



IMPROVING
EDUCATION



Bedtime in a Box

A better tomorrow begins tonight

★ **Bedtime in a Box**

★ **Who We Are**

Improving childhood learning and health for families, regardless of income.

Bedtime is more than just getting ready for sleep. It's a time to talk, laugh, play, learn, and imagine, while in the bath or in bed. It's a time to discuss the day and share stories. It's a time to bond and focus on each other.

By giving parents and caregivers, especially those in low-income households, the tools to nurture their children, we are developing habits that will last a lifetime, improving early literacy outcomes, and supporting the link between home and school.

History

We developed the idea of Bedtime in a Box after witnessing a large number of children entering school each year without the basic skills and knowledge to be successful. In an effort to establish a healthy and consistent routine every night for children and families, we raised funds and partnered with Early Childhood Centers to package boxes and give them to families in Baltimore.

Impact

In our first year, we provided our Boxes to over 600 low-income families in Baltimore. Since then, demand for our program has continued to grow, and as of today we have delivered over 40,000 Boxes. These Boxes represent \$5.7 million worth of resources, including more than 180,000 new books and 440,000 additional bedtime materials, all going into the homes of families that need them most.



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Bedtime in a Box

Who We Are



What's in the Box?

Bedtime in a Box is a creative but simple solution that supports the health and educational development of children prior to entering school by providing families with the materials, tools, and training they need to enact a comprehensive bedtime routine, seven days a week.

Each Box contains

- » **Four age-appropriate books**
- » **Bath wash**
- » **A towel**
- » **Bath toys**
- » **A toothbrush & toothpaste**
- » **Pajamas**
- » **A stuffed animal**
- » **An alarm clock**
- » **A Teach My Learning Kit**
- » **A kid-friendly routine log**

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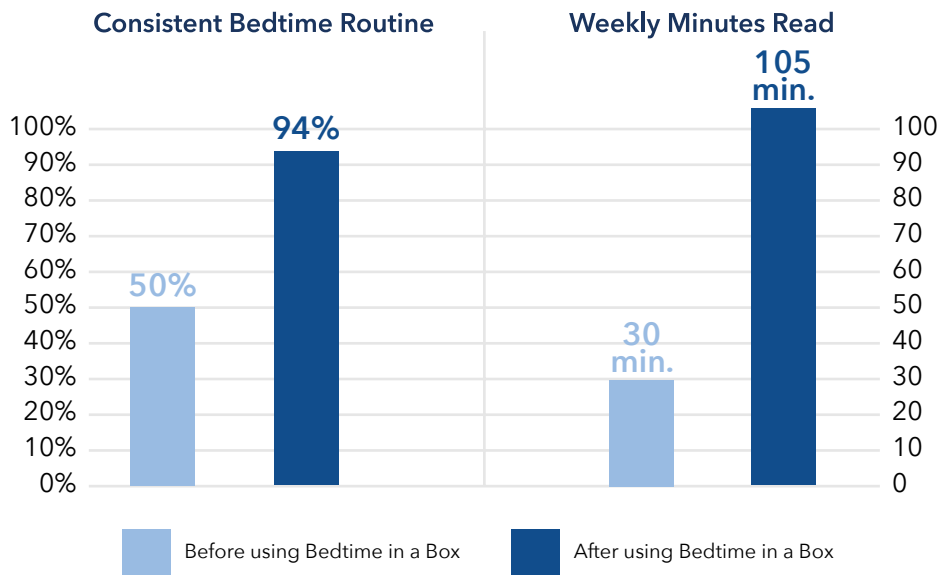
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 **BEDTIME
IN A BOX**

Bedtime in a Box has been highly successful in improving early indicators of success for children.

During our years of work, we've seen families reading significantly more with their children each week. We've also seen the number of families implementing a consistent bedtime routine nearly double.



At one of our schools, we were able to collect data from 25 families each week for 31 weeks. This sample showed that families enacted a bedtime routine that included reading 85% of nights for an average of 15 minutes of reading per night each week and that the average time children went to sleep was 8:45pm. Not only was this significant because of the volume of reading and sleep, but families sustained this for 31 weeks, creating a bedtime routine that is now part of the fabric of the family.

This data also represents a significant increase in oral language development and improvements

in sleeping patters that support the development of healthy minds and bodies of children. We will continue to collect data on these indicators and others as we continue to support children and families as they prepare for school.

At schools or programs where we cannot collect weekly data, we administer pre- and post surveys to families before they take home their first Box and approximately 5 weeks after they start the program. This data is represented above. While all data collected is self reported, the anecdotal evidence we collect suggests that our families use Bedtime in a Box nightly in their homes.

Bedtime in a Box

Impact & Effectiveness

Bedtime in a Box...

Provided such great **BOOKS** for nightly story time

"We enjoy our Bedtime Box. My son loves the books and learning so this was perfect for him. The pajamas and towel were an added bonus and the elephant was a cute toy. Overall, I think all children should have this experience."

– Parent of a young boy

"My son wants me to read to him every night and he is showing signs of wanting to read. He loves the books and clock for his bedtime routine. "

– Parent of a 4.5 year old boy

A valuable **RESOURCE**

"I would absolutely recommend Bedtime in a Box to everyone. My daughter loves her bedtime routine because of it."

– Parent of a 5 year old girl

"Amazing resource - our whole family has participated in this activity. He absolutely loves his Box!"

– Parent of a 5.5 year old boy

Helped establish a **ROUTINE**

"I have four sons, so bedtime can be hectic, especially nights I have to work. However, Bedtime in a Box has helped all of my children with a routine, and with the way they communicate with one another. It has been a positive outcome since having Bedtime in a Box."

– Parent of a 5 year old boy

"The Bedtime Box was excellent at reinforcing tools for our bedtime. It definitely encouraged healthy bedtime habits. Thank you for your generosity."

– Parent of a 5 year old boy

Made my son excited about taking a **BATH**

"Thank you for creating and supporting the program Bedtime in a Box. My 2.5 year old son has benefited from its contents. He loves the bath toys and we're teaching him to spell simple words during bath time. The world needs more positive, supportive programs like this. Thank you again!"

– Mother of a 2.5 year old boy



What is Bedtime in a Box?

Bedtime in a Box is a creative but simple solution that supports the health and educational development of children ages 0-5 prior to entering school. Our Boxes introduce children and caregivers to regular reading and healthy routines early in life, while engaging the entire family in learning. Each Box not only prepares children for school, but also builds connections between adult and child, promoting healthy early social and emotional development, and regular sleeping habits.

What's inside a Bedtime Box?

In order to ensure that children have age-appropriate materials for their nightly bedtime routine, we've developed four different level Boxes to meet the needs of a growing child (Infant, Toddler, Preschool, and Kindergarten). Each Toddler, Preschool and Kindergarten Box contains 4 age-appropriate books; bath wash, a bath towel, and bath toys; a toothbrush and toothpaste; pajamas; a stuffed animal; an alarm clock; an educational kit; and a bedtime routine log. Our Baby Boxes include 4 age-appropriate books; bath wash and a bath towel; a swaddle blanket; a rubber duck; a baby healthcare kit; pajamas; a stuffed animal; an educational kit; and a routine log. Together, these items encourage parents and/or caregivers to participate in a nightly routine that goes beyond just reading.

How do I get Bedtime Boxes for my school/program?

We'd love to work with you! Please contact Wendy Bolte at wendy@bedtimeinabox.org for more information. She will work with you to determine quantity, pricing, distribution method, and the best way to bring our Boxes to your program.

How much do Bedtime Boxes cost?

While the retail value of our Boxes is approximately \$160, we charge \$100 per Box when working with our education, healthcare, and non-profit partners. We suggest that our partners provide our Boxes free of charge to the low-income families they serve. Whenever possible, we work with our partners to reduce the out-of-pocket cost per Box via cost-sharing arrangements where half of the funding is provided through funds we raise and the remaining half is provided by the partner organization. Partners are receiving our Boxes at a 70% discount from retail.

Can Bedtime Boxes be shipped anywhere?

Yes, we are able to ship our Boxes anywhere in the continental United States for a small shipping fee.

Bedtime in a Box

Frequently Asked Questions

How do programs utilize these Boxes?

Our Boxes can be integrated into existing programs and organizations that work directly with children and parents. They can also be used as a supplement to programs to enhance parent education and reinforce the importance of at-home learning. We've distributed Boxes at parent-child playgroups, to entire classes of students in schools, during parent education sessions, home visiting, and at well child visits at hospitals or health clinics. Programs may also use our Boxes as an incentive for participation or attendance.

How many kids can be supported per Box?

1 Bedtime Box = 1 child, however we have seen multiple children utilize the components of a Box each night, especially siblings or children living in the same household.

Can I buy a Box for my own child?

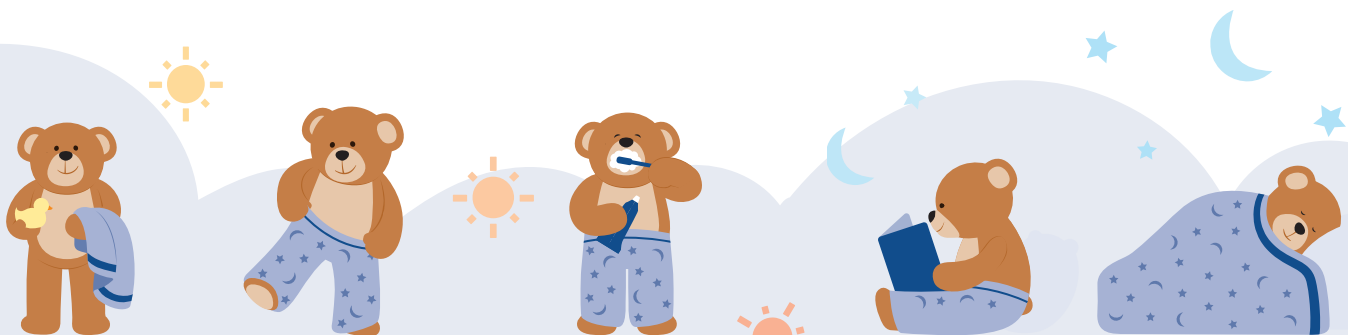
Yes, you can! You can purchase Bedtime Boxes online at bedtimeinabox.org.

Do you offer a subscription service?

Yes! We have 3 Booster Boxes per each age level that can be purchased in addition to the initial Bedtime Box. Booster Boxes provide families with new bath and oral hygiene materials, as well as additional books and a new educational kit. This service can provide a Box every 3 months for a year.

Bedtime in a Box sounds great, but does it work?

Bedtime in a Box has been highly successful in improving early indicators of success for children. During our first six years of work, we've seen families reading significantly more with their children each week. We've also seen the number of families implementing a consistent bedtime routine nearly double. Weekly minutes read increased from 30 minutes per night before Bedtime in a Box to 105 minutes after receiving a Box. Consistent bedtime routines roughly doubled from 50% to 95% after receiving Bedtime in a Box.



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We believe that literacy is the foundation of all learning. The most fundamental goal of early education is to become a proficient reader, and we are committed to improving the early literacy of children.

Who we are

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Bedtime Boxes Contain:

- » Four age-appropriate books
- » Bath wash & towel
- » A toothbrush & toothpaste
- » Bath toys
- » A Teach My Learning Kit
- » Pajamas
- » A kid-friendly routine log
- » Stuffed animal
- » An alarm clock

Boxes start at \$100. We encourage partners to utilize additional funding opportunities to reduce their out-of-pocket costs, including:

- » Federal, State & Local Funds
- » Private or Foundation Grants
- » Corporate Sponsorships

Infant, Toddler, PreSchool and Kindergarten Boxes are available in both English and Spanish.

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Our Partners

- » Elementary Schools
- » Early Childhood Centers
- » Head Start Programs
- » Nonprofit Organizations
- » Health Care Organizations

We can provide

- » Family Engagement Sessions
- » Reinforcement Materials
- » Delivery of Bedtime Boxes
- » Assistance Securing Matching Funding

"...Parents have told me it's like a whole curriculum inside! **I've been able to tell parents what letters and sight words we are working on in class and have them work with those same skills at home because of the resources the box allowed our families to have at home.** I can thank Bedtime in a Box for helping foster a love of learning and literacy for my students."

– Teacher

