

16th Annual

S

uper Kids,
uper Families,
UPER SATURDAY



Sign up your child for
Imagination Library books!

February 6, 2016

Big Sandy Superstore Arena

11 a.m. - 2 p.m.

- FREE FAMILY FUN • ACTIVITIES
- GAMES • PRIZES! • READING ROOM

Event exhibitors will provide activities for children,
which highlight one of the "12 Tips for Raising a Healthy Child."

- 1 The First Years Last Forever**
Wiring a brain is like wiring a house – it works better if you start from the beginning.
- 2 Love and Affection Cannot Spoil a Baby**
Be warm, loving and pay attention to your child's sounds, movements and expressions.
- 3 Talk, Read & Sing to Your Child**
You are your child's first teacher.
- 4 Have a Regular Schedule**
Children find comfort in the same routine every day.
- 5 Play is the Work of the Young Child**
Encourage safe exploration and play.
- 6 Pay Attention to Your Child**
Be aware of how, where and with whom your child spends his time. Choose TV, radio and Internet carefully.
- 7 Take Care of Yourself**
You cannot take care of your child if your basic needs are not also being met.
- 8 Discipline to Teach, Not Punish**
Use discipline as an opportunity to teach appropriate behavior. Never hit or shake a child.
- 9 Choose Quality Child Care & Stay Involved**
For local information on approved child care sites, call LINK at 1-800-894-9540.
- 10 Children Develop at Different Rates**
Celebrate each child.
- 11 Give Your Child a Childhood**
Children need unstructured time. More is not always better.
- 12 Children Need to Know They Matter**
Show your children they are loved for who they are.

For more information: 304.523.8929 X102 and www.successby6online.org

