



grow

Parent Workbook and Syllabus



Summary of Training

Use this summary to keep track of your homework due dates and the meeting dates, times, and location.

Registration

Due Date	
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Meeting 1: Intake *(Meeting: 45 min/Homework: 60 min)*

Date	
Time	
Homework	Complete Session 1 and 2 of Grow Online
Due Date	

Meeting 2: Discussion of Session 1 and 2 *(Meeting: 60 min/Homework: 60 min)*

Date	
Time	
Homework	Complete Sessions 3 and 4 of Grow Online
Due Date	

Meeting 3: Discussion of Sessions 3 and 4 *(Meeting: 60 min/Homework: 60 min)*

Date	
Time	
Homework	Complete Sessions 5 and 6 of Grow Online
Due Date	

Meeting 4: Discussion of Sessions 5 and 6 *(Meeting: 60 min/Homework: 60 min)*

Date	
Time	
Homework	Complete Sessions 7 and 8 of Grow Online
Due Date	

Meeting 5: Discussion of Sessions 7 and 8 *(Meeting: 60 min/Homework: 15 min)*

Date	
Time	
Homework	Wrap-Up Grow Online
Due Date	

Meeting 6: Wrap-Up and Resource Sharing *(Meeting: 45 min)*

Date	
Time	

Registration

If you have not done so already, complete these steps prior to Meeting 1.

Step 1: Create a Thrive Account

- Visit <https://thrive.psu.edu/>
- Navigate to "For Parents."
- Go to "Register for THRIVE online."
- Click "Sign Up."
- Enter your name, create a username and password, and share your military affiliation (Yes/No).
- An automated email will be sent to you that tells you that you now have an active username and password. Keep that email for your records.

Step 2: Choose Grow

- Log In → Navigate to Course Catalog in the upper right-hand corner → Choose Grow.
- Click "Start Course" to review the Grow Overview. After you have viewed the overview video and chosen Grow, you can expect to do the following:
- Read a welcome statement and learn the goals of Grow.
 - Decide if you would like to consent to complete assessments throughout the program for research purposes.
 - Complete introductory assessments if consent was provided.

Meeting 1



Intake 45-60 minutes
Homework 60 minutes

Date	
Time	
Link/Location	



Step 1: Attend Meeting

Meeting Events

- Test your video or audio (if meeting virtually).
- Introduce yourself and your family members.
- Engage in an icebreaker.
- Create ground rules.
- Register for a Thrive account – <https://thrive.psu.edu/> (if not registered already).
- Complete any required paperwork.

Step 2: Complete Homework [For discussion in Meeting 2]

_____ Complete Session 1: Parenting Styles: Why They Matter

_____ Review, and download, if desired, the resources for Session 1

- Grow: 7 Cs
- Developmental Milestones Chart
- Parenting Styles
- Grow: Session 1 Strategy Card
- Grow: Session 1 Summary

_____ Complete Session 2: Using Praise and Encouragement to Help Children Thrive

_____ Review, and download, if desired, the resources for Session 2

- Grow: Playing Games with your Child
- Positive Praise
- Grow: Giving Effective Verbal Praise
- Grow: Reward Chart

_____ Prepare to discuss the topics addressed in Sessions 1 and 2 during the next meeting by answering the questions in Step 3: Prepare Community Building Activities/Discussion Questions. If you have any questions you would like to ask during the discussion, note them in Step 4.



Step 3: Prepare Community Building Activities/Discussion Questions


Use the blue boxes on the next few pages to prepare your responses for the next meeting. During the Meeting 2 group discussion, you can use the magenta boxes to record your notes.

As you complete these questions and activities, recognize that changes will not happen overnight. You will need to use the strategies and skills learned throughout Grow consistently in your everyday life to see the desired changes in your child's reactions or behaviors. Keep practicing.

When you meet as a group, share and celebrate the small, short-term positive changes you see with your child, and consider what the long-term benefits may be with continued use of the skills and strategies you are learning with Grow!




Session 1: Development Discussion Questions

-  Throughout the elementary years, children develop many skills. What have you noticed about your own child's development during the last few weeks or months? Are they able to do new things like button a shirt, ride a bike without training wheels, or carry on a back-and-forth conversation more naturally? Refer to the Developmental Milestones Chart to reference physical, cognitive, social, and emotional milestones for children 5-10 years of age.

 *Group discussion notes.*




Session 1: Resiliency Discussion Questions

-  Resiliency is the ability to bounce back after experiencing stress, enduring a crisis, or encountering a setback. Families can be a source of strength, and they can grow stronger and better in the face of challenges. Can you identify past situations in which you showed resiliency? What strengths or knowledge did you gain from those situations?

 *Group discussion notes:*



Session 1: Parenting Styles Discussion Questions

 In this session, you witnessed three parenting styles. Think about your interactions with your own parents when you were a child, and reflect on the following questions:

Which parenting style do you think your parent or caregiver displayed with you and how do you think that may impact the way you enforce limits with your child?

 *Group discussion notes:*



Research shows that an authoritative style is most effective. Authoritative parenting balances two important goals – showing love and setting and enforcing reasonable limits. Based on this information, reflect on the following questions:

What are some ways in which you show affection, love, and attention to your child?



Group discussion notes:



What new skills can you help your child master as you continue to supervise and maintain clear boundaries?



Group discussion notes:



Meeting 1




What behaviors are you positively modeling for your child? Are there any behaviors you would like to change that may allow you to be a more positive role model?



Group discussion notes:



 In this session, you were asked to set a goal for how you can parent with more warmth and structure during a challenging situation. Did you set a goal? If so, describe your goal and the steps you plan to take to meet your goal.

 *Group discussion notes:*




Session 2: Child-Directed Play Discussion Questions

- ❓ One of the best ways to create a loving and nurturing home environment is to play with your child. What activities or interests does your child have? In what ways can you increase or enhance your involvement with your child in those activities?

 *Group discussion notes:*



 When parents encourage their children, their children’s confidence and competence grow. Praise that genuinely encourages children and promotes positive development is specific, effort-focused, genuine, timely, and fitting. Use the space below to describe a recent example of positive praise that you have given to your child. How did your child respond? Refer to the *Grow: Giving Effective Verbal Praise* resource as a guide.

 *Group discussion notes:*



Step 4: Prepare Additional Questions for Meeting 2

Note any additional questions you may have for the group or the facilitator.

Group discussion notes:

Meeting 2



Discussion of Session 1 and 2 Parenting Styles: Why They Matter and Using Praise and Encouragement to Help Children Thrive

Meeting (60 minutes)
Homework (60 minutes)

Date	
Time	
Link/Location	



Step 1: Attend Meeting

Step 2: Discuss Community Building Activities/Discussion Questions

Return to *Meeting 1, Step 3: Prepare Community Building Activities/Discussion Questions*. Discuss the activities and questions as a group. What new ideas are mentioned during the group meeting? Note them in the magenta boxes under your responses.



To engage in discussion, go back to the homework you completed after Meeting 1.

Step 3: Complete Homework [For discussion in Meeting 3]

_____ Complete Session 3: Your Daily Routine Matters

_____ Review, and download, if desired, the resources for Session 3

- Grow: Bedtime Routines
- Cooking to THRIVE
- Grow: Rules and Routines
- Screen Time Tracking Chart
- Session 3 Strategy Card
- Session 3 Summary

_____ Complete Session 4: Promoting Health at Home



_____ Review, and download, if desired, the resources for Session 4

- 5210 Tips for Families
- 5210 Definitions and Recommendations
- Phrases that Help and Hinder
- Division of Responsibility in Feeding Coaching Resource
- Session 4 Strategy Card
- Session 4 Summary Card

_____ Prepare to discuss the topics addressed in Sessions 3 and 4 during the next meeting by answering the questions in Step 4. If you have any questions you would like to ask during the discussion, note them in Step 5.

Step 4: Prepare Community Building Activities/Discussion Questions

Use the blue boxes on the next few pages to prepare your responses for the next meeting. During the Meeting 3 group discussion, you can use the magenta boxes to record your notes.

As you complete these questions and activities, recognize that changes will not happen overnight. You will need to use the strategies and skills learned throughout Grow consistently in your everyday life to see the desired changes in your child's reactions or behaviors. Keep practicing.

When you meet as a group, share and celebrate the small, short-term positive changes you see with your child, and consider what the long-term benefits may be with continued use of the skills and strategies you are learning with Grow!



Session 3: Establishing Routines Discussion Questions

- A blue circular icon with a white question mark inside.

Establishing and using structure, in the form of routines at home, can help reduce struggles and provide a safe environment for your child. Do you have any routines in your family? If so, what are they, and what do they look like? Examples may include bedtime, mealtime, or another time in your family's day.

A purple circular icon with a white speech bubble shape inside.

Group discussion notes:



Session 3: Establishing Routines Activity



Select a new routine you would like to implement with your family. Practice this routine as much as possible in the next week, and reflect on that process below. You can choose to share about your experience at our next meeting.



Group discussion notes:



Session 3: Family Chores Activity




During Session 3, you watched a video about one parent who shared with another parent how she makes family chores fun. Select a chore you would like to make more fun for your family, and try it out this week. Describe your experience below.



Group discussion notes:



Session 3: Screen Time Activity

-  Research has identified many negative consequences of screen time, and they include attention problems, school difficulties, sleep and eating disorders, obesity, and an increased risk for a variety of unhealthy and risky behaviors. Parents can help decrease screen time by practicing the following strategies:

Ensure your child has 1 hour of physical activity each day

1. Limit recreational screen time to less than 2 hours per day
2. Remove all screens from your child's bedroom
3. Encourage physical activity

Put a star next to each strategy that you practice with your family. Circle the strategy or strategies you want to incorporate into your family life. Use the space below to write down some activities you can do with your child to replace screen time.



Group discussion notes:



Session 4: Physical Activity Discussion Questions




List the aerobic, bone-strengthening, and muscle-strengthening activities you can or already participate in as a family. What new activities would you like to participate in with your child? Put a star next to any activities you tried this week.



Group discussion notes:



Session 4: Eating Behaviors Activities

-  Brainstorm a few phrases your child typically says during mealtimes. What statements can you use to encourage internal cues? An example response to a common statement such as “I’m full” is, “Great job paying attention to your belly. Let’s wrap that up and you can finish it later if you get hungry after our walk.” Refer to the *Phrases that Help and Hinder* resource from the Parent Toolkit for suggestions.

 *Group discussion notes:*



The next time your family sits down for a meal, actively think about what you are saying to your child about their internal and external hunger cues. Practice using statements that draw their attention to internal cues. Describe this experience below.



Group discussion notes:



Session 4: Promoting Healthy Behaviors Activity




A strategy that can promote healthy eating behaviors is to avoid restricting foods or using food as a reward. Compile a list of rewards, which are not food-related, that would create positive reinforcement for your child.




Group discussion notes:



Step 5: Prepare Additional Questions for Meeting 3

 Note any additional questions you may have for the group or the facilitator.

 *Group discussion notes:*

Meeting 3



Discussion of Session 3 and 4 Your Daily Routine Matters and Promoting Health at Home

Meeting (60 minutes)
Homework (60 minutes)

Date	
Time	
Link/Location	



Step 1: Attend Meeting

Step 2: Discuss Session 2 Community Building Activities/Discussion Questions

Return to Meeting 2, Step 4: Prepare Community Building Activities/Discussion Questions. Discuss the activities and questions as a group. What new ideas are mentioned during the group meeting? Note them in the magenta boxes under your responses.



To engage in discussion, go back to the homework you completed after Meeting 2.

Step 3: Complete Homework [For discussion in Meeting 4]

_____ Complete Session 5: Preventing Misbehavior

_____ Review, and download, if desired, the resources for Session 5

- Session 5 Strategy Card
- Session 5 Summary

_____ Complete Session 6: Positively Managing Misbehavior

_____ Review, and download, if desired, the resources for Session 6

- Discipline Strategies
- Correcting Misbehavior
- Session 6 Strategy Card
- Session 6 Summary

_____ Prepare to discuss the topics addressed in Sessions 5 and 6 during the next meeting by answering the questions in Step 4. If you have any questions you would like to ask during the discussion, note them in Step 5.



Step 4: Prepare Community Building Activities/Discussion Questions

Use the blue boxes on the next few pages to prepare your responses for the next meeting. During the group discussion of Meeting 4, you can use the magenta boxes to record your notes.

As you complete these questions and activities, recognize that changes will not happen overnight. You will need to use the strategies and skills learned throughout Grow consistently in your everyday life to see the desired changes in your child's reactions or behaviors. Keep practicing.

When you meet as a group, share and celebrate the small, short-term positive changes you see with your child, and consider what the long-term benefits may be with continued use of the skills and strategies you are learning with Grow!


Session 5: Effective Discipline Discussion Questions




The first step in understanding and using effective discipline is defining the behaviors you desire. The components of effective discipline follow:

- Be proactive rather than reactive
- Recognize needs, temperament, and strengths
- Communicate clearly, concisely, and positively
- Give with respect, empathy, and support
- Teach the reason for the rule



-  Think about the rules you have in your home. Are there any rules that may need to be improved? Restate the rule or rules in need to be improved using the components of effective discipline. For example, if a rule in your home is that children help around the house, you can rephrase the rule to describe the specific child-appropriate chores you expect your child to complete and when you expect the chores to be completed.

 *Group discussion notes:*



Session 5: Preventing Misbehavior by Planning Ahead Questions



Sometimes, you can prevent the need for discipline by planning ahead. Think about a scenario or actual event you have coming up. What actions or activities could you plan ahead and initiate to prevent misbehavior? Brainstorm some ideas below.



Group discussion notes:




Session 5: Discipline Discussion Questions

- During Session 5, you were introduced to a discipline plan. You were also asked to write three words that you would like your child to use to describe you. Think about a recent situation in which you had to discipline your child. Based on your behavior, do you think your child would use those same words to describe you? If not, what could you have done differently?

Group discussion notes:




Session 6: Consequences Discussion Questions

-  Review the scenarios below. Think about what you would do in each situation. Can you think of a natural or logical consequence for each scenario, or would you use planned ignoring? Use the Discipline Strategies resource as a guide.

A 9-year-old child leaves her diary on the couch, which she has been told repeatedly not to do, and it gets damaged by the family dog. Now there is a mess, the dog is sick, and the diary is unusable.


 *Group discussion notes:*



 A 7-year-old child knows he is expected to put his dirty cup and plate in the sink after breakfast, but he forgot...again.


 *Group discussion notes:*



-  Eight-year-old twins are allowed to walk on the sidewalk on their street without supervision. When their mom checks on them, she finds them both in the street instead of on the sidewalk.

 *Group discussion notes:*



-  A 6-year-old child is whining and begging for a candy bar in the check out at the grocery store. The parent just gave him two healthy snacks in the car and told him, before going in the store, they were not going to get anything that was not on the list.

 *Group discussion notes:*




Think about a situation that you and your child continuously struggle with, or a situation you might have struggled with more in the past few days than usual. List one or two consequences you could use in this situation. If you encounter this situation in the next week, try out these consequences and describe your experience below.



Group discussion notes:



Step 5: Prepare Additional Questions for Meeting 3

 Note any additional questions you may have for the group or the facilitator.

 *Group discussion notes:*

Meeting 4



Discussion of Session 5 and 6 Preventing Misbehavior and Positively Managing Misbehavior

Meeting (60 minutes)
Homework (60 minutes)

Date	
Time	
Link/Location	



Step 1: Attend Meeting

Step 2: Discuss Session 3 Community Building Activities/Discussion Questions

Return to *Meeting 3, Step 4: Prepare Community Building Activities/Discussion Questions*. Discuss the activities and questions as a group. What new ideas are mentioned during the group meeting? Note them in the magenta boxes under your responses.



To engage in discussion, go back to the homework you completed after Meeting 3.

Step 3: Complete Homework [For discussion in Meeting 5]

_____ Complete Session 7: Listening: A Stress-Reduction Strategy

_____ Review, and download, if desired, the resources for Session 7

- Taking Care of Emotions
- Grow: Session 7 Strategy Card
- Grow: Session 7 Summary

_____ Complete Session 8: Say What? Effective Communication & Healthy Thoughts

_____ Review, and download, if desired, the resources for Session 8

- Thought Catching
- Coping Strategies for Children
- Coping Styles
- Signs of Trouble in Youth
- Grow: Session 8 Strategy Card
- Grow: Session 8 Summary

_____ Prepare to discuss the topics addressed in Sessions 7 and 8 during the next meeting by answering the questions in Step 4. If you have any questions you would like to ask during the discussion, note them in Step 5.



Step 4: Prepare Community Building Activities/Discussion Questions


Use the blue boxes on the next few pages to prepare your responses for the next meeting. During the Meeting 5 group discussion, you can use the magenta boxes to record your notes.

As you complete these questions and activities, recognize that changes will not happen overnight. You will need to use the strategies and skills learned throughout Grow consistently in your everyday life to see the desired changes in your child's reactions or behaviors. Keep practicing.

When you meet as a group, share and celebrate the small, short-term positive changes you see with your child, and consider what the long-term benefits may be with continued use of the skills and strategies you are learning with Grow!



Session 7: Taking Care of You Discussion Questions

-  In Session 7, you learned about some of the harmful effects of stress and some strategies you could use to combat stress and keep yourself calm. What are some of your sources of stress? What strategies do you use to reduce your stress?

 *Group discussion notes:*




- ?** Describe a strategy or activity you have tried recently to reduce your stress and how that worked for you (e.g., what did you like or not like about the strategy or activity). Refer to the *Taking Care of Emotions* resource as a guide to select an activity or strategy you can use to reduce stress and maintain a sense of emotional well-being.

 *Group discussion notes:*



Session 7: When Children Feel Stressed Discussion Questions

 During Session 7, you were provided examples of things that could cause stress for a child. The examples include the following:


- Overscheduling
- Disruptions such as divorce or moving
- Concern about their own or loved ones' safety
- Temporary or long-term separation from a parent or caretaker
- Unrealistic expectations

What similar experiences have you had? How have you responded when your child has exhibited signs of stress? How might you respond differently now that you've completed Session 7?

 *Group discussion notes:*




Session 7: Coping: A Stress-Reduction Strategy

-  Coping is one of the most important skills you can teach your child. Coping skills can help to create a caring environment in which your child is listened to and in which your child's emotions are validated. Statements like, "Tell me how you feel," can help a child feel comfortable sharing. What are some statements you can say to initiate a conversation when your child is upset or exhibiting stress?

 *Group discussion notes:*



Session 8: Healthy Thinking Patterns and Thought Catching


 Healthy thinking patterns promote the confidence and competency that a child needs to overcome challenges. Children who are resilient may use thought catching to help manage their emotions and behaviors before their story becomes catastrophic.

What negative thinking patterns have you seen in your child? How can you help them use thought catching to reframe their thought pattern? Use the *Thought Catching* resource as a guide.

 *Group discussion notes:*



Session 8: Active Listening Discussion Questions

 Session 8 introduced you to 6 steps that will lead you through *actively listening* to your child. The steps follow:

1. Relax yourself
2. Reassure your child
3. Be present
4. Summarize what you just heard
5. State the child's feelings back to them
6. Empower the child


Describe a recent situation in which you went through each of the steps and practiced actively listening to your child. How did it feel? Did your child respond differently to you?



Group discussion notes:



Session 8: Calming your Child Discussion Questions

 Session 8 introduced you to 6 steps that will lead you through *actively listening* to your child. The steps follow:

1. Remove your child to a quiet place.
2. Explain to your child that the behavior is disliked, but you care about them, and their feelings matter.
3. Name your child's feelings.
4. Guide your child in releasing strong emotions, if needed.
5. Practice deep breathing exercises after the energy has been released.
6. Engage your child in a conversation when they are calm to help them problem solve.

In the last week, did the opportunity present for you to try this strategy with your child? How did it work for you? How did your child respond?



Group discussion notes:



Wrap-Up Session Discussion Questions

 The Wrap-Up session of Grow shared five videos highlighting the most important aspects of the Grow program.

1. Praise that Matters!
2. Understanding Feelings
3. Routines Provide Structure & Reduce Stress
4. Don't Lose your Cool
5. Eating Together: Any Meal Counts

Which aspect of Grow was the most beneficial to you as a parent? Why?



Group discussion notes:

Meeting 5



Discussion of Session 7 and 8
Listening: A Stress-Reduction Strategy and
Say What? Effective Communication & Healthy Thoughts

Meeting (60 minutes)
Homework (60 minutes)

Date	
Time	
Link/Location	



Step 1: Attend Meeting

Step 2: Discuss Community Building Activities/Discussion Questions

Return to Meeting 4, Step 4: Prepare Community Building Activities/Discussion Questions. Discuss the activities and questions as a group. What new ideas are mentioned during the group meeting? Note them in the magenta boxes under your responses.



To engage in discussion, go back to the homework you completed after Meeting 4.

Step 3: Complete Homework [For discussion in Meeting 6]

_____ Complete the Wrap-Up.

_____ Prepare to discuss the Wrap-Up during the next meeting by answering the questions in Step 4.

_____ Review the Thrive website (<https://thrive.psu.edu/>), and tell your facilitator what track or Thrive initiative is most appropriate for your family to complete next.

Step 4: Prepare Community Building Activities/Discussion Questions

Use the blue boxes on the next few pages to prepare your responses for the next meeting. During the Meeting 5 group discussion, you can use the magenta boxes to record your notes.

As you complete these questions and activities, recognize that changes will not happen overnight. You will need to use the strategies and skills learned throughout Grow consistently in your everyday life to see the desired changes in your child’s reactions or behaviors. Keep practicing.

When you meet as a group, share and celebrate the small, short-term positive changes you see with your child, and consider what the long-term benefits may be with continued use of the skills and strategies you are learning with Grow!




What has changed about your interactions with your child since we started?
Do you notice a difference?



Grow discussion notes:



 Think about a recent situation in which you used a strategy you learned in Grow. How does your current reaction compare to how you may have reacted prior to engaging in Grow training? What was different? How did your child respond?

 *Group discussion notes:*

Meeting 6



Wrap-Up and Resource Sharing 45 minutes

Date	
Time	
Link/Location	



Step 1: Attend Meeting

Meeting Events

- _____ Complete any required follow-up paperwork.

- _____ Share the Thrive track or program that would be most appropriate for your family to complete next.

- _____ Share a timeline for when you think you'll start the next program [Optional].

- _____ Download your Certificate of Completion.

- _____ Collect any additional resources that the facilitator has prepared for you.

Step 2: Discuss Community Building Activities/Discussion Questions

Return to Meeting 4, Step 4: Prepare Community Building Activities/Discussion Questions. Discuss the activities and questions as a group. What new ideas are mentioned during the group meeting? Note them in the magenta boxes under your responses.



To engage in discussion, go back to the homework you completed after Meeting 5.



Step 3: Register for the Next Thrive Program [Optional]

For more in-depth exploration of specified topics related to school age children, visit the Thrive website (<https://thrive.psu.edu/>), and review the supplemental module content for the most up-to-date offerings.

Additional online Thrive programming is available for parents and caregivers of children ages 0 to 18. Visit the Thrive website, and, if interested, register for the next Thrive initiative that is applicable for your developing child(ren).

Thrive Initiative Program Areas			
Universal Parenting Programs			
Take Root	Sprout	Grow	Branch Out
Infants (0 to 6 months)	Preschool (3 to 5 years)	Grades K–5 (5 to 10 years)	Grades 6–12 (10 to 18 years)
Infants (6 to 12 months)			
Infants & Toddlers (1 to 3 years)			

Thank you for completing this hybrid implementation of Grow! We hope you will frequently visit the Thrive website to continue to learn positive parenting practices, stress management techniques, and ways to promote physical health throughout your child's development.

