

HELP YOUR CHILD TO THRIVE WITH THE GROW PROGRAM

Strategies for nurturing your
child from age 5 to 10.



CLEARINGHOUSE
FOR MILITARY FAMILY READINESS



Discover positive parenting techniques, stress-management strategies and health-promotion skills that you can use to help encourage development of happy and healthy children. The Thrive Initiative's Grow webinar series is designed for children between the ages of five and ten.

This six-part hybrid program offers virtual on-demand lessons combined with online interactive webinars with other parents. The series can help you:

- » Praise and encourage your child in appropriate ways
- » Understand how to help your child manage emotions
- » Set healthy routines and schedules in your home
- » Manage stress and your reactions due to anger
- » Promote physical health for you and your child

Taught by highly qualified educators with years of experience in child development, Thrive offers programs to empower parents and caregivers as they nurture children to adulthood. The Penn State Extension Food, Families, and Health unit has partnered with the Clearinghouse for Military Family Readiness at Penn State to provide Thrive resources.

JOIN US FOR GROW!

Dates & times: 12:30-1:30

PM

**Tuesdays, March 12-
April 9, 2024**

To register:

www.extension.psu.edu

**Learn more about Thrive
programs**



[https://extension.psu.edu
u/thrive-program](https://extension.psu.edu/u/thrive-program)

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