

RAISE YOUR CHILD TO THRIVE WITH BRANCH OUT PROGRAM

Strategies and tips for nurturing your child from age 10 to 18 years old.



CLEARINGHOUSE
FOR MILITARY FAMILY READINESS



branch out

Adolescents need parents' attention and support more than ever. Your encouragement and counsel become even more critical during this time of transition from child to adult. The Thrive Initiative's Branch Out webinar series targets children ages ten to eighteen, and it can help you guide your child through this exciting and challenging time.

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

- » Foster open and honest communication
- » Support your adolescent's development and independence
- » Understand your adolescent's development
- » Establish boundaries and guidelines
- » Cultivate positive relationships
- » Establish safety measures
- » Recognize benefits and risks of digital media

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.

REGISTER HERE:



SCAN ME

**JOIN US FOR
BRANCH OUT!**

**Explore Branch Out
and other Thrive
programs at
thrive.psu.edu.**

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