

RAISE YOUR BABY TO THRIVE WITH THE TAKE ROOT PROGRAM

Strategies for nurturing your child from birth to 3 years.



take root

The first three years of a child's life bring both joy and stress. Gain insights to help you meet the challenges and give your baby a great start in the Thrive Initiative Take Root webinar series.

Take Root covers pregnancy through age three. You will explore the baby's development from your perspective and from the baby's perspective. Then you will consider how you can use that knowledge as you and the baby grow and learn together. Since infants change so quickly, Take Root includes three tracks: zero to six months, six to twelve months and one to three years.

This five-part hybrid program offers virtual on-demand lessons combined with online interactive webinars with other parents.

- » Understand what your baby is trying to tell you with certain behaviors
- » Manage your stress so you can enjoy your baby and deal with challenges
- » Adopt strategies to respond to your child in gentle, reassuring and predictable ways

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 TAKE ROOT!

Dates & times: 10-11 AM
Monday, March 4-April 1, 2024

To register:

<https://extension.psu.edu/take-root-thrive>

Learn more about Thrive programs



<https://extension.psu.edu/thrive-program>

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