

Newsletter



thrive

December 2022

The Thrive Initiative is a continuum of evidence-informed parent-education programs that are designed to empower parents and caregivers as they nurture children from the prenatal period until their children are 18 years old. There are 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 about and using parenting and health-promotion skills that are based on science.

Additional Resources:

[Parent Resources](#)

[Handouts](#)

[Newsletters](#)

After participating in an age-specific program, you are eligible to begin using the supplemental modules. These modules have been created to target specific areas of need such as adolescent mental health, grandparents raising grandchildren, and families who have a child with a disability.

thrive.psu.edu/modules/supplemental



Mini-Booster Module Videos, which last 2- to 3-minutes in length, are available, and they offer information on a particular skills or strategies that you can use with your child.

thrive.psu.edu/modules/mini-boosters

Featured Blog Posts:

[Five Resources for Military Families](#)

[Play is Purposeful!](#)

[Being an LGBTQ+ Parent](#)

[Screen Time and Autism](#)

Are you a professional who works with children, youth, and families? You can find resources that are designed to support you!

Home Implementation Facilitation Manuals

The four age-specific programs now offer Hybrid Implementation Facilitation Manuals that provide guidance on how to implement the programs in a hybrid format. The hybrid format can help you create a personal connection with your families. While parents utilize the online component of the program, home visitors can incorporate face-to-face or virtual group meetings.

Training Modules

The Motivational Interviewing and Values Clarification module can help professionals support parents and caregivers as these individuals work to change behaviors. This module views parents and caregivers as competent and capable agents of change, and the facilitators goal is to provide help and encouragement!

Contact Us

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*Resourceful Parents.
Resilient Children.
Ready Families.*