**Social media messages**

**Hero film**

**Instagram caption:** Parenting isn’t easy and there’s no manual for it – but Parenting. Give it time. are here to support you along the way. For free, practical tips and expert advice to help you deal with tricky moments follow @parentingwales today #ParentingWales #GiveItTime

**Facebook caption:** Parenting isn’t easy and there’s no manual for it – but Parenting. Give it time. are here to support you along the way. For free, practical tips and expert advice to help you deal with tricky moments follow *@Magu Plant Rhowch amser iddo. Parenting. Give it time* today.

**Twitter caption:** Parenting isn’t easy and there’s no manual for it – but Parenting. Give it time. are here to support you along the way. For free, practical tips and expert advice to help you deal with tricky moments visit: [www.gov.wales/giveittime](http://www.gov.wales/giveittime)

**Additional messages**

**Please use any image from the image pack to accompany the below social media messages.**

**Caption idea 1**

**Instagram caption:** Understanding your child’s behaviour helps you know how to respond better to those tricky moments. For free, practical tips and expert advice follow @parenting.wales today #ParentingWales #GiveItTime

**Facebook caption:** Understanding your child’s behaviour helps you know how to respond better to those tricky moments. For free, practical tips and expert advice follow *@Magu Plant Rhowch amser iddo. Parenting. Give it time* today.

**Twitter caption**: Parenting isn’t easy and there’s no manual for it – but Parenting. Give it time. are here to support you along the way. For free, practical tips and expert advice to help you deal with tricky moments visit: [gov.wales/giveittime](https://gov.wales/parenting-give-it-time)

**Caption idea 2**

**Instagram caption:** Every child is different and connecting with your little one is important for their development. Give them time, your time. For free, practical tips and expert advice follow @parenting.wales today #ParentingWales #GiveItTime

**Facebook caption:** Every child is different and connecting with your little one is important for their development. Give them time, your time. For free, practical tips and expert advice follow *@Magu Plant Rhowch amser iddo. Parenting. Give it time* today

**Twitter caption:** Every child is different and connecting with your little one is important for their development. Give them time, your time. For free, practical tips and expert advice visit: [gov.wales/giveittime](http://www.gov.wales/giveittime)

#ParentingWales #GiveItTime

**Caption idea 3**

**Instagram caption:** Parenting isn’t easy, and sometimes we can forget to give ourselves time – especially if there are other challenges in our lives. Remember to take care of yourself so you can take care of them. For free, practical tips and expert advice follow @parenting.wales today #ParentingWales #GiveItTime

**Facebook caption:** Parenting isn’t easy, and sometimes we can forget to give ourselves time – especially if there are other challenges in our lives. Remember to take care of yourself so you can take care of them. For free, practical tips and expert advice follow *@Magu Plant Rhowch amser iddo. Parenting. Give it time* today.

**Twitter caption:** Parenting isn’t easy, and sometimes we can forget to give ourselves time – especially if there are other challenges in our lives. Remember to take care of yourself so you can take care of them. For free, practical tips and expert advice visit: [gov.wales/giveittime](http://www.gov.wales/giveittime)