



## 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](https://thrive.psu.edu)