



## Program Helps Military Families Thrive

### Features

Research shows that parenting education helps parents feel more connected and involved in their children's lives. The Thrive parenting-education program includes these benefits:

- Thrive provides evidence-informed, best-parenting practices.
- Thrive is available 24/7 online, at no cost.
- Thrive promotes social-emotional, cognitive and physical health.
- Topics throughout the age tracks focus on everyday family moments, highlighting skill-building opportunities and addressing challenges so families can thrive.
- Thrive modules are interactive and fun.
- Users can pause and return to their sessions at any time.
- Completion certificates are available.
- Thrive is open to all. Parents can share with family members and child care providers.
- Supplemental modules are added regularly. Find content for exceptional families, grandparents as caregivers, mental health and wellness, and more: <https://thrive.psu.edu/supplemental-modules/>.

### Background

The Defense Department is committed to supporting the health and well-being of all military children and families. That's why the department partnered with the Clearinghouse for Military Family Readiness at Penn State to develop a parenting-education program that promotes positive parenting, stress management and healthy lifestyle practices for children from birth to 18.

### Highlights

**Thrive has four interactive modules organized by age groups:**

- **Take Root** — for parents of children ages 0-3
- **Sprout** — for parents of children ages 3-5
- **Grow** — for parents of children ages 5-10
- **Branch Out** — for parents of children ages 10-18

Parents choose the module that is right for their child's age and developmental state. Thrive encourages parents to use strengths they already have while building additional skills. This strengths-based approach builds on parents' potential and offers support.

**Thrive offers no-cost, 24/7 online access and support:**

The no-cost online programs have an engaging, self-directed format. They will continue to be available to military and civilian audiences through the Penn State website.

**Thrive helps parents learn to:**

Support children with positive discipline techniques, help children make good decisions, model active lifestyles, manage stress, be positive role models and much more.

Thrive makes it easy to guide parents and support them with a robust library of downloadable resources. For program information including research and publications, visit the Thrive website at <https://thrive.psu.edu>. Visit <https://www.militaryonesource.mil> for more parenting resources.



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