



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:

Time to unplug? How much screen time is too much? www.2000WordstoGrow.ca #2000Words

Zero screen time is unrealistic. But how can you make the most of it? Find out at www.2000wordstogrow.ca #2000Words #Idnont

Learn how to use #2000Words to connect and create experiences that help build happy, confident kids at www.2000wordstogrow.ca #Idnont

A trip to the grocery store is a perfect conversation starter. Visit www.2000wordstogrow.ca for activity ideas and resources. #2000Words #Idnont

With less screen time and #2000Words, you'll be more connected. www.2000WordstoGrow.ca #Idnont

Today's generation of parents is the first to deal with things our parents never dreamt of, including how to manage screen time. That's where #2000Words comes in. www.2000WordstoGrow.ca #Idnont

How many words can you share while going for a hike? You'd be surprised how easy it can be to get to #2000Words an hour. www.2000WordstoGrow.ca #Idnont

Whether online or offline, your child's best teacher is you. Learn how #2000Words an hour can help. www.2000WordstoGrow.ca #Idnont

Not sure how to make powering down the screens at home a priority? Find tips on how to make words a priority instead at www.2000wordstogrow.ca #2000Words #Idnont

Laundry can be loads of fun when you add #2000Words. If you're ready to add more words, visit www.2000WordstoGrow.ca for awesome activity ideas. #Idnont