The THRIVE Initiative is designed to empower parents from the birth of their children until their children are 18 years old. THRIVE includes four age-specific program areas: Take Root (0 to 3 years), Sprout (3 to 5 years), Grow (5 to 10 years), and Branch Out (10 to 18 years). Each THRIVE program guides parents in learning and using parenting and health promotion skills that are based on science.

Take Root Program Update!

We are excited to share the Take Root online program will be available very soon! The Take Root program supports parents from pregnancy through the first 3 years of their child’s life. The program has been developed in three tracks: ages 0 to 6 months, ages 6 to 12 months, and ages 1 to 3 years.

The program begins with a 10-minute introductory session to help parents understand the structure and objectives of the program, identify the developmental milestones children should be reaching from birth through their 3rd birthday, and select the program track that best fits their own needs.

Continued on next page...
Take Root Program Tracks

Each Take Root program track includes three interactive modules that take approximately 2 hours each to complete.

**take root ages 0-6 months**

The Take Root 0-6 months program track is designed for parents of children from birth to 6 months old. During these sessions, parents will learn essential skills on how to take care of their own health and well-being, understand why their infant may be crying, and work with their baby to identify and address his or her needs.

**take root ages 6-12 months**

The Take Root 6-12 months program track is designed for parents of children from 6 to 12 months old. During these sessions, parents will discover important skills on how to share the care of their infant, keep infants physically and emotionally safe, and tackle daily tasks in a way that works for families.

**take root ages 1-3 years**

The Take Root 1-3 years program track is designed for parents of children from 1 to 3 years old. During these sessions, parents will learn critical skills on how to take care of their own health and well-being, understand children’s temperament, and guide toddler’s behaviors in the context of everyday activities.

If you are a parent of a 0 to 3-year-old child and are interested in participating in the Take Root online program, please contact us at TakeRoot@psu.edu or 1-877-382-9185.
### Other THRIVE Programs

#### grow

**For parents of children ages 5 to 10 years**
Grow is designed to help parents of 5- to 10-year-olds learn positive parenting techniques, stress management strategies, and health promotion skills. Grow is currently available as a face-to-face program and online program. The next implementation of Grow Online is scheduled for fall 2018.

#### sprout

**For parents of children ages 3 to 5 years**
Sprout specifically targets the unique context of parenting children between the ages of 3 and 5. This developmental period comes with many parenting joys and challenges. Sprout is designed to support parents as they foster their preschooler’s development and resiliency. The program will be comprised of a series of brief videos, 3- to 5-minute mini modules, and downloadable parent resources.

#### branch out

**For parents of children ages 10 to 18 years**
During adolescence, youth need their parents more than ever. With so many changes and transitions happening during adolescence, this phase of life is a time of excitement and anxiety—for youth and their parents. Branch Out is designed to support mothers and fathers in their parenting roles as they nurture their child during the transition from childhood to adulthood.
Parent Resource Highlight: Moving to THRIVE

Did you know that we have four parenting resources that can be downloaded from the THRIVE website? They are Breathe to THRIVE, Moving to THRIVE, Cooking to THRIVE, and Resources to THRIVE. Over the next few newsletters, we will highlight one of these resources.

Moving to THRIVE: Physical Activity and Playtime Guide
This guide was created to help parents promote more family playtime and physical activity. It includes physical activity and screen time recommendations plus examples of activities for children in different age groups. It also provides examples of activities that can be played inside - perfect for winter when it’s too cold to play outside!

Resources can be downloaded at www.THRIVE.psu.edu/resources/thrive-resources/

We Have A New Look!

You may have noticed that THRIVE has a fresh new look! It has a fun and modern feel with bolder colors. You can find the new look on our website!

Old: New:

FOR MORE INFORMATION CONTACT US:
Email: THRIVE@psu.edu; Phone: 1-877-382-9185

This material is the result of a partnership funded by the Department of Defense between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the USDA’s National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University.