



Physical Activity Learning Session (PALS): Frequently Asked Questions

How long is the PALS project?

We request participation in the project for a twelve months. PALS activities include a partner meeting, Train the Trainer, implementation of one PALS training and pre/post evaluation survey. We suggest spacing the activities out to accommodate partnering organizations, training and technical assistance (T/TA) staff and early care and education (ECE) provider's schedule.

What expenses are required for PALS participation?

Expenses vary based on internal and external factors. Expenses can include cost of venue, meals/snacks, supplies/materials, resource kits and additional training materials. Nemours will provide funding for up to 25 training package materials (e.g. Facilitator Guide and USB). Additional materials may be purchased by states.

What type of evaluation is included with participation in the PALS project?

In order to assess the effectiveness of the PALS project, we ask state partners and T/TA staff to complete a pre-survey at the beginning of the project, feedback survey at the end of the Train the Trainer (TtT) and post-survey six months after implementing the PALS training to ECE providers.

PALS training feedback forms are provided with the training package for use with ECE providers. Upon completion of one PALS training, we ask for T/TA staff to submit three to five completed participant feedback forms.

What is the difference between the partner meeting and Train the Trainer?

The virtual partner meeting is held in the beginning of the project. This meeting is coordinated with the state partner to present the PALS project, identify participating T/TA staff and ECE system integration opportunities. We encourage you to reach out to your state ECE organizations to participate in this virtual meeting. The Train the Trainer is an opportunity for those selected T/TA staff to participate in a training on the PALS project, training package, and physical activity best practices.

Who should attend the Train the Trainer session?

It is important to work with your state ECE organizations to identify appropriate staff to attend the training. Suggested staff should be health and early childhood training and technical assistance staff working directly with providers serving children birth to five.

How many T/TA staff can attend a Train the Trainer session?

The amount of T/TA staff that can attend the training is determined by the partner. However, we suggest limiting the training to 20-25 participants. Some considerations to assist in identifying the number of trainers can include; training venue, costs for food/meals and additional materials not covered by Nemours.



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How long is the Train the Trainer session?

The TtT is scheduled for 5-6 hours, which can vary based on group size, content review and questions from participants.

Can more than one Train the Trainer be provided in my state?

Yes, hosting more than one TtT is determined by the needs of your state and geographical location. There may be some additional costs associated with hosting multiple sessions. Nemours can support up to two TtT per state.

What resources are provided to the T/TA who complete the train the trainer?

All participants will receive the PALS facilitator guide and USB with the PowerPoint presentation and all handouts/materials. PALS resource kits are available for purchase and provided at the session.

Can I charge for the PALS trainings I facilitate?

No. Content included in the PALS training are available only if trainings are provided to ECE providers at no cost.

What handouts should I provide to participants?

There are prompts in the presentation and Facilitator Guide to distribute handouts that align with the activities. Handouts required for implementation of the training should be printed, and are available on the USB to allow for electronic delivery.

Are there multiple training formats?

Yes. The training is available in two three-hour trainings. When using the three-hour training, we recommend providing technical assistance to participants between each session to support content learning and action planning.