



**Program Format:**  
-5 weekly sessions -90 minutes each -Manualized  
-Video directed instruction -Led by a certified facilitator

**Program Participants:**  
Parents of children ages 5-8 years

**Grow!  
Core Concepts**

- Session 1:  
Raising Youth to be Healthy Adults**
- Authoritative Parenting
  - Child-directed Play
  - Praise & Encouragement
  - Factors That Foster Resiliency
- Session 2:  
Coaching Children to Cope**
- Stress Management
  - Mindful Parenting
  - Emotional Coaching
  - Preventing Negative Thinking Patterns
  - Accessing Community Resources
- Session 3:  
Readiness Through Routines & Rules**
- Developmental Milestones
  - Positive Communication
  - Clear, Concise, & Consistent Expectations
  - Setting Structure & Routines
- Session 4:  
Discipline That Teaches & Guides**
- Preventing Misbehavior
  - Natural & Logical Consequences
  - Effective Discipline Strategies
  - Positive Reinforcement
- Session 5:  
Parenting For Health Promotion**
- Nutritional Recommendations
  - Beneficial Feeding Practices
  - Promoting Physical Activity
  - Behavior Modification For Health Promotion

**Increase  
Protective Factors**

- High Parental Warmth**  
(e.g., parental affection, child-directed play)
- Effective Parent-Child Communication**  
(e.g., clear behavior directives, praise/encouragement, emotional support)
- Family Bonding**  
(e.g., closeness, belonging, openness)
- Family Opportunities & Rewards for Prosocial Involvement**  
(e.g., recognition for positive, meaningful contributions & involvement in decisions)
- Positive Child Management Practices**  
(e.g., clear expectations, limit setting)
- Stress Management (Parent & Child)**  
(e.g., positive, solution-focused coping strategies)
- Physical Health Promotion Strategies**  
(e.g., beneficial child-feeding practices)

**Decrease  
Risk Factors**

- Low Parental Warmth**  
(e.g. limited parental affection & involvement)
- Poor Parent-Child Communication**  
(e.g., criticism, blaming, yelling)
- Family Conflict**  
(e.g., fighting, negative interactions)
- Poor Family Functioning**  
(e.g., lack of rules & structure)
- Ineffective Discipline**  
(e.g., harsh, inconsistent, & indulgent discipline)
- Poor Stress Management (Parent & Child)**  
(e.g., inability to regulate emotions, negative thinking patterns, & unhealthy coping mechanisms, like substance use)
- Unhealthy Feeding, Eating, & Physical Activity Habits**  
(e.g., insufficient physical activity, poor nutrition, problematic child-feeding practices, excessive sedentary behavior)

**Short-Term Outcomes**

- Knowledge**
- Understand developmental milestones for children ages 5-8
  - Understand benefits of authoritative parenting
  - Understand how the 7 C's promote resiliency (competence, confidence, coping, connection, contribution, character, & control)
  - Understand children's adoption of negative thinking & coping strategies
  - Understand health recommendations
  - Understand positive discipline practices
- Attitudes**
- Appreciate the value of parental self-care
  - Hold a vision for their child's healthy development
  - Reduce acceptance of harsh discipline practices
  - Recognize that strong families access resources in times of need/stress
  - Hold age & developmentally appropriate expectations
  - Mindful of the emotional drivers of their parenting style/practices
  - Embrace healthy parental involvement
  - Desire to promote health & ideal weight
  - Reduce acceptance of negative communication (e.g. criticism, blaming, yelling)
- Skills**
- Communicate & enforce developmentally appropriate behavior expectations
  - Use descriptive praise
  - Enact positive behavior modification strategies
  - Engage in positive interactions
  - Use stress management, calming, & relaxation strategies
  - Employ active listening
  - Label feelings & practice emotional coaching
  - Set rules & structure in the home
  - Engage in beneficial feeding practices
- Behaviors**
- Use warm & positive affect
  - Reinforce desired behaviors through praise and encouragement
  - Connect with the child & enact positive discipline strategies as a teaching tool
  - Engage in child-directed play
  - Support the child's emotional expression and regulation
  - Provide healthy family meals
  - Use strategies to increase physical activity & reduce screen time/media exposure
  - Establish bedtime routine/promote sleep
  - Provide academic support & structure

**INTERMEDIATE OUTCOMES THAT FACILITATE LONG-TERM CHANGE**

↑ Positive Parenting Practices    ↑ Parent & Child Stress Management    ↑ Promotion of Physical Health

Results in Increased Family Functioning, Parent-Child Bonding, Child Behavioral Compliance, & Healthier Lifestyles

**Long-Term Outcomes**

- Parent Readiness**
- ↑ Psychological & emotional well-being
  - ↑ Involvement in child's school & pro-social activities
  - ↑ Social support networks
  - ↓ Rates of child abuse & neglect
- Family Readiness**
- ↑ Parent-child relationship quality
  - ↑ Family functioning
  - ↑ Healthy & active lifestyles
  - ↑ Utilization of community resources
- Child Readiness**
- ↑ Self-control & self-discipline
  - ↑ Competency & confidence
  - ↑ Coping
  - ↑ Psychological & emotional well-being
  - ↑ Pro-social character qualities
  - ↑ Pro-social behaviors
  - ↑ Academic engagement & performance
  - ↓ Problem behaviors