



# SATURDAY, FEBRUARY 4, 2017

## Big Sandy Superstore Arena

Event: 11 am – 2 pm

Exhibitor Set-Up: 7:30 am – 10:30 am\*

\*Everything must be ready by 10:30 am

## YES I WILL PARTICIPATE!

Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

### TEACHABLE MOMENT ACTIVITY

Each exhibitor will be asked to provide an activity which highlights one of the “12 Tips for Raising a Healthy Child” as listed to the right.

Tip # \_\_\_\_\_ (Refer to the list on the right.)  
Name of the activity: \_\_\_\_\_

Description of the activity: \_\_\_\_\_

We need \_\_\_\_\_ number of tables.

Electricity is needed?  YES  NO

Contact number that can be utilized the day of the event with changes and/or cancellation.

\_\_\_\_\_  
\_\_\_\_\_

### 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, and 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 and Stay Involved

For local information on approved child care sites, call LINK at 1-800-894-9640.

#### 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.

Return form to Lena Burdette at [lena@unitedwayrivercities.org](mailto:lena@unitedwayrivercities.org)  
or mail to 820 Madison Avenue, Huntington, WV 25704.

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