



## **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 min/Homework: 30 min)*

Date	
Time	
Homework	Session 1 Take Root Online
Due Date	

### Meeting 2: Discussion of Through Your Eyes *(Meeting: 45 min/Homework: 30 min)*

Date	
Time	
Homework	Session 2 Take Root Online
Due Date	

### Meeting 3: Discussion of Through Your Baby's Eyes *(Meeting: 60 min/Homework: 30 min)*

Date	
Time	
Homework	Session 3 Take Root Online
Due Date	

### Meeting 4: Discussion of Figuring It Out Together *(Meeting: 60 min/Homework: 15 min)*

Date	
Time	
Homework	Wrap Up Take Root 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 Take Root

- Log In → Navigate to Course Catalog in the upper right-hand corner → Choose Take Root by selecting Take Root "Click here to access this course."
- Click "Start Course" to review the Take Root Overview. After you have viewed the overview video and chosen Take Root, you can expect to do the following:
  - o Read a welcome statement and learn the goals of Take Root.
  - 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.
  - o Review an overview of developmental milestones for a child who is 0-6 months, 6-12 months, 1-2 years and 2-3 years old to help you decide which age track is best for you.

### Step 3: Choose an Age Track

- Choose an age track.



**Note:** You will automatically be enrolled in all three age tracks. Use the information from the overview to make a choice about which age track you will complete. The curriculum developers recommend that only one age track is completed at a time.

- Tell the facilitator which Take Root age track that you have chosen to complete.

# Meeting 1



**Intake** 45 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 the Overview
- \_\_\_\_\_ Complete Session 1: Through Your Eyes
- \_\_\_\_\_ Complete the Circle of Support Activity
- \_\_\_\_\_ Review and Download Session 1 Parent Toolkits

## 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.



## Meeting 1



### Circle of Support Activity



What do you notice about your Circle of Support?



*Group discussion notes:*



Do you need help identifying new sources of support?



*Group discussion notes:*



## Meeting 1



### Self-Care



What can you do to practice self-care if you have free time: 5 minutes, 1 hour, or 4 hours?



*Group discussion notes:*



In the Overview, you learned three simple steps any person can take in any caregiving situation.

1. **Stop** – Take a moment to tune into what you are feeling and seeing.
2. **Breathe** – Ask yourself, “What is my child’s behavior trying to tell me?”
3. **Think** – Figure it out together- you and your child.



After learning this strategy, did you use it?



*Group discussion notes:*



## Meeting 1



What was the outcome?



*Group discussion notes:*



If you have not used it yet, can you imagine using it?



*Group discussion notes:*



### Optional Questions

#### Goal Setting – Nutrition



Did you set any of the following goals to be implemented daily: Add a serving of vegetables, add a serving of fruit, drink more water, or drink one less sugary beverage? How is that going? Do you feel any changes? How do you feel about maintaining that goal?



*Group discussion notes:*



Did you try any new foods or healthy recipes?



*Group discussion notes:*



## Meeting 1



What are some “go-to” foods that you can add to your grocery list so you always have simple, healthy, and desirable choices available?



*Group discussion notes:*



### Goal Setting – Exercise



Create a list of activities that you are already doing. Then, add one more activity that you hope to include in your daily life.



*Group discussion notes:*



## Meeting 1



What are some obstacles you may face when adding a new activity to your life?  
How can you plan to overcome those obstacles?



*Group discussion notes:*

## Meeting 2



**Discussion of Through Your Eyes** *60 minutes*  
**Homework** *30 minutes*

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

### Step 2: Discuss Session 1 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 Session 2: Through your Baby's Eyes

\_\_\_\_\_ Review and Download Session 2 Parent Toolkits

\_\_\_\_\_ Prepare answers for Community Building Activities/Discussion Questions for Meeting 3.

### 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.



## Meeting 2



What new developments or behaviors have you observed in your child over the past few weeks?



*Group discussion notes:*



How did you react to that developmental change or behavior? For example, are you experiencing feelings of excitement when your baby smiles at you? Have you needed to childproof the house due to your child's increased mobility? Did you praise your child for sharing a toy?



*Group discussion notes:*



## Meeting 2



What noises is your baby making/ or words is your child saying? What do you think your child is trying to tell you? How can you respond to enhance communication and development?



*Group discussion notes:*



In what other ways has your child tried to communicate with you? Does your child cry when he or she is tired or gets irritable when he or she has a dirty diaper or your child is hungry? Is your child content when you sing a nursery rhyme?



*Group discussion notes:*



### Optional Questions



Please consider the list below. Have you experienced any of these concerns with your child? If yes, how are you dealing with them? What strategies have worked? What hasn't worked?

- Colic,
- Anxiety with strangers or being left in the care of a non-parental caregiver,
- Childproofing hacks...and lessons learned, and
- Challenging behaviors such as tantrums or hitting.



*Group discussion notes:*

## Meeting 3



**Discussion of Through Your Baby's Eyes** *60 minutes*  
**Homework** *30 minutes*

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

### Step 2: Discuss Session 2 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 Session 3: Figuring it Out Together

\_\_\_\_\_ Review and Download Parent Toolkit Session 3

\_\_\_\_\_ Prepare answers for Community Building Activities/Discussion Questions for Meeting 4.

### 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.



## Meeting 3



Can you think of a time in the past week that you were trying to “Figure it Out Together”? In other words, have you asked yourself questions like “What is my baby or child feeling or thinking?” and “How can I use what I know about my baby or child to support my child?”



*Group discussion notes:*



## Meeting 3



What were some things that went well?



*Group discussion notes:*



Is there anything you would like to change about your behavior or reaction in the future?



*Group discussion notes:*



## Meeting 3



What strategies have you used to calm your baby or guide behavior? Examples can include rocking in a chair and singing a familiar song, childproofing the house so you can say “no” less, or asking your child to use his or her words rather than whining.



*Group discussion notes:*



What is working? What is not working?



*Group discussion notes:*



## Meeting 3



What concerns do you still have? If you are comfortable, note them here to discuss with the group to see if any other caregivers have suggestions on strategies that they use with their child or children.



*Group discussion notes:*



Refer to the *Serve and Returns* Parent Toolkit in your track. What are some other everyday examples of ways you can include serves and returns in your daily interactions with your child?



*Group discussion notes:*



## Optional Questions



What makes it difficult to maintain a positive mindset as a parent? What strategies or techniques do you use to maintain or increase a positive mindset? What strategies or techniques would you like to add?



*Group discussion notes:*



We know that developing routines and watching and listening to your child's cues can help with sleep health. What routines do you have with your child for bedtime?



*Group discussion notes:*



## Meeting 3



Explain your bedtime routine.



*Group discussion notes:*

## Meeting 4



**Discussion of Figuring It Out Together** *60 minutes*  
**Homework** *15 minutes*

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

## Step 2: Discuss Session 3 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.

\_\_\_\_\_ 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.

\_\_\_\_\_ Plan to complete or sign up for the next track if it is applicable. If your child is at least 3 years old, check out Sprout. If you have older children, you can also enroll in Grow or Branch Out.

## 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.



## Meeting 4



What was your biggest parenting victory this week?



*Group discussion notes:*



What goals did you set? Are you happy with the progress you have made? What problems or hurdles are getting in the way of you meeting your goals? How can you overcome those obstacles?



*Group discussion notes:*



## Meeting 4



Do you feel better prepared to meet your child's needs? If not, what could help you meet your child's needs and/or reach goals?



*Group discussion notes:*



What changes in your behavior have you incorporated since we started? What additional changes do you plan to incorporate?



*Group discussion notes:*



## Meeting 4



What's next? Will you do the next track in Take Root? Sprout? Are you interested in Grow or Branch Out for an older child?



*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 Thrive track or program that would be most appropriate for your family to complete next.
- \_\_\_\_\_ Share a timeline for when you think you'll start the next age track or 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 Take Root! 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.