



# THRIVE

Quarterly Newsletter

Fall 2016

## IN THIS ISSUE:

THE *GROW!* PROGRAM BEGINS!

LEARN HOW YOU CAN REGISTER!

OTHER THRIVE PROGRAM UPDATES!



## WHAT IS THRIVE?

The THRIVE Initiative is designed to empower parents from the birth of their children until they reach 18 years of age.

THRIVE includes four age-specific programs: *Take Root!*

(0-3 years), *Sprout!* (3-5 years), *Grow!* (5-10 years), and *Branch Out!* (10-18 years). Each program guides parents in learning and using parenting skills that are based on science, so they can encourage positive youth development and resiliency across their children's lifespan. Each program focuses on three areas: 1) Positive parenting practices; 2) Parent & child stress management; and 3) Child physical health promotion strategies. The THRIVE Initiative is a partnership between the Department of Defense's Office of Military Community and Family Policy, and the Clearinghouse for Military Family Readiness at Penn State.

THRIVE Initiative Program Areas			
<i>Take Root!</i>	<i>Sprout!</i>	<i>Grow!</i>	<i>Branch Out!</i>
Infants & Toddlers (Newborn - 3 years)	Preschool (3 - 5 years)	Grades K - 2 (5 - 8 years)	Grades 6 - 8 (10 - 14 years)
		Grades 3 - 5 (8 - 10 years)	Grades 9 - 12 (14 - 18 years)



# THE *GROW!* PROGRAM IS NOW AVAILABLE!



## For parents of children ages 5-8

*Grow!* is designed to help parents foster their child's development through the elementary school years.

We were thrilled to begin offering the *Grow!* program to military installations in March 2016! We are actively searching for additional installations to participate in the program.

### About the program:

*Grow!* parent sessions take place once a week for five weeks. Each session lasts 90-minutes and includes videos and activities.

### How it works:

After an installation decides to participate, there will be at least two points of contact (a coordinating facilitator and a delivery facilitator). Both facilitators will complete online training to be certified as a *Grow!* facilitator. Once trained, they can begin recruiting parents to register!

### Benefits of becoming a facilitator:

- Free and convenient online training and certification!
- Earn CEUs and a certificate of completion!

### Benefits for parents:

- Access to additional parent resources!
- Learn parenting skills and strategies that are based on science!
- Join parents across the globe in positive parenting and promoting family health!



## WELCOME!

The following installations are now offering *Grow!*:

- Navy Base Mayport, FL
- Fort Riley, KS
- Joint Base Elmendorf-Richardson, AK
- Joint Base Lewis McCord, WA
- USAG Rheinland-Pfalz, Germany
- USAG Italy
- Iwakuni, Japan

PARENTS  
OF 5-8 YEAR  
OLDS AT THESE  
INSTALLATIONS CAN  
REGISTER ONLINE AT  
[WWW.THRIVE.PSU.EDU](http://WWW.THRIVE.PSU.EDU),  
OR CALL  
814-470-5640!

## LEARN MORE ABOUT THE OTHER THRIVE PROGRAMS!

**For parents of children ages birth to 3 years**  
*Take Root!* emphasizes parenting skills that are essential to raising a happy and healthy baby from birth through the toddler years.



The *Take Root!* program is divided into three programs:

***Take Root! I* for parents of babies from birth to 6 months**

Development of this online program is almost complete! *Take Root!* is perfect for parents who are caring for a newborn! Check our website for updates.

***Take Root! II* for parents of babies ages 7-12 months**

***Take Root! III* for parents of toddlers ages 1-3 years**

LOOK  
FOR THIS  
PROGRAM TO  
BE OFFERED IN  
2017!



**For parents of children ages 3-5 years**

*Sprout!* is designed to help parents foster their child's development and resiliency through the joys and challenges of the preschool years.

*Sprout!* will be delivered as a face-to-face program. There will be six 90-minute sessions.

COMING  
SOON!



**For parents of children ages 10-18 years**

*Branch Out!* supports parents as they nurture their child through the transition into adulthood.

COMING  
SOON!



## JOIN OTHERS FROM INSTALLATIONS ACROSS THE GLOBE!



*"I foresee the THRIVE initiative and Grow! program as the missing piece to the puzzle. The military currently has several resourceful parenting curricula that capture specific parenting skills like pieces to a puzzle; however, THRIVE is a complete package...[it] enables us to provide high-quality services to military families in a cost-efficient manner. [The] content is 'one-stop-shopping' for enhancing parenting skills."*

- Grow! Program Facilitator

**CHECK OUT OUR WEBSITE!  
WWW.THRIVE.PSU.EDU**

### **WHAT'S ON THE THRIVE WEBSITE?**

#### For Installations:

- Online facilitator training materials and resources
- Program descriptions and outlines
- Promotional videos
- Recruitment toolkit

#### For Parents:

- Program descriptions and registration portal
- Parent resources, including a cookbook and links to helpful websites
- Online parent programs (coming soon)

**OUR  
WEBSITE  
CONTINUES TO  
BE DEVELOPED.  
CHECK OFTEN  
FOR  
UPDATES!**

