

# Sweet Dreamzzz<sup>®</sup> 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)



**“ 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

- \$550 per classroom  
Each teacher receives:
  - Professional development session focused on 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, books, 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.<sup>®</sup> 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](mailto:sleep@pajamaprogram.org)

 [pajamaprogram.org](http://pajamaprogram.org)    @pajamaprogram