



**Pajama Program**

Good Nights Are Good Days

## Parent Engagement Opportunity:

Learn about healthy sleep and a bedtime routine for young children

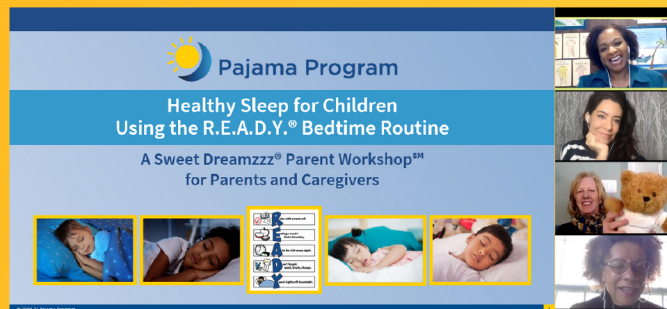
# Sweet Dreamzzz<sup>®</sup> Parent Workshop<sup>SM</sup>

## Sleep Health Education for Parents and Caregivers of Young Children

### Tired Children?

Sleep is as important for children's development as proper nutrition and exercise. But it's not always easy for children to get the healthy sleep they need.

Pajama Program's Sweet Dreamzzz Parent Workshop can help! Our virtual presentation provides parents and caregivers with the information, materials, and support they need to foster a comforting bedtime routine. Children who have a bedtime routine are more likely to get a good night's sleep on a regular basis. This sleep helps boost health, emotional well-being, and school performance!



*"I learned a lot! I'm going to try to implement some of these ideas tonight!"*

– Parent and Workshop Participant

*"Our sleep workshop was engaging, answered many questions, and generated discussion among our families. I am sure we are all better parents because of it, and our children, better students."*

– PTA President and Workshop Participant

### About the Parent Workshop

At our interactive Zoom workshop, participants learn:

- How many hours of sleep their children need
- What happens in the body and brain during sleep
- How sleep impacts health, behavior, and learning
- How to use our R.E.A.D.Y.® Bedtime Routine
- How to overcome common bedtime challenges

With our simple bedtime tools and valuable insight from presenters and peers, parents and caregivers can help their children get the sleep they need to learn, grow, and thrive!

### Pricing and Materials

Schedule a Parent Workshop for \$100\*. You will receive:

- An hour-long Zoom session for up to 25 participants
- 25 Bedtime Routine Kits (reminder magnet, charts, stickers)
- The opportunity to apply for free pajamas and books

\*Great use of Title I, PTA/PTO, COVID, or Parent Engagement funds. Free Parent Workshop webinars—open to any Community Partner—are also conducted monthly.

### Contact Pajama Program for more information



(212) 716-9757



info@pajamaprogram.org



www.pajamaprogram.org



@pajamaprogram