



SCHOOL LIAISON PROGRAM NEWS



What is Penn State's THRIVE Program?

The Thrive initiative is being developed through a collaboration between the DOD Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy (DOD MC&FP) and the Clearinghouse for Military Family Readiness at Penn State.

The aim of the DOD MC&FP and the Clearinghouse is to create a series of developmentally comprehensive, evidence-informed, universal and targeted parenting programs for military and civilian families that is affordable with respect to training and implementation costs. The Thrive initiative seeks to harness parents' potential for fostering holistic, community youth development and resiliency throughout childhood and adolescence by focusing on practices and strategies that help to nurture the parent-child relationship and foster positive child development outcomes. In addition, to address the long term well-being of military and civilian children, parenting practices that promote physical health were a major component of each program.

The Clearinghouse proposes to promote positive child outcomes among families by doing the following:

- A. Strengthening positive parenting skills and efficacy
- B. Teaching parents strategies to manage stress in themselves and their children, and
- C. Introducing foundational skills for promoting healthy lifestyles

The initiatives are broken down onto programs by ages:

1. **Take Root**—a universal parenting program that contains three age tracks: 0 to 6 months, 6 to 12 months and 1 to 3 years. The program supports parents from birth through the first 3 years of their child's life. Each age track contains three overarching sections: *Through Your Eyes*, *Through Your Babies Eyes* and *Figuring it Out*. The program is available for parents and caregivers of children from birth to 3 years old in an online format.
2. **Sprout** is designed to support parents as they foster their 3 to 5 years old development and resiliency. The program gives the opportunity to take a peek into the daily routines of 4 families to see how they manage their everyday moments and learn new strategies that help them make everyday moments run a little more smoothly.
3. **Grow** is a program that helps parents of 5 to 10 years to learn positive parenting techniques, stress management strategies and health promotional skills that can be used to help children be happy and healthy.
4. **Branch Out** is designed to support parents of adolescent youth in their parenting roles as they nurture their child as he or she transitions from childhood to adulthood.

The online access of these programs is FREE! The programs provide core information on communication, developmental milestones, and mental health, which presents additional information through family scenarios. Each program takes approximately 4 hours to complete but may be paused and resumed as needed.

The Clearinghouse goals broken down into Positive Parenting Practices, Parent and Child Stress Management and Promoting Child's Physical Health are all great topics which could assist us parents in dealing with our children who are growing up in a different generation of digital media that could be challenging for us. Researchers in this field of child growth and development highly believe that parents/caregiving adults are the great influencers of the child's positive relationships and development.

Take advantage of this FREE resources to assist in helping develop our future generation of responsible citizens.

Reference: [Thrive - Resourceful Parents. Resilient Children. Ready Families.](#)



Did You Know?

- The Largest Maritime Expo in the US at Gaylord National Resort, National Harbor, MD starts April 6-9, 2025. For more info, [Sea Air Space - The Navy League's Global Maritime Exposition](#).
- VA General Assembly passed the [Virginia Literacy Act | Virginia Department of Education](#) to take the lead nationwide to improve early literacy outcomes for VA young learners.
- [Phoenix International School of the Arts \(PISOTA\)](#) a CCPS charter prep school for 6th-8th grades application for SY 2025-2026 is due Jan. 10, 2025.
- The base Youth Centers has partnerships with Boys and Girls Club and the 4-H to implement their curriculum in the programs.
- [Free Application for Federal Student Aid \(FAFSA®\) online application](#) is available.
- Remember to include [Khan Academy](#) as a great resource for students & educators' academic needs.
- [University of Southern CA](#) is searching for high school juniors from military families interested in participating in college application preparation program at no cost. High School juniors seeking an all-expenses-covered pre-college program are now invited to apply to [USC Bovard Scholars](#). Application due 17 Jan. 2025

“What the New Year brings to you will depend a great deal on what you bring to the New Year.”

Vern McLellan

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