



# grow

The Grow parenting program is a universal program designed to help parents and caregivers of children ages 5- to 10-years old. This program helps parents learn positive parenting techniques, stress management strategies, and health promotion skills that can be used to help children be happy and healthy.

Grow online is directly available to parents and caregivers and contains eight interactive sessions and includes parent resources and at-home skill practices.



## Grow online offers eight sessions that will help you learn how to do the following:



Praise and encourage your child in appropriate ways



Understand how to help your child manage their emotions



Set healthy routines and schedules in your home



Manage stress and your reactions due to anger



Promote physical health for you and your child

**The web-based format of Grow is available at no cost to civilian and military families. Visit the Thrive website to sign up for Grow today!**

**For more information about the Grow program visit:**

<https://thrive.psu.edu/universal-parenting-programs/grow/>