

Social Media Posting Calendar

This calendar provides a set of posts and accompanying images to facilitate your efforts in spreading the word about family strengthening on social media platforms like Facebook and Instagram. These posts are crafted to be shared not just in April but consistently throughout the year.

Moreover, to further aid your mission, the Prevention Board also prepared fact sheets and one-pagers to ensure a continuous flow of content to champion the cause of family strengthening. You can find these linked below the social media posts.



Teach forgiveness to guide children toward healing after hurt. It paves the way for a peaceful future.



Parent Leadership month

February marks National Parent Leadership Month, dedicated to celebrating and empowering parents. When parents are empowered, they raise empowered children, fostering a stronger, more resilient community.



During March, we honor Child Life Month, acknowledging the pivotal role child life specialists play in ensuring emotional security for children and families.



Empower families this Family Strengthening Month! Use our toolkit and social media messages to highlight family strengths in key areas, fostering confidence, reducing stress, and enhancing connections.



April is Family Strengthening Month! We're grateful for our Members' dedication in offering universal services to Wisconsin families. Discover local Family Resource Centers supporting families and communities here: <http://supportingfamilies.together.org/parents/family-resource-centers/>



Sending Father's Day wishes!

Discover the strength of fatherhood in our 'Embrace the Power of Dad' campaign videos, showcasing the myriad ways dads support and nurture their kids

Fact sheet: Epidemic of Loneliness and Isolation



Fact sheet: Social Media and Youth Mental Health



Fact sheet: Sun, Fun and Family Strengthening



One Pager: Managing Family Use of Technology and Social Media

MANAGING FAMILY USE OF TECHNOLOGY AND SOCIAL MEDIA

Social media, video games, cell phones, computers, tablets, and TVs are both helpful and challenging for today's parents and children. They provide hours of fun, keep us connected to those far away, and provide us with a window to people, places and ideas we might otherwise never get to know or explore. However, they can also be problematic and difficult to manage. They require caregivers to set ground rules and expectations for use. Below are some steps you can take to help ensure the reasonable and responsible usage of digital devices by the entire family:

- Create a family media plan
 - Agreed-upon expectations can help establish healthy media use boundaries at home – in-

