

Hasn't managed to formally use the SBY tool with parents as has been working on child protection cases and more with parents antenatally. So what I have started to do is at the 6 week and 3 month contacts with parents I'm sharing with parents the ideas that it's really common that babies don't sleep for the first year and that it's normal for them to wake up even beyond a year and sometime even if they begin to sleep through they can easily go back to waking again and letting them know that's completely normal. "So more than anything, I have been using the SBY principles to normalise infant sleep for parents" to try to prevent worries and concerns about sleep. As I'm not seeing parents with older children at the moment I'm not being asked about sleep at all at the moment but when I'm working with parents of older infant sleep's quite a common thing I'm asked about.

Valued the raining and thinks that the leaflet is really good. Believes that the programme will be helpful for challenging sleep assumptions and for helping parents to understand their infants sleep behaviours.

Thinks that SBY fill a gap in service provision and is looking forward to using it. I have looked through the leaflet and thought that maybe for some families it might not be as well accepted than for others but hard to say until she's had experience using it. Would still use the leaflet to talk through the programme with parents but explain that maybe not all the parts would be relevant to them but go through the different elements and try to get the message across about normalising infant sleep. "Some parents may be more accepting than others, some parent want a magic wand solution and some families you are never going to change what they think about things so for them, the minute you walk out the door, the leaflet with probably just go straight in the recycling bin but they do that with all the leaflets". "Some parents you go out to see them and you can see the information we give goes straight over their head and I think that the clientele we have, we're in quite a deprived area, we have some really nice families and a mixed case load but we do have some very deprived families where educationally, even though there's pictures, it might go over the top of their heads...I can still use some of it but I would need to try and adapt it more to their level"

Doesn't feel that there is anything inappropriate about the leaflet and quite likes the pictures. At a HP I really liked learning about the sleep pressure and have tried to talk to some parents about this but feels that this is probably one of the things that will go over some people's heads.

As she hasn't been using the leaflet in practice she hasn't identified which parts work well or if any parts need changing.

"It's sometime hard you know, when there's lots going on in your case load, you come out of the training feeling all dynamic and think that you're going to do it then actually, it kind of goes by the wayside and then you forget about it, it's just one of those things because of the world that we work in now"

There's probably more time for the staff nurses and nursery nurses to deliver the SBY intervention than HV because what usually happens if someone asks about sleep issues is that I would give some initial advice over the phone and then ask a staff nurse to go out on a visit to see them and give them the support. I would probably like to give the leaflet out in clinic and briefly talk through it and then refer them to be seen by a nurse at home. If it were give out routinely to all parents then it might help, I would say to aim at 3month or even 6 weeks contacts but that said we sometime overload parents with information "If you actually came and did an antenatal contact with us you would see that by the time we've finished the visit that the parents have just switched off because we're giving so much information to people". We do have packs about sleep (Solihull approach) that we use so we could put the leaflet in there for us to take to visits. Thinks that the two approaches

can work alongside each other; SBY for under 1yr and Solihull for older infants. "Some people want the magic wand and want their babies to sleep through from 3 months, so we can say well actually babies don't always sleep from 3 months. You know they feed the hungrier baby food to try to get them to sleep because they think that babies should be sleeping from 3 months, they don't want their baby awake as they need to get to sleep themselves [do you find that parents then get worried when their baby doesn't meet their expectations] they don't get worried, they get frustrated, that's the clientele we are working with, if their babies are not upstairs and asleep allowing them to have their own time then they get frustrated with their babies"