

# thrive

## 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 and Teen Sexual Behavior** — Understanding, Preventing, and Responding
- **Adolescent Mental Health** — Parenting to Wellness
- **Adoption** — Creating your Family
- **Anger Management** — Family Conflict: Mindfully Creating Positivity
- **Childhood Sexual Behavior** — Understanding, Preventing, and Responding
- **Coparenting** — Coordinated. Cooperative. United.
- **Divorce** — Parenting Through Differences
- **Exceptional Families** — Embracing Differences. Flourishing Together.
- **Father Forward** — Present. Engaged. Supportive.
- **Grandfamilies** — PROSPERing with 10- to 14- Year Olds
- **Harmful Behaviors** — Recognize. Respond. Repair.
- **Healthy Communication** — The Art of Connecting
- **Neurodiversity and Autism** — The Journey with Your Child
- **Parental Absence** — Parenting Through Family Separation
- **Raising Siblings** — Fostering Positive Relationships
- **Stepfamilies** — Blending Bonds, Building Harmony

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


thrive.psu.edu

thrive@psu.edu

1-877-382-9185



PennState CLEARINGHOUSE FOR MILITARY FAMILY READINESS