



# YEAR IN REVIEW 2023

Pajama Program's **Year In Review** demonstrates our commitment to creating lasting changes at bedtime, fostering connections that transcend generations for Good Nights and Good Days.

## About Us

**We all need sleep – but with brains and bodies that are developing rapidly, children need a lot more.** However, children experiencing poverty face unique challenges that may not allow them to have a good night's sleep, getting significantly less sleep than children in communities with greater economic means.

That's where Pajama Program steps in. We have spent more than two decades working to level the playing field, helping children and their caregivers build better bedtimes to ensure **every child can have Good Nights for Good Days.**

We provide tools directly to children like new pajamas, books, and teddy bears that help them grasp bedtime cues and shed the stress of their day. We partner with the influential adults in a child's life, like parents, educators, and caregivers, to provide training and workshops to help create lasting changes at bedtime. By working with children and their adults, we foster the connections that are the foundation of a bedtime routine, developing lifelong habits, and impact, across generations.

Pajama Program promotes equitable access to healthy sleep so all children can thrive. We imagine a world where every child wakes up ready to fulfill their potential. **With your help, we can reach more children and their families nationwide.**

# 8 Million

Since 2001, we've delivered nearly **8 million new pajamas and books to children** in shelters, community centers, and classrooms nationwide.



Kids sleep an average of **30 minutes longer** each night.

# 2022-2023 School Year In Review

## Teacher Training:

- **9 Teacher Trainings** were held across Iowa, New York, Michigan, and Florida for over **300 teachers**.
- **93% of educators** who were in the training achieved key session objectives.

## Parent Workshops:

- We facilitated **19 workshops** where we reached over **7,000 parents and caregivers**.
- **87% of parents** report they now have a consistent bedtime in place.

## Family Specialist Workshops:

- We facilitated **18 trainings** for staff who, combined, support almost **3,000 parents**.

## Student Workshops:

- We held **224 Student Training Sessions** that supported nearly **5,000 children**.



# 249K

This past school year, we've distributed **249,556** pajamas

# 11K

Our education programming reached over **11,700** children

# 118K

We distributed **118,697** books, providing thousands of children with comforting bedtime stories

# 4K

We work with over **4,000** community partners to broaden our impact across the country

## What's Ahead:

Our dream is to extend our Teacher Training Program to be in every 3K and PreK classroom nationwide. The program features a two-week curriculum designed for early childhood and elementary school teachers. It includes lesson plans and materials such as new teddy bears for students, aimed at teaching the importance of healthy sleep and building bedtime routines. As part of the program, children take home the new teddy bears, a new set of pajamas, and a storybook to reinforce their new learnings. Additionally, parents and caregivers attend a workshop at the end of the session to further support and reinforce the lessons learned in the classroom.

Our founding program, Pajama Program, includes the distribution of bedtime materials to over 4,000+ community partners. We value our

strong partnerships across the U.S. and will continue to provide bedtime materials to children and families who are experiencing poverty.

Lastly, we will continue **piloting a new program called Fostering Sleep, aimed at further reaching vulnerable populations and deepening our impact**. This forthcoming initiative features a trauma-informed curriculum. It promises to bring innovative solutions to complex challenges in child well-being and was created specifically to support foster caregivers and foster care agency workers. As we move forward, our commitment to children and their families only strengthens, and this new program is a testament to that dedication. **To support** our mission, you can donate [here](#). **To learn more** about our work [watch this video](#) or visit [www.pajamaprogram.org](http://www.pajamaprogram.org).

