# **Social Media Share Kit Supporting Children Who Are Experiencing Stress**

* [Facebook](#_Facebook)
* [Twitter](#_Twitter)
* [Instagram](#_Instagram)
* Graphics (included throughout)

*\*To use one of the graphics, right click on the image and select “save as picture.” Save to your own computer, then upload to your social media post.*

# Facebook

**POST 1:** Post graphic first:



Text: New resources from Child Care Aware® of America (@USAchildcare) on how to help children deal with stress.  
URL: <http://usa.childcareaware.org/childstress>

**POST 2:** Post graphic first:

Text: With everything going on in the world today, children can internalize a lot of stress. Learn how to recognize the signs, and how to help children cope with stress using resources from Child Care Aware® of America (@USAchildcare).   
URL: <http://usa.childcareaware.org/childstress>

**POST 3:** Post graphic first:

  
Text: Learn how to recognize signs of stress in children, and what you can do to help them cope, using a new resource from @USAchildcare: <http://usa.childcareaware.org/childstress>

# Twitter

**POST 1:** Resources from @USAchildcare for #ChildCare providers on supporting children experiencing #stress: http://usa.childcareaware.org/childstress #mentalhealth <insert image below in tweet>  


**POST 2:** Responding to children experiencing #stress: http://usa.childcareaware.org/childstress #childhealth #mentalhealth #ChildCare #parenting <insert image below in tweet>

**POST 3:** Recognize the signs of #stress in children, and how to help: http://usa.childcareaware.org/childstress #childhealth #mentalhealth #ChildCare #parenting <insert image below in tweet>  


# Instagram

**POST 1:** Resources from @USAchildcare for parents and child care providers on supporting children experiencing stress at http://usa.childcareaware.org/childstress  
#childhealth #mentalhealth #stress #parenting #health #ChildCare



**POST 2:** @USAchildcare has resources on responding to children experiencing stress at http://usa.childcareaware.org/childstress  
#childhealth #mentalhealth #ChildCare #parenting #stress #health



**POST 3:** It’s important to know how to recognize the signs of stress and trauma in children, and how you can help. Check out these resources from @USAchildcare at http://usa.childcareaware.org/childstress  
#childhealth #mentalhealth #ChildCare #parenting #stress #health