

Sweet Dreamzzz[®] for Early ChildhoodSM

Teaching a Healthy Sleep Curriculum to Preschoolers

Training for Early Childhood Teachers

- Learn to teach preschool students about healthy sleep and a bedtime routine using the Sweet Dreamzzz for Early Childhood classroom curriculum
- Designed for teachers working with 3-4 year-old preschool students
- Half-day professional development training seminar: certificate of completion provided; approved course in MI and NY registries (4 CEUs)



“ I have noticed that children who used to come to school asleep are awake in the morning with better attitudes.”

– Head Start Teacher



Pricing, Instruction, & Materials

- \$399/teacher or \$499/teaching team (1 teacher + 1 teaching assistant)
Each teacher or teaching team receives:
 - Sleep health education
 - Skills practice teaching Sweet Dreamzzz for Early Childhood healthy sleep lessons
 - Teacher Guide with two weeks of small- and large-group lesson plans aligned to HighScope and Creative Curriculum
 - Teacher Kit with all classroom materials necessary to weave healthy sleep lessons into the active learning curriculum
 - Flipchart with step-by-step instructions for presenting correlated content to parents/caregivers (one-on-one or small group setting)
- Participants are also eligible to receive FREE student materials:
 - Teaching teddy bears for classroom use and for carrying lessons home
 - Bedtime Routine Kits (pajamas, books, bedtime routine materials) for students' home use

Upon Completion, Participants Will Be Able To:

- Explain why good sleep is vital to children's development and school performance
- Roll out the Sweet Dreamzzz for Early Childhood classroom curriculum (two weeks of lessons) with preschool students
- Teach the R.E.A.D.Y.[®] Bedtime Routine
- Deliver correlated sleep health content to parents/caregivers
- Respond appropriately to challenges, questions, and concerns

“ The children engaged in all activities, especially caring for the bears.”

– Head Start Teacher

For more information or to register, contact Pajama Program:

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 pajamaprogram.org [@pajamaprogram](https://www.facebook.com/pajamaprogram)