



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



Harmful Behaviors
Recognize. Respond. Repair.



Anger Management
Family Conflict: Mindfully Creating Positivity



Parental Absence
Parenting Through Family Separation



Coparenting
Coordinated. Cooperative. United.



Raising Siblings
Fostering Positive Relationships



Exceptional Families
Embracing Differences. Flourishing Together.



Stepfamilies
Blending Bonds, Building Harmony



Father Forward
Present. Engaged. Supportive.



Grandfamilies
PROSPERing with 10- to 14- Year Olds



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Visit the Thrive website to start learning!



PennState

CLEARINGHOUSE
FOR MILITARY FAMILY READINESS