



FREE Extra Sheets

5 Ways to Add Value to Your Calendar Order

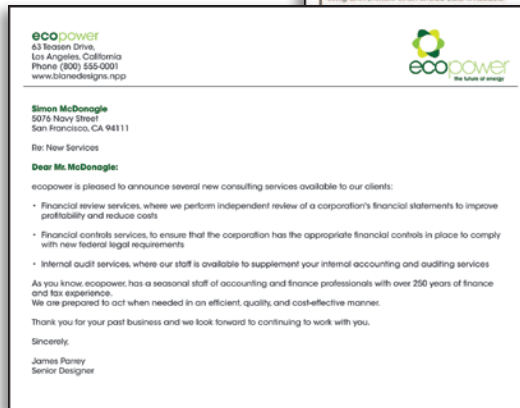
- List product & service information with full-color pictures.
- Send holiday greetings to valued customers.
- Include a business letter & save the cost of a mailing.
- Create a 16-month calendar for early distribution.
- Feature coupons to build repeat business.

Extra Sheet
(Full Color)

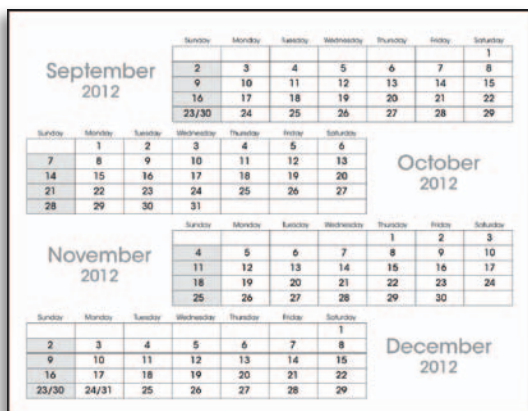
Season's Greeting Letter (Full Color)



Company Letter
(Full Color)



4-Month Grid (Black and White)



Coupon Sheet
(Full Color)

See **PAGE 7** in the 2013 Triumph® Catalog for complete details.

- Standard catalog pricing and other requirements apply.
- Available on all Triumph® appointment calendars except 1403 and 2600.

www.norwood.com



Insights Backmounts

No Additional Cost

- Available on all Triumph® appointment calendars except 1807 & 2600.
- Helpful tips that customers appreciate.
- 13 popular subjects.

Children's Health

• Keeping Your Children Healthy •

Food Tips for Parents

- **Be a role model.** Since kids will do as you do, teach healthy eating habits by setting a good example. Choose nutritious snacks and be sure to eat your vegetables and other healthy foods you want your kids to eat.
- **Feed is only for eating.** When parents use food (especially sweets) as a reward, kids may start eating food to cope with emotions or stress. Also avoid using dessert as an incentive for finishing healthy foods.
- **Relax the "clean plate club."** Let children stop eating when they've had enough. If you're concerned about eating food left with smaller portions and other concerns.
- **Offer a wide variety of foods.** Kids develop food preferences early in life, so offer a variety of healthy foods when children are young. It may take several tries for a new food to gain approval, so plan on offering a new food on several different occasions.
- **Keep an eye on drinks.** Water and milk are the best drinks for children. Juices with added sugar and soda get in the way of good nutrition, and give an excess to body.

Playground Safety

- Make sure children play on equipment that is appropriate for their ages and is in good repair. A safe playground should have two separate areas—one for preschoolers, and one for older children.
- Playgrounds should be surfaced with horticultural bark, rubber, sand, or synthetic materials such as rubber mulch or tiles. Check the ground for adequate cushioning and any dangers such as tree roots and other tripping hazards before allowing children to play.
- Check children's clothing for strings, loose-fitting sleeves, or anything else that could catch on equipment.
- Supervise children at all times, watching for horseplay or damaged equipment.

• Vaccination Chart •

Child's Name	Date	Vaccination	Child's Name	Date	Vaccination

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