

Has use SBY formally with one person. There hasn't much opportunities to use it recently but have talk so some parent with young babies about some of the SBY concepts as part of their general information.

"I like the booklet and I quite enjoyed discussing it [with parents] but I find one or two like things to be prescriptive but I'm trying to move them away from that"

Has found it quite easy to talk about the different concepts with parents, circadian rhythms etc. the background concepts to the suggestions. Feels parents are receptive to the SBY concepts and tried to reassure parents that a lot of what they may have heard about sleep from HP and others in the past has its ideas in the past and these are ideas are evidenced based concepts.

Feels that SBY would be very useful to use antenatally, there's still a lot of mixed messages around sleep training, and we are actively trying to move away from that word. Thinks it will work well with her clientele, more professional parents, feels they are a "captive audience when you see them antenatally and open to lots of information". Introducing the concepts early either antenatally or around 3-4 month contact will help parents to get more realistic idea about infant sleep and help them to deal with it better.

They use the Solihull disappearing chair approach but SBY offers parents a new way of looking their infant's sleep.

There was nothing that was unhelpful or inappropriate in the leaflet and has no suggestions for changes.