



**Pajama Program**

Good Nights Are Good Days

**FREE Virtual  
Field Trip  
Opportunity!**

# Pajama Program Storytime Plus

## Building Blocks for Healthy Sleep

### *Kindergarten-2nd Grade*

### About Pajama Program Storytime Plus

During Storytime Plus, children read with volunteers, learn our R.E.A.D.Y.® Bedtime Routine, and leave with new pajamas and books. This interactive experience provides children with the building blocks they need to have a Good Night for a Good Day!

Children receive:

- One-on-one or small group storytime, making connections with caring volunteers through reading
- A lesson on the importance of healthy sleep and how to follow a comforting bedtime routine
- New pajamas and a new book of their choice to keep



### Why Storytime?

Sharing a book with a caring volunteer promotes reading, builds children's confidence and self-esteem, and models a healthy way to wind down and relax as part of a comforting bedtime routine.

### What's Important About Sleep?

Healthy sleep is critical to children's physical, cognitive, and emotional development. When children follow a bedtime routine and get a good night's sleep, they are more likely to be healthy, happy, and ready to learn.



*Our families are still stopping by to let us know how much they appreciated these items and how their children came home reciting how to prepare for a good night's sleep."*

*– Participating Teacher*

This program is available at no cost to Pajama Program Community Partners in New York City and Atlanta.

**Contact Pajama Program  
for more information!**



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