

Parenting Program

The Grow Online Parenting Program is designed for parents with children 5 to 10 years old.

This Program Aims to Enhance Parenting in 3 Areas:

- 1 Positive Parenting Practices
- 2 Parent and Child Stress Management
- 3 Physical Health Promotion

Grow Online contains 8 (30 minute) interactive sessions that include parent resources and take-home skill practices. This program option is self-paced, but we recommend completing one session per week.

Research shows that a strong bond with a caring adult is one of the most powerful influences on the growth of a child!

Attend the Grow Online program and learn parenting skills that can strengthen your connection with your child and empower you with more skills to help him or her grow healthy and happy!



Get started today! Signing up is easy!

Visit the link below to get started:

parenting.thrive.psu.edu

