

Thrive Parenting-Education Program Helps Military Parents and Children

The Defense Department is committed to the health and well-being of military children and families. That's why it partnered with the Clearinghouse for Military Family Readiness at Penn State to develop Thrive, a free, online parenting-education program for busy parents like you. Thrive promotes positive parenting, stress management and healthy lifestyle practices for children from birth to 18. Find out how Thrive can help you raise healthy, resilient children.

Thrive has four interactive modules by age group:



take root
ages 0-3 years



sprout
ages 3-5 years



grow
ages 5-10 years



branch out
ages 10-18 years

Each module has tips for your child's developmental level. Build on strengths you have and develop new skills as your child grows and changes. Learn to:

- Find a parenting style that works for your family
- Help your child make good decisions, master new skills and more
- Support your child with positive discipline techniques
- Model an active lifestyle
- Manage stress
- Be a positive role model
- Communicate with your partner and support circle
- Plan and prepare healthy meals
- Manage screen time

How is Thrive different from other parenting courses?

Thrive grows with your child. The four age-group tracks are free, available online and immediately accessible.

Other benefits of Thrive include:

1. It provides program choices that fit your family.
2. It promotes social-emotional, cognitive and physical health.
3. It is flexible. Pause your session at any time.
4. It is interactive and fun.
5. It is available to the public and shareable with family members and child care providers.



Whether you are expecting your first baby or raising teens, let Thrive support you along the way.

Enroll in the program today at <https://thrive.psu.edu>. 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/>. Visit Military OneSource at

<https://www.militaryonesource.mil> for more resources.