



Pajama Program

Good Nights Are Good Days

Professional Development Opportunity:

Training and tools to deliver sleep health education to preschoolers' parents and caregivers!

Sweet Dreamzzz® for Early ChildhoodSM

Educating Parents and Caregivers about Healthy Sleep for Preschoolers

Training for Early Childhood Staff

- Learn to teach parents and caregivers about healthy sleep and a bedtime routine for preschoolers using the Sweet Dreamzzz for Early Childhood Flipchart (face-to-face and virtual applications)
- Ideal for home visitors, family service workers, teachers, family engagement specialists, health educators, social workers, and other early childhood staff who work with parents and caregivers
- 3-hour professional development training seminar: certificate of completion provided; approved course in MI and NY registries (3 CEUs)



Step-by-step instructions made it easy to teach with the Flipchart. I think this bedtime routine is something most parents will find

accessible and doable."

– Head Start Home Visitor

Pricing, Instruction, and Materials

- \$249 per participant (group rates available)
- Each participant receives:
 - Sleep health education
 - Skills practice using the Sweet Dreamzzz for Early Childhood Flipchart
 - 20-page Sweet Dreamzzz for Early Childhood Flipchart with step-by-step instructions for presenting to parents and caregivers, including tips for addressing common challenges (also available in Spanish)
 - Digital Flipchart pages for virtual delivery to parents and caregivers
- Participants are also eligible to receive FREE Bedtime Routine Kits (pajamas, book, toothbrush, toothpaste, bedtime routine materials) for their students

Upon Completion, Participants Will Be Able To:

- Explain why good sleep is vital to children's development and school performance
- State the recommended hours of sleep for preschoolers
- Teach the R.E.A.D.Y.® Bedtime Routine
- Present the Sweet Dreamzzz for Early Childhood Flipchart to preschoolers' parents and caregivers
- Respond appropriately to challenges, questions, and concerns

For more information or to register, contact Pajama Program:

 (212) 716-9757

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