



Alaska's children deserve our best. Research shows the more supportive adults a child has in their lives, the better. Children benefit by having adults take an interest in them, to cheer them on and to be strong role models. Support positive activities for children by giving of your time and talents as a teacher, coach, mentor and role model. Take the opportunity to enrich the lives of children by helping them realize their full potential.

Alaska's children deserve our best, including an environment that is loving and safe. Protecting children from violence is essential to assure they will grow up to be strong, confident and secure adults. Be firm about protecting your children from violence: on TV, at play and at home. Give your children rules to keep them safe. And be generous with your attention and praise.

Alaska's children deserve our best. Do your best to make sure the children in your family have a healthy foundation for the future. Provide affection, support and rules to assure they grow up strong, confident and secure. Ensure the children in your family are in a safe environment, free from violence. And teach your children about their culture, history and traditions to provide them with a solid foundation for the future.

Alaska's children deserve our best. Grandparents and elders have an important role in the lives of children. They provide a bridge between the past and the future, offering children a sense of stability and knowledge of their culture, history and traditions. They can also offer the children in their lives the most valuable gift of all, time and love.

Alaska's children deserve our best. Parents want the best for their children. Yet being a parent isn't easy. There are times when any parent can feel worn down, on edge, at their wits end. Chances are you may have a friend, a neighbor or a relative who is struggling with their parenting responsibilities. Lend your support by offering a helping hand when the parents need a break. Role model how to be a good parent.

Alaska's children deserve our best. Babies cry to get our attention and to communicate their needs to us. Yet there may be times when it seems that all your baby does is cry. It can be frustrating, especially when nothing you do seems to ease the crying. Learn what to do if your baby won't stop crying. Call someone to help you. And remember to never, never, never shake a baby. Shaking can result in severe injury or death.

Alaska's children deserve our best. Children are trusting by nature and believe what we tell them. Our children believe us when we say we love them, are proud of them and "everything will be all right." When they make mistakes, your words of encouragement will give them confidence to try again. Children define themselves by the opinions of the adults in their lives. Which is why it is so important to choose your words carefully.

