

Chenango County Head Start kids get cozy with new PJ's!

Ensuring young children get enough sleep improves their overall physical and emotional well-being. Following two important sleep strategies--- developing consistent bedtime routines and creating a room conducive to sleep can help parents say good morning to a happy, alert, rested child who starts their day ready to learn! Studies show that when a child gets the maximum amount of sleep now, he performs better in school both today and when he's older.

All children in our center based and home based settings are in the process of receiving a Bedtime Routine Kit complete with a pair of new pajamas, soap, wash cloth, toothbrush, toothpaste, comb, laminated visual routine card and new book. The purpose is to encourage an evening routine which includes self-care habits and reading a book before bed. We hope families will experience improved bedtime rituals for their children so they wake each day feeling well rested.

