

RAISE RESILIENT PRESCHOOLERS WITH THE SPROUT PROGRAM

Strategies for nurturing your
child from age 3 to 5.



CLEARINGHOUSE
FOR MILITARY FAMILY READINESS



Your child's preschool years come with many parenting joys and challenges. In the Thrive Initiative's Sprout webinar series, you will discover ways to cultivate natural curiosity while developing healthy habits and resiliency.

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

Understand age-appropriate expectations

- » Develop routines
- » Guide developmental milestones

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 SPROUT!

Dates & times: 6:30-7:30

PM

**Monday, Feb. 5-March
4, 2024**

To register:

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

**Learn more about Thrive
programs**



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

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