



Sprout is a universal parenting program that contains six everyday moment scenarios and, specifically, targets the unique content of parenting children between the ages of 3 and 5 years old. This developmental period comes with many parenting joys and challenges. Sprout is designed to support parents as they foster their preschool child's development and resiliency.

Everyday moments with 3- to 5-year-olds are full of adventure, fun, growth, and challenges. Sprout gives you the opportunity to take a peek into the daily routines of four families to see how they manage their everyday moments and learn new strategies that help them and can help you make everyday moments run a little more smoothly.

Sprout is available for parents of preschool children ages 3- to 5-years-old in an online format.



**Sprout welcomes you to follow four unique families through six everyday moments to learn strategies to help you do the following:**

-  Understand age-appropriate expectations
-  Develop routines
-  Guide developmental milestones



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

**For more information about the online Sprout program visit:**

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