



2000 Words to Grow is focused on creating happy, healthy children and youth in our community. Reducing screen time and incorporating 2000 words can help children reach their full potential. Join in the discussion on social! Choose posts from the list below that are important to you or write your own to contribute to the conversation.

Please include hashtags like #Idnont and #2000Words to extend the reach of your posts. Feel free to include a photo or an image from the assets provided in the [campaign toolkit](#) to generate higher engagement.

Posts:

They may be heading back to school, but don't forget your child's best teacher is you. www.2000wordstogrow.ca #2000Words #Idnont

With less screen time and #2000Words, you'll be helping build their confidence. And they'll be more likely to try something new. www.2000wordstogrow.ca #Idnont

Hitting the #2000Words mark can help unlock your child's potential. Set aside some screen-free family time to talk and read together. www.2000wordstogrow.ca #Idnont

Learn how #2000Words can help you find better balance when it comes to screen time at www.2000wordstogrow.ca #Idnont

Raising happy, confident, resourceful kids is a big job. Today's generation of parents is the first to deal with things our parents never dreamt of, including how to manage screen time. Learn how #2000Words can help: www.2000wordstogrow.ca #Idnont

On-screen or offline, it's about making time for quality interactions that help children develop positively and let them know you're there for them. www.2000wordstogrow.ca #2000Words #Idnont

Learn how reducing screen time, and including #2000Words an hour in conversation, at playtime, bed time, or anytime, can help children reach their full potential. www.2000wordstogrow.ca #Idnont

Set them up for future success with simple, beautiful words. #2000Words an hour is all it takes. www.2000wordstogrow.ca #Idnont

Power down the screens and spend some time in nature. Exploring a new path and talking about what you see can lead to happier, healthier kids. www.2000wordstogrow.ca #2000Words #Idnont