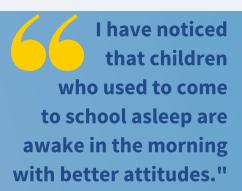
**Professional Development Opportunity:** 

Training and tools to deliver sleep health education to preschool children!

## Sweet Dreamzzz® for Early Childhood<sup>sm</sup> 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)



- 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:











