

12th Annual



Super Kids,
Super Families,
Super Saturday



February 4, 2012
Big Sandy Superstore Arena
11 a.m. - 2 p.m.

• FREE FAMILY FUN • ACTIVITIES
• GAMES • PRIZES!

EMCEE - 93.7 THE DAWG'S ANGIE FLETCHER

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.

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