



The Thrive Initiative is a continuum of evidence-informed parent-education programs that are designed to empower parents and caregivers as they nurture children from the prenatal period until their children are 18 years old. 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.



## branch out

Available at no cost!  
<https://thrive.psu.edu>

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 mothers and fathers in their parenting roles as they, in turn, nurture their child as he or she transitions from childhood to adulthood.

Branch Out will help you learn strategies to do the following:

- Foster open and honest communication
- Support your adolescent's development and independence
- Understand your adolescent's development
- Establish boundaries and guidelines
- Cultivate positive relationships
- Establish safety measures
- Recognize the benefits and risks of digital media



## exceptional families

Exceptional Families. Embracing Differences. Flourishing Together. is a supplemental parent-education module designed to offer support to parents and caregivers of children who have a disability.

Whether the child you are caring for is a newborn, a toddler, a teen, or an adult, you will find information in this module that will help you learn about yourself and your child so you can thrive together in your relationship.

As you raise a child who has a disability, you will find that every stage of life generates its own set of unique challenges and rewards. This program will provide opportunities for you to celebrate your parenting relationship with your child, encourage you to engage with your child in new and exciting ways, and provide insight into how you can work within your community to promote acceptance and inclusion.

This supplemental module builds on information and strategies discussed in the four universal Thrive parenting programs – Take Root, Sprout, Grow, Branch Out – so, you will reap the most benefits if you participate in the age-appropriate universal Thrive parenting program prior to using this supplemental module.

For more information about this supplemental module visit  
<https://thrive.psu.edu/supplemental-modules/>