

Hasn't had the opportunity to use SBY formally but has been using the SBY principles when talking to parents, particularly new mums, especially when they have had other children that have experienced sleep problems. Has been talking to them about body clocks as mums didn't seem to have much awareness about this. Thinks that giving people the SBY when their babies are young 6week check would be beneficial as they won't have already established a set routine. Showed the leaflet to a 'career' mum as she seemed more interested in it than the others.

Believes that the mums are understanding what she is saying and taking it on board, particularly the first time mums. Parents with other children have their own ideas of what works for them because of experience. Some parents will wean their babies early at around 4 months as they are expecting their babies to be sleeping through by then and think that weaning them early will help with that.

Thinks that more than any other time they see sleep problems at around the 2 year check. Thinks that people may be more tolerant of sleep issues in younger children so that's why it's not coming up as much in the 9 month check. Would be happy to see SBY developed more so that it's aimed at older children. At the moment she would use Solihull approach for older children which is based on formation of feeding, sleeping and relaxation routine.

She found it easy to explain the SBY principles to parents, particularly new mums who are an 'open book' and more open to new ideas.

She anticipates that one of the hardest parts of SBY to implement is changing people's ideas about altering their own sleep schedules to fit better with their baby's patterns rather than trying to make baby conform to adult sleep.

"A lot of the SBY stuff, to us, is all about common sense" it talks about day time naps, parent-infant contact (cuddles, skin-to-skin), things that HP already discuss with parents. The only new thing is the stuff like the sleep pressure stuff but we do talk to mums about getting out the house and active, things like that. For some parents with other children getting out the house can be difficult, it's ok if the older children are at school but if there are other children being cared for at home it can be difficult for mums to time manage and organise themselves to get out and about as so many things can crop up in their day.

Would say that developing SBY for use antenatally or at the first contact after baby is born would be a good idea, before people develop their own ideas and routines.

Suggested that having posters in the clinics and GP surgery might gain interest about SBY from parents and prompt them to ask about it in their visit. Thinks that having the SBY leaflet so that parents can refer back to it after discussing it with HP.