Step-by-step instructions made it easy to teach with the Flipchart. I think this bedtime routine is something most parents will find accessible and doable.”

— Head Start Home Visitor

Sweet Dreamzzz® for Early Childhood

Educating Parents and Caregivers about Healthy Sleep for Preschoolers

Training for Early Childhood Staff

- Learn to teach parents and caregivers about healthy sleep and a bedtime routine for preschoolers using the Sweet Dreamzzz for Early Childhood Flipchart (face-to-face and virtual applications)
- Ideal for home visitors, family service workers, teachers, family engagement specialists, health educators, social workers, and other early childhood staff who work with parents and caregivers
- 3-hour professional development training seminar: certificate of completion provided; approved course in MI and NY registries (3 CEUs)

Pricing, Instruction, and Materials

- $249 per participant (group rates available)
  - Each participant receives:
    - Sleep health education
    - Skills practice using the Sweet Dreamzzz for Early Childhood Flipchart
    - 20-page Sweet Dreamzzz for Early Childhood Flipchart with step-by-step instructions for presenting to parents and caregivers, including tips for addressing common challenges (soon available in Spanish)
    - Digital Flipchart pages for virtual delivery to parents and caregivers
  - Participants are also eligible to receive FREE Bedtime Routine Kits (pajamas, books, bedtime routine materials) for their students

Upon Completion, Participants Will Be Able To:

- Explain why good sleep is vital to children's development and school performance
- State the recommended hours of sleep for preschoolers
- Teach the R.E.A.D.Y.® Bedtime Routine
- Present the Sweet Dreamzzz for Early Childhood Flipchart to preschoolers' parents and caregivers
- Respond appropriately to challenges, questions, and concerns

For more information or to register, contact Pajama Program:
- (212) 716-9757
- sleep@pajamaprogram.org
- www.pajamaprogram.org
- @pajamaprogram