



# PALS

Playing  
And  
Learning  
Support

## at Eastford Elementary School



### What is PALS?

**PALS is a program for early detection and prevention of school adjustment issues. It focuses on children who are experiencing issues that interfere with effective learning: difficulty making and/or keeping friends, low self-esteem, a tendency to act out when faced with a problem rather than trying to solve it, withdrawn behavior, separation issues, and lack of confidence or motivation. PALS seeks to help children make a positive adjustment to the school experience, both academically and socially.**

**Children in PALS meet weekly with the Child Associate individually or in small groups. Literature, toys, games, music, and other materials are used in activities that are designed to enhance children's skills and to teach new social skills and problem-solving strategies.**

### How are children referred to PALS?

**Children are referred to the PALS program in one of three ways:**

- 1. As a result of the screening process; checklists filled out by teachers**
- 2. Direct teacher referral**
- 3. Parent referral**



### PALS Contact:

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