

# Sweet Dreamzzz® for Early Childhood<sup>SM</sup>

## 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

- \$500 per participant
- Each participant receives:
  - 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 (soon available in Spanish)
  - Digital Flipchart pages for virtual delivery to parents and caregivers
- Participants are also eligible to receive FREE Bedtime Routine Kits (pajamas, books, 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
-  [sleep@pajamaprogram.org](mailto:sleep@pajamaprogram.org)
-  [www.pajamaprogram.org](http://www.pajamaprogram.org)
-    @pajamaprogram