



Physical Activity Learning Session (PALS) Project Overview

In August 2018, Nemours launched the *Healthy Kids Healthy Future Technical Assistance Program (HKHF TAP)* with funding from the Center for Disease Control and Prevention (CDC). *HKHF TAP* will provide technical assistance, tools, resources, and direct funding to state early care and education (ECE) organizations to advance improvements in healthy eating, breastfeeding support, physical activity, and reducing screen time. *HKHF TAP* includes the *Physical Activity Learning Session (PALS)* Project.

PALS will train and coach ECE and health training and technical assistance (T/TA) staff who work directly with ECE programs (Head Start, Early Head Start, child care, family child care, prekindergarten). PALS will increase their knowledge of best practices for physical activity in children birth - five.

PALS is an "out-of-the-box" training package for ECE T/TA staff to use with ECE providers. The training will allow them to educate ECE program staff on physical activity best practices. PALS combines content learning with facility-level self-assessments, policy development opportunities, resources and materials, aimed at supporting practice change in ECE programs leading to healthier, more active children.

The PALS project will provide states:

- An in-person or virtual, customized partner meeting. This meeting will support states to provide an introduction to PALS for all agencies/TA network staff and identify integration opportunities and develop action plan;
- An in-person, customized Train the Trainer session. This session will equity ECE and health T/TA staff to train and coach ECE providers as part of their existing responsibilities;
- An "out-of-the-box" training package including a PowerPoint presentation with evidence-based content, speaker notes, Facilitator Guide, Application Handbook and Resource Kit;
- On-going technical assistance from Nemours and the Center for Disease Control and Prevention (CDC);
- Networking opportunities with national early childhood and health state system organizations and representatives; and
- Access to resources and materials supporting ECE program practice and policy change.

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