



# THRIVE

Quarterly Newsletter

Winter 2017

The THRIVE Initiative is designed to empower parents from the birth of their children until they reach 18 years of age. THRIVE includes four age-specific programs: *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.

## THE *GROW!* PROGRAM CONTINUES!



**For parents of children ages 5 to 10 years**

*Grow!* is designed to help parents foster their child's development through the elementary school years.

Since we began offering *Grow!* in March 2016, six military sites have offered, or are currently implementing, the program: USAG Italy; Navy Base Mayport, FL; Joint Base Lewis-McChord, WA; USAG Rheinland-Pfalz, Germany; Fort Riley, KS; and Joint Base Elmendorf-Richardson, AK.

**About the program:** The program takes place once a week for five weeks. Each session lasts 90-minutes and includes videos and activities.

**Topics that are covered:**

- Week 1: Raising Youth to be Healthy Adults
- Week 2: Coaching Children to Cope
- Week 3: Readiness through Routines and Rules
- Week 4: Discipline that Teaches and Guides
- Week 5: Parenting for Health Promotion



The following installation is currently recruiting participants for *Grow!*:  
USAG Rheinland-Pfalz, Germany  
Register online at [www.THRIVE.psu.edu](http://www.THRIVE.psu.edu) or call (814) 470-5640!

# GROW! ONLINE

## Soon, the Grow! program will be offered as an online program!

The online program is a self-paced program, allowing busy parents to fit the program into their schedule. The program includes eight interactive online sessions that take approximately 30-minutes each to complete. Participants in the online program receive the same information that participants in the face-to-face version receive.



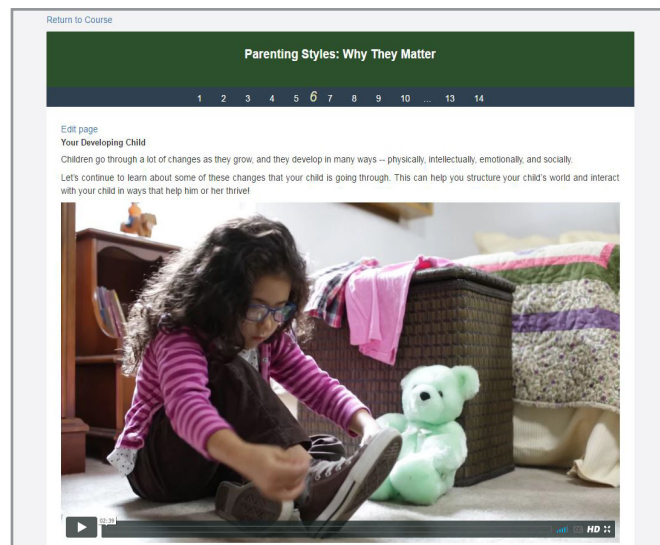
Grow! Online screenshot

## Highlights of the online program:

- » Finish the program at your own pace. If you cannot complete a session in one sitting, you can pause the program and come back at a more convenient time.
- » Watch short videos and complete interactive activities.
- » Access downloadable materials and other parent resources.

## The online program includes the following eight sessions:

1. Parenting Styles: Why They Matter
2. Using Praise and Encouragement to Help Children THRIVE
3. Your Daily Routine Matters
4. Promoting Health at Home
5. Preventing Misbehavior
6. Positively Managing Misbehavior
7. Listening: A Stress Reduction Strategy
8. Say what? Effective Communication & Healthy Thoughts



Grow! Online screenshot

## THRIVE PROGRAMS IN DEVELOPMENT!

### For parents of children ages 0 to 3 years

*Take Root!* emphasizes parenting skills that are essential to raising a happy and healthy baby from birth through the toddler years.



The *Take Root!* program is divided into three programs:

### ***Take Root! I* for parents of babies 0 to 6 months**

Development of this online program is almost complete!

### ***Take Root! II* for parents of babies 6 to 12 months**

This online program is currently in development.

### ***Take Root! III* for parents of toddlers ages 1 to 3 years**

This online program is currently in development.

LOOK FOR  
TAKE ROOT! I  
TO BE  
OFFERED  
THIS YEAR!



### For parents of children ages 3 to 5 years

*Sprout!* is designed to help parents foster their child's development and resiliency through the joys and challenges of the preschool years.

*Sprout!* will be delivered as a face-to-face program. There will be six 90-minute sessions.

COMING  
SOON!



### For parents of children ages 10 to 18 years

*Branch Out!* supports parents as they nurture their child through the transition into adulthood.

COMING  
SOON!

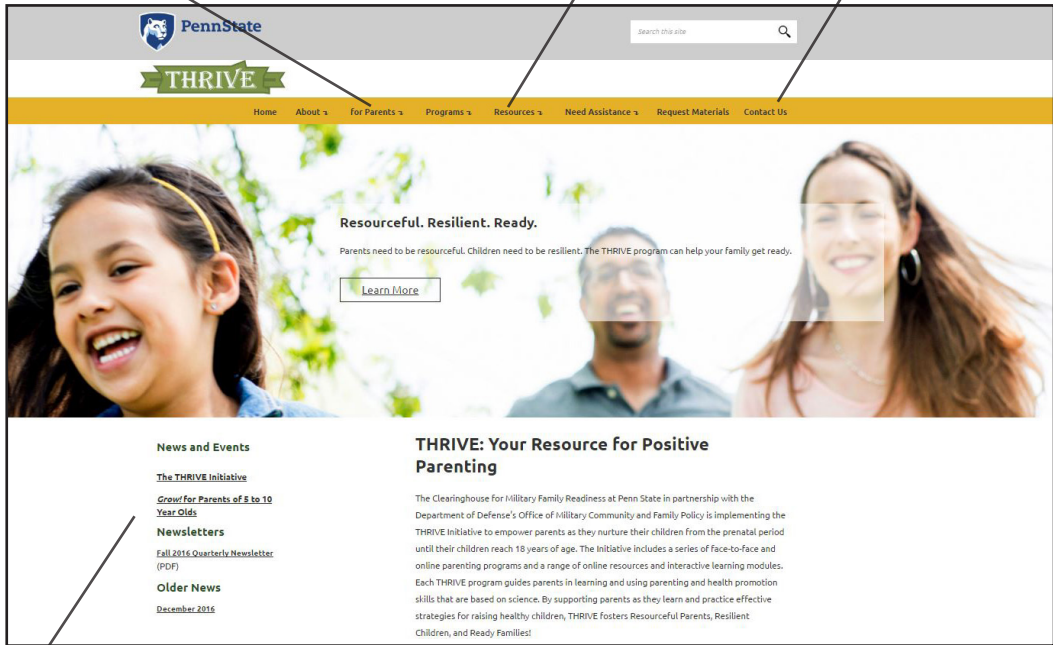
# OUR WEBSITE HAS A NEW DESIGN!

Our website has been redesigned and is now mobile friendly! The website provides more content on our programs; information for parents, including online resources and how to register for programs; updated news on our blog; and a contact form to request more information. Visit us at: [www.THRIVE.psu.edu](http://www.THRIVE.psu.edu).

**For Parents:**  
Information on each program; how to register; and resources

**Resources:**  
Downloadable resources for parents including a cookbook and physical activity guide

**Contact:**  
Ask questions or request more information



**New and Events:**  
Read our blog or download newsletters

