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

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

– Parent and Workshop Participant

Sweet Dreamzzz® Parent Workshop
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!

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

At our interactive Zoom workshop, participants learn:

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!

About the Parent Workshop

Pricing and Materials
Schedule a Parent Workshop for $250*. You will receive:

• An hour-long, Zoom session for up to 25 participants
• 25 pajama sets and 25 Bedtime Routine Kits (tip sheet, magnet, sticker chart, toothbrush/toothpaste, storybook)

*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

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