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)

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, book, toothbrush, toothpaste, 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

I have noticed that children who used to come to school asleep are awake in the morning with better attitudes."
– Head Start Teacher

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