



thrive

**Resourceful Parents. Resilient Children.
Ready Families.**

The Thrive Initiative is a continuum of evidence-informed parenting programs that empower parents and caregivers as they nurture children from birth to 18 years of age. Developed through research and collaboration with the Department of Defense, Thrive offers universal and targeted programs designed to strengthen families, promote resilience, and support positive child development.

Universal Parenting Programs

Available in **online formats** and can be accessed at **no cost** to families.



Take Root Ages 0-3 years

Supports parents from pregnancy through a child's first three years with activities and guidance that promote healthy attachment and child development.



Sprout Ages 3-5 years

Provides guidance on age-appropriate expectations to help parents foster preschoolers' growth through everyday routines and positive interactions.



Grow Ages 5-10 years

Teaches parents positive parenting, stress management, and health promotion strategies to help children thrive.



Branch Out Ages 10-18 years

Empowers parents as they guide their children through adolescence and help them build independence and strong family connections.

Supplemental Modules

Builds on parents' knowledge and delivers individualized topic content that may be beneficial to meet family goals.

Parenting Programs for High-Needs Populations

Training and support available to professionals.



Take Root Home Visitation

Targets military families with infants and toddlers (ages 0-3) who may be at risk for child maltreatment. Delivered by trained home visitation specialists, this manualized curriculum strengthens parenting skills and family safety.



Grow Safe and Secure

Designed for families with children (ages 5-10) who may be at high risk for child abuse or neglect. This manualized curriculum is delivered by trained facilitators and provides enhanced, supportive guidance for parents.



**Visit the Thrive
website to start
learning!**



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CLEARINGHOUSE
FOR MILITARY FAMILY READINESS