

SBY is really interesting and we have been doing a little bit more reading about it also I have been working with a new student in the practice.

Has only just started introducing some of the SBY concepts to mums. Feels like it's a very new way of thinking for mums. "The way that people think about sleep and the way they talk about sleep, it's [SBY] just turning the whole thing around, it's difficult to get people to see new concepts, they say oh my mam said this and my gran says this, you know, sometimes it's difficult" She hasn't really found many people to deliver it to in her practice, it has mainly been her colleague who has been delivering SBY.

Thinks that for some families the programme might be pitched at too high a level but feel that with practice on how to deliver SBY to different kinds of families it can be done.

One of the issues is that the concept is new to the HV team and when it's a new concept you want to feel like you understand it properly yourself before you try and explain it to parents. At the moment she doesn't confident enough to deliver the programme in the way that was explained as she feels she would still be looking at the leaflet for the information herself.

Barriers to the programme are time, time to feel confident in delivering the programme and also time with parents to deliver the programme. But that's something that they are willing to work on to develop.

Feels that for some families we would need to deliver the concepts in a less formal way. They use Solihull approach and find that some families take the ideas on board easier than others or some families don't like it or it's difficult for them to take on board.