

# Newsletter



# thrive

September 2025

The Thrive Initiative is being developed through a collaboration between the Department of Defense's Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy (DoD MC&FP) and the Clearinghouse for Military Family Readiness at Penn State (Clearinghouse).

The aim of the DoD MC&FP and the Clearinghouse is to create a series of developmentally comprehensive, evidence-informed, universal and targeted parenting programs for military and civilian families that are affordable with respect to training and implementation costs. The Thrive Initiative seeks to harness parents' potential for fostering holistic, community youth development and resiliency throughout childhood and adolescence by focusing on practices and strategies that help to nurture the parent-child relationship and foster positive child-development outcomes. In addition, to address the long-term well-being of military and civilian children, parenting practices that promote physical health were a major component of each program.

The Thrive Initiative is a suite of evidence-informed parenting programs designed to empower parents and caregivers as they nurture children from birth until 18 years of age. Four universal parenting programs are available in online formats and can be accessed at no cost to families.

### **Take Root (0-3 years)**

Take Root supports parents and caregivers from birth through the first 3 years of their child's life.

### **Sprout (3-5 years)**

Sprout assists parents and caregivers as they foster their preschool child's development and resiliency.

### **Grow (5-10 years)**

Grow teaches positive parenting techniques, stress-management strategies, and health-promotion skills.

### **Branch Out (10-18 years)**

Branch Out supports parents and caregivers as their child transitions from childhood to adulthood.

### **Recent Blog Posts**

[Is Plant-Base Milk Enough for Toddlers? What Parents Need to Know](#)

[More Veggies, Please! How to Encourage Your Child to Eat More Vegetables](#)

[Supporting Families Facing Challenges](#)

## The Thrive Initiative Hybrid Implementation Facilitation Manuals

The purpose of the program-specific facilitation manuals is to offer guidance to professionals on how to implement the Thrive universal parenting programs—Take Root, Sprout, Grow, and Branch Out—in a hybrid format. Specifically, these manuals offer the facilitator instructions on how to implement group face-to-face or virtual synchronous interactions while parents and caregivers complete the online asynchronous program.

### Adolescent and Teen Video Modules

As a teen, you may want to view the adolescent and teen video modules listed below identify specific topics that may be relevant to you and your peers. The intent of the video modules is to provide general information and skills or strategies that you can use to help you work through and respond to common everyday moments you may experience as a teen.

Bullying

Desensitization - Navigating the Impact of Violence

Mental Health

Motivation - Get Active

Social Media

Substance Misuse

### **Supplemental Modules**

Build on the information and strategies you have learned about and practiced in the universal parenting programs by examining supplemental modules that identify and address topics that are aimed at helping you and your family meet your goals.

#### **Adolescent Mental Health**

Parenting to Wellness

#### **Anger Management**

Family Conflict: Mindfully Creating Positivity

#### **Coparenting**

Coordinated. Cooperative. United.

#### **Exceptional Families**

Embracing Differences. Flourishing Together.

#### **Father Forward**

Present. Engaged. Supportive.

#### **Grandfamilies**

PROSPERing with 10- to 14- Year Olds

#### **Harmful Behaviors**

Recognize. Respond. Repair.

#### **Parental Absence**

Parenting Through Family Separation

#### **Raising Siblings**

Fostering Positive Relationships

#### **Stepfamilies**

Blending Bonds, Building Harmony

*Resourceful Parents.*

*Resilient Children.*

*Ready Families.*

**Contact Us**

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