



## Introduction

The Thrive Initiative is being developed through a collaboration between the Department of Defense's Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy (DoD MC&FP) and the Clearinghouse for Military Family Readiness at Penn State (Clearinghouse).

The aim of the DoD MC&FP and the Clearinghouse is to create a series of developmentally-comprehensive, evidence-informed, universal and targeted parenting programs for military and civilian families that is affordable with respect to training and implementation costs. The Thrive Initiative seeks to harness parents' potential for fostering holistic, community youth development and resiliency throughout childhood and adolescence by focusing on practices and strategies that help to nurture the parent-child relationship and foster positive child development outcomes. In addition, to address the long-term well-being of military and civilian children, parenting practices that promote physical health were a major component of each program.

The Clearinghouse proposes to promote positive child outcomes among families by doing the following: (a) strengthening positive parenting skills and efficacy; (b) teaching parents strategies to manage stress in themselves and their children; and (c) introducing foundational skills for promoting healthy lifestyles.

## Overview of the Thrive Initiative

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. The Initiative includes a series of face-to-face and online parenting programs and a range of online resources and interactive learning modules to meet the families where they are. The Thrive Initiative programs incorporate blended and multimodal learning environments into the program delivery modes by using text, videos and interactive learning formats.

The Thrive Initiative is divided into developmentally age-appropriate areas and consists of four universal parenting programs and two targeted parenting programs for at-risk and high-needs populations. The four universal parenting programs are Take Root (0 to 3 years), Sprout (3 to 5 years), Grow (5 to 10 years), and Branch Out (10 to 18 years). The first targeted parenting program is Take Root Home Visitation, which is for parents and caregivers of infants and toddlers 0 to 3 years old who are at risk for child maltreatment. The second program is Grow Selective, which is for high-needs families with children ages 5 to 10 years old. The Thrive Initiative programs are owned by the federal government, and the online universal programs are available at no cost to military and civilian families.



## Thrive Initiative Program Areas

### Universal Parenting Programs

#### Take Root (0-3 years)

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 (i.e., Take Root 0 to 6 months, Take Root 6 to 12 months, and Take Root 1 to 3 years) and serves to support parents from pregnancy through the first 3 years of their child's life. Each segment contains three overarching sections, Through Your Eyes, Through Your Babies Eyes, and Figuring It Out Together. Take Root is available, at no cost, in an online format and can be accessed at <https://parenting.thrive.psu.edu>

#### Sprout (3-5 years)

Sprout is a universal parenting program that contains six unique everyday scenarios and specifically targets the unique context of parenting children between the ages of 3 and 5 years old. 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. Sprout is available in an online format and can be accessed at <https://parenting.thrive.psu.edu>

#### Grow (5-10 years)

The Grow parenting program, a universal program designed to help parents of 5- to 10-year-olds, helps parents learn positive parenting techniques, stress management strategies, and health promotion skills that can be used to help children be happy and healthy. Grow is available in online and face-to-face formats. Grow online contains eight interactive sessions and includes parent resources and take-home skill practices. Grow online is available in a web-based format, at no cost, and can be accessed at <https://parenting.thrive.psu.edu> Grow face-to-face contains five 90-minute, weekly sessions that are led by a facilitator. Facilitator training is available and can be accessed at <https://training.thrive.psu.edu>

#### Branch Out (10-18 years)

Branch Out is a universal parenting program targeting parents of children and adolescents 10 to 18 years old. During adolescence, youth need their parents' attention and support 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 parents in their parenting roles as they, in turn, nurture their child as he or she transitions from childhood to adulthood. Branch Out is available, at no cost, in an online format and can be accessed at <https://parenting.thrive.psu.edu>

### Parenting Programs for At-Risk and High-Needs Populations

#### Take Root Home Visitation

Take Root Home Visitation is an evidence-informed, secondary prevention program that targets (Military) families at risk for maltreatment. The program is delivered in a face-to-face format by home visitation specialists to parents and caregivers of infants and children 0 to 3 years of age. An evaluation of Take Root Home Visitation was conducted in 2019/2020 with the Army. Evaluations with the Navy and the Marine Corps are slated for 2022/2023.

#### Grow Selective

Grow Selective is in the final development phase and will serve families with children ages 5 to 10 years of age who are at high-risk for child abuse and neglect. Grow Selective will be available in a face-to-face format.