



Universal Parenting Programs

What is Thrive?

Thrive is a continuum of developmentally-appropriate parenting programs that are available at no cost to parents and caregivers of children from birth to 18 years old.

What resources are available?

Online, universal parenting programs are available to parents via the Thrive website: <https://thrive.psu.edu> Additional resources contain ideas for how parents can include children in completing daily tasks, like cooking and laundry, and how to stay active while being indoors.

How can Thrive help me as a parent?

The online Thrive programs contain strategies to help parents strengthen positive parenting skills, manage stress in themselves and their children, and promote a healthy lifestyle.

How do I get started?

To gain immediate access to the online programming, parents can create an account at <https://parenting.thrive.psu.edu> by entering their name, email, and developing a password. Parents can come back to the programming at any time and pick up where they left off.



Take Root

Infants: 0-6 months
Infants: 6-12 months
Infants/Toddlers: 1-3 years



Sprout

Preschool
3-5 years



Grow

Elementary School
5-10 years



Branch Out

Middle School: 10-14 years
High School: 15-18 years
Available in 2021!

CLEARINGHOUSE
FOR MILITARY FAMILY READINESS

Available to Military and Civilian Families at No Cost!

thrive.psu.edu