



## Parent Workbook and Syllabus





## Summary of Training

Use this summary to keep track of your homework due dates and the meeting dates, times, and location.

### Registration

Due Date	
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### Meeting 1: Intake *(Meeting: 45-60 min/Homework: 30 min)*

Date	
Time	
Homework	Everyday Moments: Morning Routine and Bedtime Routine
Due Date	

### Meeting 2: Discussion of Everyday Moments: Morning Routine and Bedtime Routine *(60 min/Homework: 30 min)*

Date	
Time	
Homework	Everyday Moments: Shopping and Play Date
Due Date	

### Meeting 3: Discussion of Everyday Moments: Shopping and Play Date *(Meeting: 60 min/Homework: 30 min)*

Date	
Time	
Homework	Everyday Moments: Rainy Day and Dinnertime
Due Date	

### Meeting 4: Discussion of Everyday Moments: Rainy Day and Dinnertime *(Meeting: 60 min/Homework: 15 min)*

Date	
Time	
Homework	Wrap-Up Sprout Online
Due Date	

### Meeting 5: Wrap-Up and Resource Sharing *(Meeting: 45 min)*

Date	
Time	

## Registration

If you have not done so already, complete these steps prior to Meeting 1.

### Step 1: Create a Thrive Account

- Visit <https://thrive.psu.edu/>
- Navigate to "For Parents."
- Go to "Register for THRIVE online."
- Click "Sign Up."
- Enter your name, create a username and password, and share your military affiliation (Yes/No).
- An automated email will be sent to you that tells you that you now have an active username and password. Keep that email for your records.

### Step 2: Choose Sprout

- Log In → Navigate to Course Catalog in the upper right-hand corner → Choose Sprout by selecting Sprout "Click here to access this course."
- Click "Start Course" to begin, and review the Sprout Overview. After you have reviewed the overview video and chosen Sprout, you can expect to do the following:
  - o Read a welcome statement and learn the goals of Sprout.
  - o Decide if you would like to consent to complete assessments throughout the program for research purposes.
  - o Complete introductory assessments if consent was provided.

# Meeting 1



**Intake** 45-60 minutes

**Homework** 30 minutes

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

### Meeting Events

- Test your video or audio (if meeting virtually).
- Introduce yourself and your family members.
- Engage in an icebreaker.
- Create ground rules.
- Register for a Thrive account – <https://thrive.psu.edu/> (if not registered already).
- Complete any required paperwork.

## Step 2: Complete Homework [For discussion in Meeting 2]

\_\_\_\_\_ Complete Overview

\_\_\_\_\_ Complete Everyday Moment: Morning Routine

\_\_\_\_\_ Review, and download, if desired, the resources for the Everyday Moment: Morning Routine

- o Morning and Bedtime Routine Chart
- o Good Choices Chart
- o Eating Together as a Family
- o Division of Responsibility in Feeding
- o Developmental Milestones 3-5
- o Active Listening



- \_\_\_\_\_ Complete the Everyday Moment: Bedtime Routine
  
- \_\_\_\_\_ Review, and download, if desired, the resources for the Everyday Moment: Bedtime Routine
  - o Weekly Screen-Time Tracker
  - o AAP Sleep Guidelines
  - o Reading to your Child
  - o Troubleshooting Bedtime Challenges
  - o The Importance of a Bedtime Routine
  - o Bedtime Routine Chart
  - o Age-Appropriate Hygiene Chart
  - o Understanding Sexual Development in Children Ages 3 to 5
  - o Stress Management
  
- \_\_\_\_\_ Prepare to discuss these Everyday Moments during the next meeting by answering the questions in Step 3. If you have any questions you would like to ask during the discussion, note them in Step 4.

### Step 3: Prepare Community Building Activities/Discussion Questions

Use the blue boxes on the next few pages to prepare your responses for the next meeting. During the group discussion of Meeting 2, you can use the magenta boxes to record your notes.



As you complete these questions and activities, recognize that changes will not happen overnight. You will need to use the strategies and skills learned throughout Sprout consistently in your everyday life to see the desired changes in your child's reactions or behaviors. Keep practicing.

When you meet as a group, share and celebrate the small, short-term positive changes you see with your child, and consider what the long-term benefits may be with continued use of the skills and strategies you are learning with Sprout!





### Everyday Moment: Morning Routine Discussion Questions



Which family's Everyday Moment most closely mimics your morning? How or why?



*Group discussion notes:*



## Meeting 1



Do you have any routines that you were already using in your everyday family life?



*Group discussion notes:*



Did any of the suggestions provided throughout the family's Everyday Moments seem like they would work for you? Examples include the following:

- Providing structure with a routine using a visual chart;
- Providing appropriate choices for the division of responsibility;
- Providing one or two clear, concise, and developmentally appropriate tasks at a time; or
- Practicing active listening.



*Group discussion notes:*



## Meeting 1



Did you try any of these suggestions or strategies? What was the outcome?  
Do you plan to try any other strategies or suggestions?



*Group discussion notes:*



### Everyday Moment: Bedtime Routine Discussion Questions



Which family's Everyday Moment most closely mimics your bedtime or nighttime routine? How or why?



*Group discussion notes:*



## Meeting 1



Do you have any routines that you were already using in your everyday family life?



*Group discussion notes:*



Did any of the suggestions provided throughout the family's Everyday Moments seem like they would work for you? Examples include the following:

- Limiting screen time, co-viewing shows or videos, and providing time between screen time and bedtime;
- Sticking with a bedtime routine, including hygiene; or
- Practicing a stress management technique, such as deep breathing?



*Group discussion notes:*



## Meeting 1



Did you try any of these suggestions or strategies? What was the outcome?  
Do you plan to try any other strategies or suggestions?



*Group discussion notes:*





## Step 4: Prepare Any Additional Questions for Meeting 2



Note any additional questions you may have for the group or the facilitator.



*Group discussion notes:*



## Meeting 2



**Discussion of Everyday Moments** *60 minutes*  
**Morning Routine and Bedtime Routine**  
**Homework** *30 minutes*

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

## Step 2: Discuss Community Building Activities/Discussion Questions

Return to *Meeting 1, Step 3: Prepare Community Building Activities/Discussion Questions*. Discuss the activities and questions as a group. What new ideas are mentioned during the group meeting? Note them in the magenta boxes under your responses.



*To engage in discussion, go back to the homework you completed after Meeting 1.*

## Step 3: Complete Homework [For discussion in Meeting 3]

\_\_\_\_\_ Complete Everyday Moment: Shopping

\_\_\_\_\_ Review, and download, if desired, the resources for the Everyday Moment: Shopping

- HALT and Other Prevention Strategies
- HALT Card
- Punishment vs. Positive Discipline
- Normal vs. Abnormal Temper Tantrum
- Positive Communication
- ABC Model
- Stress and Wellness
- Babysitter Checklist

\_\_\_\_\_ Complete the Everyday Moment: Play Date



\_\_\_\_\_ Review, and download, if desired, the resources for the Everyday Moment: Play Date

- o Conflict Resolution
- o Active Listening
- o Parenting Styles
- o Growth Mindset vs. Fixed Mindset
- o Positive Communication
- o Physical Activity Guidelines
- o SHAPE Guidelines
- o Moving to THRIVE
- o 5210 Website (<https://5210.psu.edu/>)

\_\_\_\_\_ Prepare to discuss these Everyday Moments during the next meeting by answering the questions in Step 4. If you have any questions you would like to ask during the discussion, note them in Step 5.

## Step 4: Prepare Community Building Activities/Discussion Questions

Use the blue boxes on the next few pages to prepare your responses for the next meeting. During the group discussion of Meeting 3, you can use the magenta boxes to record your notes.



As you complete these questions and activities, recognize that changes will not happen overnight. You will need to use the strategies and skills learned throughout Sprout consistently in your everyday life to see the desired changes in your child's reactions or behaviors. Keep practicing.

When you meet as a group, share and celebrate the small, short-term positive changes you see with your child, and consider what the long-term benefits may be with continued use of the skills and strategies you are learning with Sprout!



### Everyday Moment: Shopping Discussion Questions



Have you had any experiences at a store or other location outside of your home that are similar to what the Sprout families experienced? For example, has your child been unagreeable, has your child had a temper tantrum or other strong emotions, or has your child acted in a way that led you to use errand time as your alone time?



*Group discussion notes:*



## Meeting 2



Do you have any routines that you were already using in your everyday life for shopping or other related activities outside of the home? What were they, and were they successful?



*Group discussion notes:*





Did any of the suggestions provided throughout the family's Everyday Moments seem like they would work for you? Examples include the following:

- Assessing whether your child is **H**ungry, **A**ngry, **L**onely, or **T**ired and then addressing the need;
- Providing other appropriate choices for your child;
- Communicating with clear, positive, concise, and developmentally appropriate language;
- Practicing self-care or stress management techniques; or
- Carving out time for yourself, even if you use the time to do errands



*Group discussion notes:*



## Meeting 2



Did you try any of these suggestions or strategies? What was the outcome?  
Do you plan to try any other strategies or suggestions?



*Group discussion notes:*



**As you complete your Wellness Wheel, consider these additional uses for the activity:**

- If you are co-parenting or receiving help from another family member as you raise your child(ren), what does his or her Wellness Wheels look like?
- Is there anything you can do within your family unit to increase areas that need attention?
- Are there any additional resources that can help you increase your wellness in areas where you perceive it to be lacking?



*Group discussion notes:*



### Everyday Moment: Play Date Discussion Questions



Have you experienced any play date or play-related woes like the Sprout families did in these Everyday Moments? Which ones?



*Group discussion notes:*



**Did any of the suggestions provided throughout the family's Everyday Moments seem like they would work for you? Examples include the following:**

- Allowing the children to resolve the conflict with appropriate support and guidance;
- Providing praise that is specific, in the moment, and about the effort;
- Making physical activity a priority;
- Having open and developmentally appropriate conversations about differences and respect.



*Group discussion notes:*



## Meeting 2



Did you try any of these suggestions or strategies? What was the outcome?  
Do you plan to try any other strategies or suggestions?



*Group discussion notes:*



Visit the 5210 website: <https://5210.psu.edu/>. Fill in the blanks for each number.

5 –

2 –

1 –

0 –



*Group discussion notes:*



### Step 5: Prepare Any Additional Questions for Meeting 3



Note any additional questions you may have for the group or the facilitator.



*Group discussion notes:*



## Meeting 3



**Discussion of Everyday Moments**    *60 minutes*  
**Shopping and Play Date**  
**Homework**    *30 minutes*

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

### Step 2: Discuss Community Building Activities/Discussion Questions

Return to *Meeting 2, Step 4: Prepare Community Building Activities/Discussion Questions*. Discuss the activities and questions as a group. What new ideas are mentioned during the group meeting? Note them in the magenta boxes under your responses.



*To engage in discussion, go back to the homework you completed after Meeting 2.*

### Step 3: Complete Homework [For discussion in Meeting 4]

\_\_\_\_\_ Complete Everyday Moment: Rainy Day

\_\_\_\_\_ Review, and download, if desired, the resources for the Everyday Moment: Rainy Day

- o Family Media Action Plan
- o Weekly Screen Time Tracker
- o AAP Family-Media Action Plan Builder
- o Active Listening
- o Breathe to THRIVE
- o Moving to THRIVE
- o Physical Activity Guidelines
- o SHAPE Guidelines
- o Conflict Resolution



\_\_\_\_\_ Complete the Everyday Moment: Dinnertime

\_\_\_\_\_ Review, and download, if desired, the resources for the Everyday Moment: Dinnertime

- o Division of Responsibility in Feeding
- o Cooking to THRIVE
- o Phrases that Help and Hinder
- o Food Allergies
- o Developmental Milestones 3-5
- o Age-Appropriate Chores
- o Eating together as a Family
- o ABC Model

\_\_\_\_\_ Prepare to discuss these Everyday Moments during the next meeting by answering the questions in Step 4. If you have any questions you would like to ask during the discussion, note them in Step 5.

## Step 4: Prepare Community Building Activities/Discussion Questions

Use the blue boxes on the next few pages to prepare your responses for the next meeting. During the group discussion of Meeting 4, you can use the magenta boxes to record your notes.



As you complete these questions and activities, recognize that changes will not happen overnight. You will need to use the strategies and skills learned throughout Sprout consistently in your everyday life to see the desired changes in your child's reactions or behaviors. Keep practicing.

When you meet as a group, share and celebrate the small, short-term positive changes you see with your child, and consider what the long-term benefits may be with continued use of the skills and strategies you are learning with Sprout!



### Everyday Moment: Rainy Day Discussion Questions



Have you had any experiences on a rainy day or during a time when you were in your home for an extended period that are similar to what the Sprout families experienced? For example, has your child asked for extra screen time, shown frustration while playing a game or completing a task, had excessive energy to burn, or misbehaved intentionally to get attention from you?



*Group discussion notes:*



## Meeting 3



There were two resources shared to create a Family-Media Action Plan, one from Thrive and one from the American Academy of Pediatrics. Did you use either of these resources to create a media plan? What were your thoughts? How did your child react?



*Group discussion notes:*



Did any of the suggestions provided throughout the family's Everyday Moment, which you are not already using, seem like they would work for you? Examples include the following:

- Monitoring screen time or developing a Family-Media Action Plan;
- Providing emotion coaching during a time of struggle;
- Providing physical activities that are safe and appropriate for inside or a small environment; or
- Acknowledging and validating your child's feelings and providing attention and support.



*Group discussion notes:*



### Everyday Moment: Dinnertime Discussion Questions



Have you experienced similar dinnertime- or family mealtime-related woes like our Sprout families did in these Everyday Moments? For example, do you like your child to clean his or her plate, or do you allow him or her to share when they feel full? Is your child resistant to trying new foods, or do they want to help with meal preparation? What happens when you serve your child a non-preferred meal?



*Group discussion notes:*





Did any of the suggestions provided throughout the family's Everyday Moment, which you are not already using, seem like they would work for you? Examples include the following:

- Using what you know about Division of Responsibility in Feeding to communicate with your child;
- Establishing consistent mealtimes;
- Modeling healthy eating behaviors;
- Offering new food with a preferred food;
- Providing praise or encouragement for trying new foods;
- Providing opportunities to learn life skills related to food preparation; or
- Analyzing a troublesome situation using the ABC Method.



*Group discussion notes:*



## Meeting 3



Did you try any of these suggestions or strategies? What was the outcome?  
Do you plan to try any other strategies or suggestions?



*Group discussion notes:*



### **Step 5: Prepare Any Additional Questions for Meeting 4**



Note any additional questions you may have for the group or the facilitator.



*Group discussion notes:*



## Meeting 4



**Discussion of Everyday Moments** *60 minutes*  
**Rainy Day and Dinnertime**  
**Homework** *15 minutes*

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

## Step 2: Discuss Community Building Activities/Discussion Questions

Return to *Meeting 3, Step 4: Prepare Community Building Activities/Discussion Questions*. Discuss the activities and questions as a group. What new ideas are mentioned during the group meeting? Note them in the magenta boxes under your responses.



*To engage in discussion, go back to the homework you completed after Meeting 3.*

## Step 3: Complete Homework [For discussion in Meeting 5]

\_\_\_\_\_ Complete the Wrap-Up.

\_\_\_\_\_ Prepare to discuss the Wrap-Up during the next meeting by answering the questions in Step 4.

\_\_\_\_\_ Review the Thrive website (<https://thrive.psu.edu/>), and tell your facilitator what track or Thrive initiative is most appropriate for your family to complete next.

## Step 4: Prepare Community Building Activities/Discussion Questions

Use the blue boxes on the next few pages to prepare your responses for the next meeting. During the group discussion of Meeting 5, you can use the magenta boxes to record your notes.



As you complete these questions and activities, recognize that changes will not happen overnight. You will need to use the strategies and skills learned throughout Sprout consistently in your everyday life to see the desired changes in your child's reactions or behaviors. Keep practicing.

When you meet as a group, share and celebrate the small, short-term positive changes you see with your child, and consider what the long-term benefits may be with continued use of the skills and strategies you are learning with Sprout!



Review the topics that are revisited in the Wrap-Up.

- **Choose one to revisit.** For example, you may choose the Division of Responsibility in Feeding. You'll see that the skills associated with the Division of Responsibility are in three areas: Morning Routine (Jackson Family), Dinnertime (Kym Family), and Dinnertime (Jones Family). Revisit those sections.
- **By reviewing the topics and strategies, notice how the strategies can be applied across different scenarios.** So, in our example, the Division of Responsibility in Feeding can be applied at any mealtime!
- **Now, it's your turn** – choose another topic and think of another way or situation in which you can apply the strategy.



*Group discussion notes:*





Discuss your answers to the following questions:



What has changed about your interactions with your child since we started?  
Do you notice a difference?



*Group discussion notes:*



## Meeting 4



Would anyone like to share a moment when they used a strategy learned in Sprout and discuss how their current reaction compares to how they may have reacted prior to participating in the Sprout training? What was different? How did your child respond?



*Group discussion notes:*

## Meeting 5



**Wrap-Up and Resource Sharing** 45 minutes

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

### Meeting Events

- \_\_\_\_\_ Complete any required follow-up paperwork.
- \_\_\_\_\_ Share the program from that would be most appropriate for your family to complete next.
- \_\_\_\_\_ Share a timeline for when you think you'll start the next program [Optional].
- \_\_\_\_\_ Download your Certificate of Completion.
- \_\_\_\_\_ Collect any additional resources that the facilitator has prepared for you.

## Step 2: Discuss Community Building Activities/Discussion Questions

Return to Meeting 4, Step 4: Prepare Community Building Activities/Discussion Questions. Discuss the activities and questions as a group. What new ideas are mentioned during the group meeting? Note them in the magenta boxes under your responses.



*To engage in discussion, go back to the homework you completed after Meeting 4.*



### Step 3: Register for the Next Thrive Program [Optional]

For more in-depth exploration of specified topics related to school age children, visit the Thrive website (<https://thrive.psu.edu/>), and review the supplemental module content for the most up-to-date offerings.

Visit the Thrive website, and, if interested, register for the next Thrive initiative that is applicable for your developing child(ren).

Thrive Initiative Program Areas			
Universal Parenting Programs			
Take Root	Sprout	Grow	Branch Out
Infants (0 to 6 months)	Preschool (3 to 5 years)	Grades K–5 (5 to 10 years)	Grades 6–12 (10 to 18 years)
Infants (6 to 12 months)			
Infants & Toddlers (1 to 3 years)			

Thank you for completing this hybrid implementation of Sprout! We hope you will frequently visit the Thrive website to continue to learn positive parenting practices, stress management techniques, and ways to promote physical health throughout your child's development.

