

United Way of the River Cities  
820 Madison Avenue  
Huntington, WV 25704

**Contact: Cassey Bowden**  
304.523.8929 (office)  
304.633.5551 (cell)  
cassey.bowden@unitedwayrivercities.org



GIVE. ADVOCATE. VOLUNTEER.  
**LIVE UNITED.** 

## For Immediate Release

(01.31.11)

---

### United Way's Success By 6® initiative to host Super Kids, Super Families, Super Saturday event on Feb. 5 - FREE FAMILY FUN -

**Huntington, W.Va.** — This weekend, families won't have to venture too far for free fun. United Way has teamed up with 93.7 The Dawg and The Herald Dispatch to present the 11th annual Super Kids, Super Families, Super Saturday, a free family fund event!

This United Way of the River Cities' **Success By 6®** initiative event will be held Saturday, Feb. 5 from 11 a.m. to 2 p.m. at the Big Sandy Superstore Arena.

Local organizations will provide activities for young children and resources for parents and caregivers about the "12 Tips for Raising a Healthy Child." The event will also include mascot appearances and door prizes.

This event continues to grow year after year," said Lena Burdette, **Success By 6®** Coordinator, United Way. "We get positive feedback from parents and caregivers about their experiences and the knowledge they obtain during this event, as well as at our outdoor spring event."

The event emcee will be The Dawg's – Angie Fletcher. Huntington Hammer football players will be on hand to conduct relays for children as well to sign autographs.

The event is sponsored by The Herald-Dispatch and 93.7 The Dawg.

For more information about the Super Kids, Super Families, Super Saturday event, contact Lena Burdette at 304-523-8929, extension 7, or lena@unitedwayrivercities.org.

**About United Way:**

*United Way is focused on the building blocks for a better life – education, income and health. Everyone wins when a child succeeds in school, when families are financially stable and when people have good health. LIVE UNITED™. A credo. A mission. A goal. A constant reminder that when individuals think outside themselves, they have the power to facilitate change. For more information about United Way contact 304.523.8929 or log onto [www.unitedwayrivercities.org](http://www.unitedwayrivercities.org).*

Attached: Event Flyer (includes "12 Tips for Raising a Healthy Child)

###



11th Annual

Super Kids,  
Super Families,  
Super Saturday



February 5, 2011

Big Sandy Super Store 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.



304.523.8929 X7

[www.unitedwayrivercities.org](http://www.unitedwayrivercities.org)



Always Local...  
The Herald-Dispatch  
& [www.herald-dispatch.com](http://www.herald-dispatch.com)

