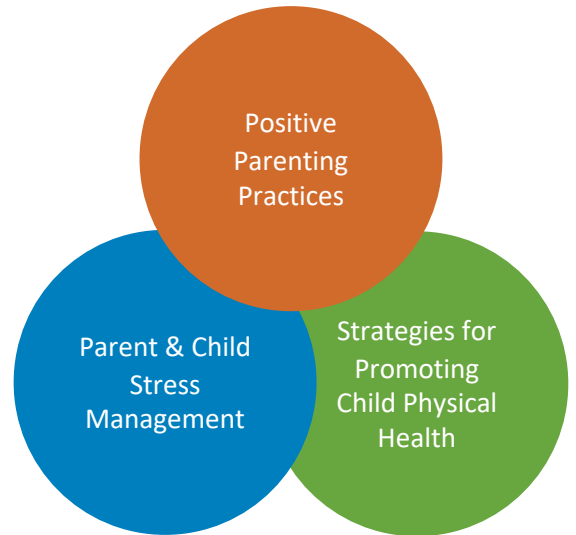




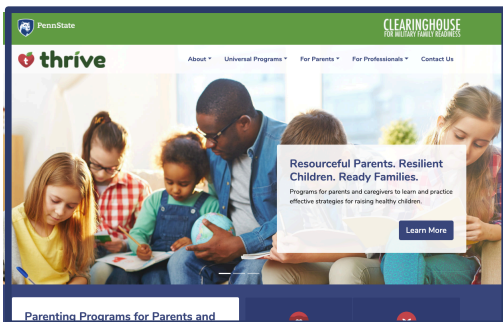
Newsletter

Spring 2020

The Thrive Initiative is a continuum of evidence-informed parenting programs that are designed to empower parents and caregivers as they nurture children from the prenatal period until 18 years of age. There are 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 about and using parenting and health-promotion skills that are based on science.



<https://thrive.psu.edu>



## Thrive Programming Updates

Take Root Online, Sprout Online, and Grow Online are all available for parents in a self-directed, web-based format. Branch Out is currently in development and will be available in 2021. Programs can be accessed via the Thrive website.

The Thrive website has been updated to provide easier access to parent programming opportunities and resources! In addition, professionals who want to offer programming to parents and families have a more streamlined way to obtain information about face-to-face programming. Check out the updated website today!

-  **take root**
-  **sprout**
-  **grow**
-  **branch out**

CLEARINGHOUSE  
FOR MILITARY FAMILY READINESS

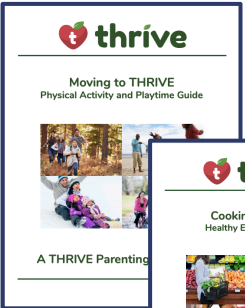
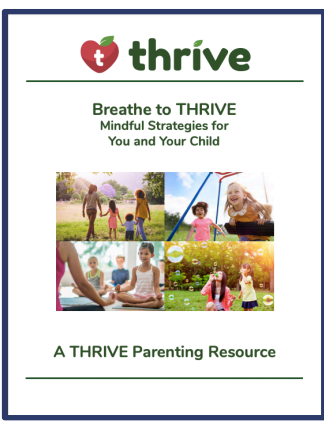
[thrive.psu.edu](https://thrive.psu.edu)



The Sprout parenting program is now available online! Sprout is for parents and caregivers of preschool children who are ages 3 to 5 years old. Sprout follows four unique families through six everyday moments to help parents understand age-appropriate expectations, develop routines, and guide developmental milestones.



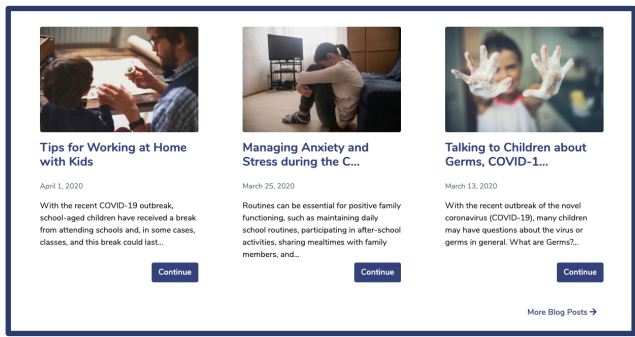
## Parenting Resource Highlight



There are four resources available on the Thrive website that help parents and children practice mindful strategies, provide ideas for eating healthy and cooking together, and to offer fun activities to get everyone moving together as a family!

## Blog Postings

Blog postings are updated regularly, and they pertain to common parenting topics. Take a look at our recent blog postings on the Thrive website that discuss germs, tips for working at home with kids, and managing anxiety and stress!



FOR MORE INFORMATION CONTACT US:  
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