



What is Thrive?

Thrive is a portfolio of evidence-informed, developmentally appropriate, parent-education programs that are available at no cost to parents, caregivers, and guardians of children from birth to 18 years old.

How can Thrive help me as a parent?

The online Thrive programs contain strategies to help parents strengthen positive parenting skills, manage stress in themselves and their children, and promote a healthy lifestyle.

What resources are available?

Online parenting programs, suitable for all families with children from birth to 18 years old, are available to parents via the Thrive website: <https://thrive.psu.edu>

Supplemental modules and other resources contain information about specific topic areas, developmentally appropriate expectations, and ideas for how parents can include children in completing daily tasks, like cooking and laundry, and how to stay active as a family.

How do I get started?

To gain immediate access to the online programming, parents can create an account at <https://thrive.psu.edu> by registering to sign up. Parents simply enter their name and email, develop a password, and are provided access to programming. Once a program is started, parents are free to pause and come back to it at any time and pick up where they left off.

For more information about the Thrive programs or to register for a program visit:

<https://thrive.psu.edu>

take root



Infants: 0-6 months
Infants: 6-12 months
Infants/Toddlers: 1-3 years

sprout



Preschool: 3-5 years

grow



Elementary Age: 5-10 years

branch out



Adolescents and Teens: 10-18 years