

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, 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

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

– Head Start Teacher

**For more information or to register,
contact Pajama Program:**

 (212) 716-9757  sleep@pajamaprogram.org

 pajamaprogram.org    @pajamaprogram