



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:

School is out. Don't forget that you're one of your child's most important teachers! www.2000WordstoGrow.ca #2000Words

How much screen time is too much? We have some tips to help you create meaningful interactions, onscreen or offline. www.2000wordstogrow.ca #2000Words #Idnont

Need some tips to help your family power down more often? Visit www.2000wordstogrow.ca for activity ideas and resources. #2000Words #Idnont

Stumped when it comes to screen time? Learn how #2000Words an hour can help. www.2000WordstoGrow.ca #Idnont

Planning a road trip this summer? Visit www.2000wordstogrow.ca for activities and resources to help you reduce screen time and add #2000Words while on the go.

With less screen time and #2000Words, they'll know how to unplug. www.2000WordstoGrow.ca #Idnont

Giving them #2000Words an hour can have a big impact on your child's development. Find out how at www.2000WordstoGrow.ca #Idnont

How can you turn screen time into a positive tool? Learn more about how the content they consume can make a difference. www.2000wordstogrow.ca #2000Words #Idnont

Strong relationships, confidence, resiliency. Learn how 2000 simple, beautiful words an hour can help set your child up for future success. www.2000wordstogrow.ca #2000Words #Idnont

2000 words an hour might seem like a lot, but it adds up quicker than you think! Here's some simple ways you can get there: www.2000WordstoGrow.ca #2000Words