that will be beneficial to them in the future. SBY helps people to have a realistic expectation of how they expect their baby to sleep as a lot of people don't have that information so many expect their babies to be sleeping through the night after a few weeks. Having the information about what to expect will help to relieve some pressure over unrealistic expectations.

Currently uses Solihull. "I think that any information that is going to help families is beneficial because sleep is a big problem, it impacts on everything, like mental health, if they're tired".

Thinks that it tends to be parents with older children (12m+) are the ones who will seek so it would be good to develop it more for that age group but feels like the SBY information is useful to give to all parents across the age range. The information cannot do any harm.

Leaflets are appropriate to be used with families. It would be beneficial if they could be produced in different languages. Before giving the leaflet we would need to assess whether or not the parent could read. Her practice covers a wide geographical area so any other ways to help with getting the messages across in different ways would be beneficial. An aid memoire for HP to keep with them would be useful to help them when talking to parents about SBY.