Welcome!

Important info for today’s session:
1. Slides are available on the event page:
   https://militaryfamilieslearningnetwork.org/event/34465
2. Need tech support?
   Email us at MilFamlN@gmail.com
   (write this down in case you need it later)
3. Select “All Panelists & Attendees” from the drop-down when commenting in the chat pod.

Supporting Families During the Early Childhood Years:
An Overview of the Take Root and Sprout Parenting Programs

https://militaryfamilieslearningnetwork.org/event/34465/

Connecting military family service providers and Cooperative Extension professionals to research and to each other through engaging online learning opportunities

militaryfamilieslearningnetwork.org

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Today’s Presenter

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Objectives

Participants will:
- Gain a basic understanding of the THRIVE initiative and the evidence-informed process for developing the programming
- Realize the benefits of a universal parenting program
- Understand the audience and application of both the Take Root online and Sprout online parenting programs
- Learn how to access the Take Root and Sprout online programs

The Clearinghouse for Military Family Readiness

Who are we?
An applied research center with an interdisciplinary team committed to providing support to professionals who serve military families.

What’s our mission?
To engage in applied research and evaluation, implementation science, education, and outreach to advance the well-being and health of military families

Who do we serve? What do we provide?
- Professionals seeking to identify, implement, evaluate, and improve programs that strengthen military service members and their families
- Evidence-based continuum of programs that have been reviewed by Clearinghouse research and evaluation scientists that professionals can use to best serve military families

https://militaryfamilies.psu.edu/

Handout Alert!
What is the THRIVE Initiative?

<table>
<thead>
<tr>
<th>THRIVE Initiative Program Areas</th>
<th>Take Root!</th>
<th>Sprout!</th>
<th>Grow!</th>
<th>Branch Out!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants &amp; Toddlers (0 to 3 years)</td>
<td>Preschool (3 to 5 years)</td>
<td>Grades K - 5 (5 to 10 years)</td>
<td>Grades 6 - 8 (10 to 14 years)</td>
<td>Grades 9 - 12 (14 to 18 years)</td>
</tr>
</tbody>
</table>

- Incorporate a strengths-based approach, focusing on what families are already doing well to increase family readiness
- Harness the immense potential of parents, as agents of change, to foster positive youth development across the physical, intellectual, emotional, and social domains of health
- Assist parents from birth through adolescence, in developing skills and competencies in three key domains: Positive Parenting, Stress Management, and Health Promotion

THRIVE Initiative Domains

- Positive Parenting Practices
- Parent & Child Stress Management
- Strategies for Promoting Child Physical Health

THRIVE Initiative Program Aims
Programming is available online and more easily accessible for families.

The THRIVE Initiative online parenting programs are available at no cost.

The THRIVE Initiative programs are evidence-informed and use a strengths-based approach.

All programs include a health promotion component.

**THRIVE Is Unique!**

- Evidence-informed
- Utilizes a common components approach
- Programs include parenting strategies around child health promotion
- Programs incorporate blended and multimodal learning environments into the program delivery modes

**Initiative Development Overview**

- Decision #1: Identify and define target population and program focus
- Decision #2: Define mode of delivery
- Decision #3: Define method of delivery
- Decision #4: Identify and select programs for Common Components Analysis
- Decision #5: Common Components Analysis (CCA)
- Decision #6: Research and identify health promotion components
- Decision #7: Lay out theoretical framework
- Decision #8: Develop program logic model
- Decision #9: Identify and select curriculum writer
- Decision #10: Research and identify barrier reduction strategies
- Decision #11: Develop evaluation plan
- Decision #12: Research and identify sustainability strategies

**Program Development Decision Points**

12 decision points are used to develop the Thrive Initiative programs:

- Decision #1: Identify and define target population and program focus
- Decision #2: Define mode of delivery
- Decision #3: Define method of delivery
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- Decision #12: Research and identify sustainability strategies
**Common Components Analysis**

A process in which the individual strategies or parts of a program are identified with the aim of discovering those components that are shared across programs.

- Identify Programs
- Extract & Define Components
- Reduce Data
- Finalize Components

**Health Promotion Components**

- Identify peer reviewed journal articles
- Review clinical trials/interventions to identify specific parenting strategies used to promote healthy behaviors
- Review references from articles to identify additional publications
- Search clinicaltrials.gov for ongoing trials related to health promotion, childhood obesity prevention/intervention
- Pull evidence-based strategies from current health recommendations (e.g., American Academy of Pediatrics, Institute of Medicine)

**Evidence-Informed Program Development**

Draw on findings to develop:
- Logic model
- Theory of change
- Program curriculum
- Evaluation plan
Take Root is a universal parenting program that serves to support parents from pregnancy through the first 3 years of their child's life.

Three Program Tracks:
- Take Root (0 to 6 months)
- Take Root (6 to 12 months)
- Take Root (1 to 3 years)

Online format
Currently available
https://parenting.thrive.psu.edu

CCA Findings: 9 components
Positive parent-child interaction
Social-emotional and cognitive development
Social support
Parental care of infant health
Nutrition
Developmental expectations
Routines
Child safety
Parental self-care

To view the video below, go to https://vimeo.com/248305335

Log in to root THRIVE online program
https://parenting.thrive.psu.edu

Logo and screenshots used with permission, T. Rudy
Online Platform

To view the video below, go to https://vimeo.com/231147798.

Printable Parent Toolkits

Safety Information

Reflective Scenarios

Scenario 2

Safety Alert - how to cope

Warning! The following is based on specific scenarios. The outcome may differ from others.

Safety Alert - what to do

1. Identify the problem

2. Assess the situation

3. Plan a strategy

4. Implement the plan

5. Review the outcome

6. Adapt as necessary
Sprout is a universal parenting program that contains 6 unique every day scenarios that specifically targets the unique context of parenting children between the ages of 3 and 5 years old. As parents know, this developmental period comes with many parenting joys and challenges. Sprout is designed to support parents as they foster their preschool child's development and resiliency.

**CCA Findings: 9 components**
- Discipline & parenting practice/skills
- Socio-emotional wellness
- Parent-child and peer relationships
- Child development and parental expectations
- Stress management: parent & child
- Family routines
- Media & violence
- Child health & wellness
- Online format
- Currently available
- https://parenting.thrive.psu.edu

Online Platform
https://parenting.thrive.psu.edu

**React**

**Interact**

**Reflect**
What’s available?
• Links to online programs
• Resources for professionals
• Resources for parents
• Blog postings

What gets posted?
• Blog postings
• Day/Week/Month topics
• Updated guidelines - links

Thrive Website: https://thrive.psu.edu
Thrive Facebook Page: THRIVE Parenting
Recruitment Materials

Recruitment Toolkits
- Take Root Online Recruitment Toolkit
- Grow Online Recruitment Toolkit
- Grow Face to Face Recruitment Toolkit

Thank you!

THRIVE Initiative
https://thrive.psu.edu

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Supporting Families During the Elementary School Years: An Overview of the Grow Parenting Programs

November 19 at 11 a.m. EST
https://militaryfamilieslearningnetwork.org/event/34469/

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Click the purple continuing education button on the event page to access the post-test and evaluation.