



THRIVE

Quarterly Newsletter

Fall 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.



HOW TO MANAGE CHILDREN'S SCREEN TIME

With the rapid growth of technology, parents may find it challenging to manage or limit their children's screen time. Too much screen time is linked to behavioral problems, obesity, irregular sleep, impaired academic functioning, aggression, and less time for structured play. Here are a few tips on how to manage and put limits on screen time.

- **Keep Track.** Make a daily log of the amount of time your child spends on screens and the types of content he or she is viewing. The quality of the content is just as important as the amount of time spent using screens.
- **Set Limits.** Develop a plan with your family to limit screen time, and discuss the reasons why it is important to set limits.
- **Be a Role Model.** Try to limit the amount of recreational time you spend on your devices. During the periods when you allow your child to use screens, become more involved by co-viewing, such as playing apps together or watching a television show together.
- **Create Screen-Free Zones.** Consider designating certain times of the day as screen-free, such as when completing homework (that is not on a computer), during dinner, a few hours before bedtime, or during family time.



The American Academy of Pediatrics (AAP) has created a resource you can use to develop a Family Media Plan <https://www.healthychildren.org/English/media/Pages/default.aspx>

GROW! PROGRAM UPDATES



ONLINE

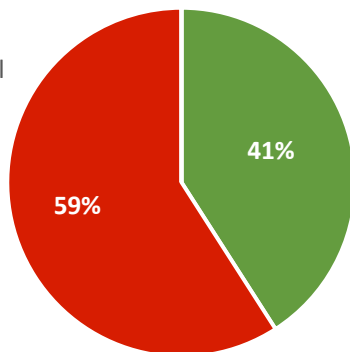
For parents of children ages 5 to 10 years

Grow! is designed to help parents of 5- to 10-year-olds learn positive parenting techniques, stress management strategies, and health promotion skills.

In the last newsletter, we described a few results from the evaluation of the face-to-face program. We also recently completed an evaluation the online version. We are making a few improvements to the program based on feedback from participants, and we expect the program to be finished and available in early 2018! Here are a few results from twenty-two parents who completed the program.

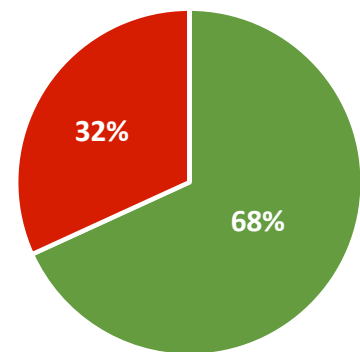
Has the information you received helped you to deal more effectively with challenging parenting situations?

- Yes, it helped a great deal
- Yes, it helped
- No, it really didn't help
- No, it seemed to make things worse



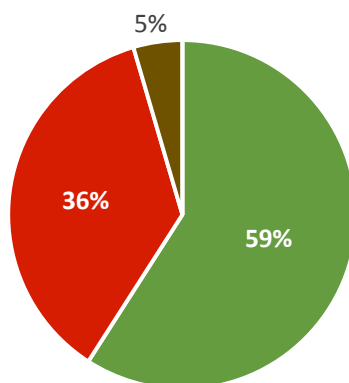
If a friend were in need of similar information, would you recommend Grow! Online?

- Yes, definitely
- Yes, I think so
- No, I don't think so
- No, definitely not



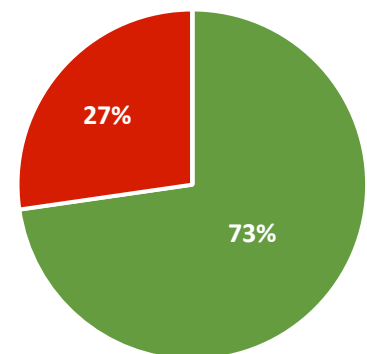
How would you rate the quality of Grow! Online?

- Excellent
- Good
- Fair
- Poor



Overall, how satisfied are with Grow! Online?

- Very satisfied
- Mostly satisfied
- Indifferent or mildly dissatisfied
- Quite dissatisfied



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.

READ OUR PARENTING BLOG!

Blog posts on a range of parenting topics are being released twice each month. Recent titles include:

August

- Highly Mobile Families and Transitions to New Schools
- Why Do Teens Lie?

September

- Toy Safety and Other Tips on Protecting Your Child in Your Home
- How Parents Can Keep in Touch with Their Children While Traveling for Work

October

- How to Talk to Children About Cancer
- Talking to Children About Peer Pressure



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