

## **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.

## Take Root Infants: 0-6 months Infants: 6-12 months Infants/Toddlers: 1-3 years

### What resources are available?

Online, universal parenting programs are available to parents via the Thrive website: <a href="https://thrive.psu.edu">https://thrive.psu.edu</a> 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.

# Grow Elementary School 5-10 years

### How do I get started?

To gain immediate access to the online programming, parents can create an account at <a href="https://parenting.thrive.psu.edu">https://parenting.thrive.psu.edu</a> 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.



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