



THRIVE

Quarterly Newsletter

Spring / Summer 2017

The THRIVE Initiative is designed to empower parents from the birth of their children until their children are 18 years old. THRIVE includes four age-specific programs: *Take Root!* (0 to 3 years), *Sprout!* (3 to 5 years), *Grow!* (5 to 10 years), and *Branch Out!* (10 to 18 years). Each THRIVE program guides parents in learning and using parenting and health promotion skills that are based on science.



GROW! PROGRAM UPDATES



GROW! ONLINE

For parents of children ages 5 to 10 years

Grow! is designed to help parents of 5- to 10-year-olds learn positive parenting techniques, stress management strategies, and health promotion skills that can be used to help children be happy and healthy.



Grow! online will be available soon!

In the last newsletter, we provided information on the *Grow!* online program. We are currently pilot testing the program and expect it will be available to the wider community this fall! The program includes eight interactive, online sessions that each take approximately 30 minutes to complete. Participants in the online and face-to-face programs receive the same information.

For more details on this program, please see our Winter 2017 quarterly newsletter or visit our website.

GROW! FACE-TO-FACE

Since March 2016, four military sites have been implementing the *Grow!* face-to-face program. Here are a few results from the evaluation of the program!

WHO PARTICIPATED IN THE PROGRAM?

Sixty-four parents and caregivers from military installations in the United States, Italy, and Germany registered for the program. Participants attended 5-weekly, 90-minute sessions. For more details on this program, please see our Winter 2017 quarterly newsletter or visit our website.



WHO DELIVERED THE PROGRAM?

The program was delivered through the Family Advocacy Program (FAP) at each site. Two individuals at each site were selected to become certified program facilitators. To become certified, facilitators completed a 12-week, online training and passed a quiz and a skills demonstration assessment.

WHAT DID PARTICIPANTS THINK ABOUT THE PROGRAM?

How satisfied were participants with the facilitator's delivery of the program?

- 95% said they were satisfied "a great deal" or "quite a bit" with delivery of the program.

How important did participants rate the core skills they learned?

- 98% said the core skills were "a great deal" or "quite a bit" important.

How likely were participants to use the core skills they learned?

- 95% said they were "very likely" or "likely" to use the skills they learned.

If you are a parent of a 5- to 10-year old child and are interested in participating in the *Grow!* face-to-face or online programs, please contact us at THRIVE@psu.edu or 1-877-382-9185.

THRIVE PROGRAMS IN DEVELOPMENT!



AVAILABLE
IN EARLY
2018 AS AN
ONLINE
PROGRAM!

For parents of children ages 0 to 3 years

Having a baby is exciting, but parenting an infant can be confusing and stressful. The *Take Root!* parenting program will serve to support parents from pregnancy through the first 3 years of their child's life. The program is being developed in three parts: *Take Root!* 0 to 6 months, *Take Root!* 6 to 12 months, and *Take Root!* 1 to 3 years.



COMING
SOON!

For parents of children ages 3 to 5 years

Sprout! specifically targets the unique context of parenting children between the ages of 3 and 5. As parents know, this developmental period comes with many parenting joys and challenges. *Sprout!* is designed to support parents as they foster their preschool child's development and resiliency.



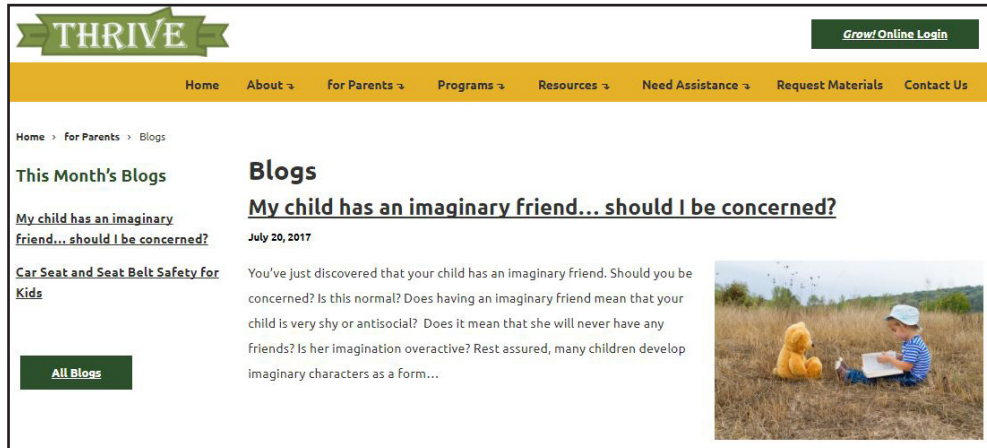
COMING
SOON!

For parents of children ages 10 to 18 years

During adolescence, youth need their parents more than ever. With so many changes and transitions happening during adolescence, this phase of life is a time of excitement and anxiety—for youth and their parents. *Branch Out!* is designed to support mothers and fathers in their parenting roles as they nurture their child during the transition from childhood to adulthood.

NEW! READ OUR PARENTING BLOG!

THRIVE now has a parenting blog! New posts will be published several times per month! Keep up-to-date with the latest blog posts at:
www.thrive.psu.edu/for-parents/blogs



NEW! FOLLOW US ON SOCIAL MEDIA!

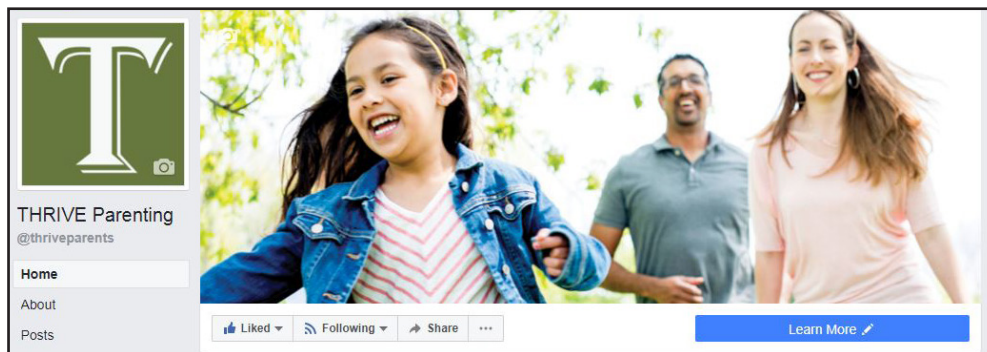
You can now follow THRIVE on social media!

Facebook: @thriveparents

Twitter: @thrive_parents

Instagram: @thriveparenting

Pinterest: @thriveparenting



FOR MORE INFORMATION:
Email: THRIVE@psu.edu
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