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 provides 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. The PALS project is a component of HKHF TAP.

**Project Goals**
The PALS project assists selected states in creating a cohort of trainers who are equipped with the knowledge and skills to deliver PALS training to Early Care & Education (ECE) professionals. The expectation is that ECE professionals will leave the PALS trainings with the knowledge and skills for practice changes that support more active children in child care settings.

**PALS Trainers**
The Nemours PALS Project Team works with State Leaders to recruit a cadre of trainers and technical assistants to participate in a Train the Trainer event. Participating training networks may include Child Care Resource and Referral Agencies, the Child and Adult Care Food Program and Sponsor Organizations, Child Care Licensing, Quality Rating and Improvement Systems, Cooperative Extension, Child Care Health Consultation, Head Start Grantees and Department of Education. Participating trainers receive a package of materials including a facilitator guide, PALS learning session slide decks with speaker notes, handouts, training activities, and a resource kit of equipment to support workshop facilitation and technical assistance.

**PALS Session Content**
PALS sessions combine content learning with self-assessments, resources, and action planning. PALS Sessions are a series of 5 workshops that focus on physical activity for children from birth to 6 years of age. PALS workshops examine eight areas of best practices for physical activity and address the challenges early care and education (ECE) professionals face in supporting active play. Participants consider their practices and environments and then develop action steps to get kids moving!

**Implementation Support**
The PALS project offers ongoing technical assistance from Nemours and the Center for Disease Control and Prevention (CDC) staff. PALS trainers are invited to participate in quarterly all-state trainer networking calls that address a variety of physical activity topics. Nemours also coordinates quarterly calls with state implementation leads to brainstorm solutions challenges and share successes in advancing physical activity training and embedding physical activity in state ECE systems.

**Participating States**
Alabama, Connecticut, Illinois, Iowa, Louisiana, Maine, Maryland, Michigan, Minnesota, Missouri, Ohio, Tennessee

To learn more about the PALS project visit [https://healthykidshealthyfuture.org/trainers/pals/](https://healthykidshealthyfuture.org/trainers/pals/)