



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 on the [campaign toolkit](#) to generate higher engagement.

Posts:

We all want our kids to reach their full potential. #2000Words an hour can help.
www.2000WordstoGrow.ca #Idnont

With #2000Words, she might be the one to shift thinking on what it means to be connected.
#Idnont www.2000wordstogrow.ca

Give them #2000Words an hour and they'll be the most confident kid in class.
www.2000wordstogrow.ca #Idnont

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

With less screen time and #2000Words, they'll have the confidence to be themselves.
www.2000wordstogrow.ca #Idnont

Stronger relationships and more meaningful connections. It's easy when you add #2000Words an hour to your routine. www.2000wordstogrow.ca #Idnont

Make more time to unplug, and enjoy stronger connections. Learn more at
www.2000wordstogrow.ca #2000Words

Not sure how to reduce screen time at home or on the go? Visit www.2000wordstogrow.ca for activities and resources to help you power down when it matters most. #2000Words #Idnont

Spending time outdoors exploring nature instead of inside with a screen can lead to happier, healthier kids. And great conversations too! www.2000WordstoGrow.ca #2000Words

Screen time can be a positive tool. Help your child build confidence through the content they consume. www.2000wordstogrow.ca #2000Words #Idnont