



Having a baby is exciting, yet parenting an infant can also be confusing and stressful. Take Root is a universal parenting program that contains three age tracks: 0 to 6 months, 6 to 12 months, and 1 to 3 years. The program supports parents from birth through the first 3 years of their child's life.

Each age track contains three overarching sections: Through Your Eyes, Through Your Babies Eyes, and Figuring it Out Together. You may choose one age track now and the other age tracks at different times. The program is available for parents and caregivers of children from birth to 3 years old in an online format.

**Whether your child is a newborn, infant, or toddler, each phase brings its unique joys and challenges. In this program, we invite you to take a breath, think about what is happening from your perspective and from your child's perspective, and consider how you can use that knowledge to figure things out together.**



### **After completing Take Root, you will be able to:**

**Recognize that your child's behavior is telling you something important and regularly try to understand what that may be.**

**Understand how to manage your stress so that you can enjoy your child, appreciate your strengths, and deal with parenting situations that you find more challenging.**

**Understand, practice, and adopt strategies to respond to your child in gentle, reassuring, and predictable ways.**

**The web-based format of Take Root is available at no cost to civilian and military families. Visit the Thrive website to sign up for Take Root today!**

**For more information about the Take Root program visit:**

<https://thrive.psu.edu/universal-parenting-programs/take-root/>

