Social Media Content for Parents and Caregivers

I’m part of the movement to improve the health and well-being of kids across the country. Join me by making changes at home or at school that lead to happier, healthier kids. See 101 ways you can #takeaction4healthykids: [actionforhealthykids.org/101-actions](http://www.actionforhealthykids.org/take-action)

Parents: We’re the #1 influence on our kids’ physical and emotional health. Together, we can #takeaction4healthykids to prioritize children’s health and well-being. Join me by making the commitment at actionforhealthykids.org/take-action.

I want every kid to have the opportunity to grow up happy, healthy, and ready to learn—how about you? Let’s contribute to the 1 million actions being taken across the country to help kids thrive. #Takeaction4healthykids at [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action).

I committed to being an #actionhero for my kids and children everywhere by joining the movement to take 1 million actions for healthy kids. Learn more about how you can #takeaction4healthykids today: [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action)

Every kid deserves the chance to grow up happy and healthy. Here are 101 ways to help make that happen, from eating meals and doing activities together to setting wellness goals to practicing gratitude and mindfulness. actionforhealthykids.org/101-actions #Takeaction4healthykids

Join me in the movement to #takeaction4healthykids by making changes at home and at school that inspire kids to build lifelong healthy habits. Learn more and commit to taking action at [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action).

The U.S. ranks 37th in the developed world for child well-being. If you believe every child deserves the opportunity to be happy and healthy, #takeaction4healthykids today by signing up at [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action) to help reach 1 million actions for kids by 2025.