



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

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.

## Universal Parenting Programs

Four universal parenting programs are available in **online formats** and can be accessed at **no cost** to families.



### Take Root Ages 0-3 years

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



### Sprout Ages 3-5 years

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



### Grow Ages 5-10 years

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



### Branch Out Ages 10-18 years

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

## Supplemental Modules

Build on information and strategies in the universal parenting programs with supplemental modules that identify specific topics that may be beneficial to meet your family goals.



**Adolescent Mental Health**  
Parenting to Wellness



**Anger Management**  
Family Conflict: Mindfully Creating Positivity



**Coparenting**  
Coordinated. Cooperative. United.



**Exceptional Families**  
Embracing Differences. Flourishing Together.



**Grandfamilies**  
PROSPERing with 10- to 14- Year Olds



**Harmful Behaviors**  
Recognize. Respond. Repair.



**Parental Absence**  
Parenting Through Family Separation



**Raising Siblings**  
Fostering Positive Relationships



Visit the Thrive website to start learning!



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**CLEARINGHOUSE**  
FOR MILITARY FAMILY READINESS