



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* 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. *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 working directly with ECE programs (Head Start, Early Head Start, Child Care, Family Child Care, PreKindergarten), to increase their knowledge of best practices for physical activity in children birth-five. The PALS 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. Participation in the PALS project will allow states to support ECE providers in practice and policy changes through various components.

States will:

- 1) **Develop an action plan:** identify opportunities in your state to improve obesity prevention practices around physical activity.
- 2) **Engage stakeholders:** inform and communicate the PALS project and messaging to health and early childhood state organizations.
- 3) **Partner with training and technical assistance staff:** identify staff who provide direct support to ECE providers to implement the PALS training.
- 4) **Train ECE providers:** utilize the PALS training to increase provider knowledge around physical activity best practices in ECE settings.
- 5) **Provide follow-up technical assistance:** provide ongoing support to ECE providers to implement practice and policy changes around physical activity.
- 6) **Integrate into state ECE systems:** integrate the PALS training into state systems to create lasting, sustainable changes.

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 prepare 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 and Resource Kit (*optional*);
- 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.