



thrive

Quarterly Newsletter

Winter 2018

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 program areas: 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.



Take Root Program Update!



take root online

We are excited to share the Take Root online program will be available very soon! The Take Root program supports parents from pregnancy through the first 3 years of their child's life. The program has been developed in three tracks: ages 0 to 6 months, ages 6 to 12 months, and ages 1 to 3 years.

The program begins with a 10-minute introductory session to help parents understand the structure and objectives of the program, identify the developmental milestones children should be reaching from birth through their 3rd birthday, and select the program track that best fits their own needs.



Screenshot from the Take Root Introductory Session

Continued on next page...

Take Root Program Tracks

Each Take Root program track includes three interactive modules that take approximately 2 hours each to complete.

take root ages 0-6 months

The Take Root 0-6 months program track is designed for parents of children from birth to 6 months old. During these sessions, parents will learn essential skills on how to take care of their own health and well-being, understand why their infant may be crying, and work with their baby to identify and address his or her needs.



Screenshot of Take Root ages 0-6 months track

take root ages 6-12 months

The Take Root 6-12 months program track is designed for parents of children from 6 to 12 months old. During these sessions, parents will discover important skills on how to share the care of their infant, keep infants physically and emotionally safe, and tackle daily tasks in a way that works for families.

Figuring it Out Together

Parenting is a continuous journey of new discoveries. About your baby—her preferences, her way of moving in the world, how she thinks, what catches her attention and what makes her smile. About yourself—your beliefs and values, your patience level, your newfound ability to make up silly songs, and how deeply you can feel about a little person—your worry about her, at times your frustration, and your love.



Screenshot of Take Root ages 6-12 months track

take root ages 1-3 years

The Take Root 1-3 years program track is designed for parents of children from 1 to 3 years old. During these sessions, parents will learn critical skills on how to take care of their own health and well-being, understand children's temperament, and guide toddler's behaviors in the context of everyday activities.

Challenging Behaviors: Through Your Child's Eyes

It isn't easy to be a toddler. Wanting to be "big" and "little" at the same time can be very frustrating and unsettling. Also, toddlers in this age range are just starting to be able to control their own behavior and be in charge of themselves. They can react strongly when adults tell them what to do, and what not to do. This can result in being swept away at times in "storms of powerful feelings" (also known as temper tantrums or meltdowns)—feelings that they have no control over or words to talk about.

Similarly, it also isn't easy to be the parent of a toddler. It can be helpful to remember that you and your child are on the same team, no matter how embarrassed, frustrated, confused, or angry you may feel. Additionally, it can be useful to look at challenging behaviors through your child's eyes.



When I have a tantrum or meltdown...

I am having a "feeling storm" inside. I need your help to calm down but I might push or kick or scream at you. Please know I am not alone. Big feelings can be scary. Be sure I am safe, and that the other kids around me are safe, too, gently to me. Say, "I am here and I will stay with you. You are OK." When you can, maybe rub my back or give me a hug. After I calm down, please give me some words for what happened. "You wanted to walk into the street. But that is dangerous."

Screenshot of Take Root ages 1-3 years track

If you are a parent of a 0 to 3-year-old child and are interested in participating in the Take Root online program, please contact us at TakeRoot@psu.edu or 1-877-382-9185.

Other THRIVE Programs



grow

**NEXT
IMPLEMENTATION
SCHEDULED FOR
FALL 2018!**

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. Grow is currently available as a face-to-face program and online program. The next implementation of Grow Online is scheduled for fall 2018.



sprout

**ONLINE
PROGRAM
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. This developmental period comes with many parenting joys and challenges. Sprout is designed to support parents as they foster their preschooler's development and resiliency. The program will be comprised of a series of brief videos, 3- to 5-minute mini modules, and downloadable parent resources.



branch out

**DEVELOPING
IN
2019!**

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.

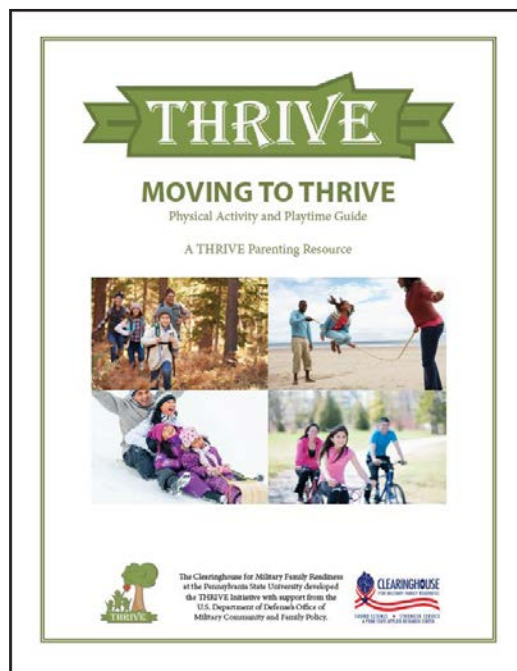
Parent Resource Highlight: Moving to THRIVE

Did you know that we have four parenting resources that can be downloaded from the THRIVE website? They are Breathe to THRIVE, Moving to THRIVE, Cooking to THRIVE, and Resources to THRIVE. Over the next few newsletters, we will highlight one of these resources.

Moving to THRIVE: Physical Activity and Playtime Guide

This guide was created to help parents promote more family playtime and physical activity. It includes physical activity and screen time recommendations plus examples of activities for children in different age groups. It also provides examples of activities that can be played inside - perfect for winter when it's too cold to play outside!

Resources can be downloaded at www.THRIVE.psu.edu/resources/thrive-resources/



We Have A New Look!

You may have noticed that THRIVE has a fresh new look! It has a fun and modern feel with bolder colors. You can find the new look on our website!

Old:



New:



FOR MORE INFORMATION CONTACT US:
Email: THRIVE@psu.edu; Phone: 1-877-382-9185



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