

Sweet Dreamzzz[®] Parent WorkshopSM

Sleep Health Education for Parents and Caregivers of Young Children

What's Important About Sleep?

People recognize that proper nutrition and exercise are essential for children's health and growth. There is a third factor that is just as important, yet is often overlooked: Sleep!

Healthy sleep is critical to children's physical, cognitive, and emotional development. When children follow a bedtime routine and get a good night's sleep, they are more likely to be healthy, happy, and ready to learn.



**“ Good strategies for
getting my child to sleep.
Good bedtime habits learned.”**

– Workshop Participant

**“ Our sleep workshop was
engaging, answered many
questions, and generated
discussion among our families.
I am sure we are all better
parents because of it, and our
children, better students.”**

*– PTA President and
Workshop Participant*

About the Workshop

This interactive workshop provides parents and caregivers with information, tools, and strategies to help children get the sleep they need for good health and school success.

During each engaging, 45-minute workshop, parents and caregivers learn:

- How many hours of sleep their children need
- What happens in the body and brain during sleep
- How sleep impacts health, behavior, and learning
- How to foster our simple, 5-step R.E.A.D.Y.[®] Bedtime Routine


Pricing and Materials

Virtual and on-site workshops for up to 25 participants:

- FREE monthly workshops (contact us for details)
- \$250 for site-specific workshops (great use of Title I, PTA, or Parent Engagement funds)

Community groups can apply to receive FREE Bedtime Routine Kits (pajamas, books, charts, stickers, etc.)

Contact Pajama Program for more information!

 (212) 716-9757

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 www.pajamaprogram.org

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