

During Family Advocacy Day, we encourage you to share your stories on social media and engage with our posts. This year's theme, "Team CHA," captures the essence of our shared journey towards improving pediatric care. Coming together as Team CHA on Capitol Hill and online amplifies our voices and strengthens our mission to prioritize children's health.

SOCIAL MEDIA:

X/Twitter: [@hospitals4kids](https://twitter.com/hospitals4kids)

Facebook: [@childrenshospitals](https://www.facebook.com/childrenshospitals)

Instagram: [@childrenshospitals](https://www.instagram.com/childrenshospitals)

HASHTAGS: #TeamCHA
#FAD2026

PROPOSED CONTENT

Below, you will find sample social copy for Family Advocacy Day. Please choose the content that best fits your family's story. We encourage you to follow us, post photos and videos, tag us, use the hashtags, and engage with our social accounts leading up to and throughout Family Advocacy Day!

PRE-EVENT

Use the suggested copy below and pair with one of these [graphics](#).

X/Twitter

- We're heading to DC with [@hospitals4kids](https://twitter.com/hospitals4kids) and [@\[insert hospital name\]](#) to share [\[insert patient name\]'s](#) story and stand up for pediatric care, a stronger health care workforce, and better access for all kids. **#FAD2026** here we come!
- Our family is proud to join [@hospitals4kids](https://twitter.com/hospitals4kids), [@\[insert hospital name\]](#) & other advocates in DC for **#FAD2026**! We're ready to share [\[insert patient name\]'s](#) story and support policies that support kids' health care and the teams that take care of them. **#TeamCHA**
- So honored to join **#TeamCHA** in Washington with [@hospitals4kids](https://twitter.com/hospitals4kids) and [@\[insert hospital name\]](#)! We'll be lifting up [\[insert patients name\]'s](#) story and showing Congress why families across the country need continued support and care for our kids. **#FAD2026**

- My family is proud to be heading to DC for **#FAD2026** to tell Congress why **#MedicaidMatters** for our family, and families across the country. We're not just a data point on a white paper. We're going to share our story and how their decisions impact real families' lives. **#TeamCHA**

Instagram

- We are getting ready to head to D.C. with **@childrenshospitals** and **@[insert hospital name]** for **#FAD2026**! We're beyond excited to join **#TeamCHA**, share **[insert patient name]'s** story with federal lawmakers, and advocate for high-quality pediatric care, continued education for life-saving providers, and strong support for families like ours!
- Countdown to Capitol Hill! We'll be sharing **[insert patient name]'s** journey and meeting lawmakers with **@childrenshospitals**, **@[insert hospital name]** and other **#TeamCHA** families. Pediatric care matters—and we're proud to raise our voices at **#FAD2026! #TeamCHA**
- Our bags are packed and we are ready to roll! So excited to join **#TeamCHA** in D.C. to tell **[insert child's name]'s** story, connect with other families, and advocate for pediatric care. See you soon **@childrenshospitals! #FAD2026**
- My family is proud to be heading to Washington, D.C., to meet with federal lawmakers during **@childrenshospitals #FAD2026** to tell Congress why **#MedicaidMatters** for our family and families across the country. We're not just a data point on white paper. We're going to share our story and how their decisions impact real families' lives. Let's go **#TeamCHA!**

Facebook

- We're packing our bags for Washington, D.C.! Our family is honored to join **@childrenshospitals**, **@[insert hospital name]** and other incredible **#TeamCHA** families at **#FAD2026**. We'll be sharing **[insert patient name]'s** story with lawmakers and speaking up for policies that support pediatric care. These stories matter, and we're proud to raise our voices for change.
- It's almost time for our family to visit Capitol Hill with **#TeamCHA** and meet with lawmakers to share **[insert patients name]**, and push for meaningful change. From access to specialized care to a strong pediatric workforce, we're showing up for **[insert patient name]** and kids like him/her—and we can't wait! Thanks to **@childrenshospitals** for making **#FAD2026** possible.
- As we get ready for **#FAD2026**, we're reflecting on how far **[insert patient name]** has come and the care that helped get us here. We're proud to join **@childrenshospitals** and **@[insert hospital name]** and speak up for kids like ours who deserve every opportunity to thrive.
- My family is proud to be heading to Washington, D.C., to meet with federal lawmakers during **#FAD2026** to tell Congress why **#MedicaidMatters** for our family and families across the country. We're not just a data point on white paper. We're going to share our story so they see how their decisions impact real families' lives. Let's go **#TeamCHA!**

DURING THE EVENT

We encourage you to post and tag us in your pictures and videos from FAD events and engage with our social media accounts. And don't forget to wear your FAD shirts!

CAPITOL HILL

X/Twitter

- Today on Capitol Hill, we shared **[insert patient name]**'s story with **[tag lawmaker]** & shared our journey with **[insert condition]**. Alongside **@hospitals4kids**, **@[insert hospital name]** and **#TeamCHA**, we're pushing for stronger pediatric care and policies that help kids thrive. **#FAD2026**
- Coming to you live from Capitol Hill! We are here with **@hospitals4kids**, **@[insert hospital name]** and **#TeamCHA** for **#FAD2026**. Today we are speaking out for better access to care and policies that give **[insert patient name]** a better future.
- We're here at **#FAD2026** with **@hospitals4kids** and **@[insert hospital name]** talking to lawmakers about what really matters—getting kids the care they need, when they need it. **#TeamCHA**

Instagram

- We are at Capitol Hill today with **@childrenshospitals**, **@[insert hospital name]** and **#TeamCHA**! We shared with **[insert lawmakers]** about **[insert patient name]**'s experience and why pediatric care matters. Every family deserves access to specialists, mental health support, and compassionate care. **#FAD2026**

Facebook

- Today, we joined **@childrenshospitals**, **@[insert hospital name]** and fellow **#TeamCHA** families to speak with lawmakers about the challenges and victories in **[insert patient name]**'s journey. We emphasized the importance of timely access to care, the need to grow the pediatric workforce, and how much families like ours rely on continued investment in children's health. We're here to be voices for change—and we know these conversations can make a difference!
- This morning, we sat down with **[tag lawmaker]** and shared why we believe every child deserves access to specialized, high-quality care—just like **[insert patient name]** received **@[insert hospital name]**. Together with **@childrenshospitals** and **#TeamCHA**, we're raising our voices and calling for investment in pediatric care and the professionals who provide it. **#FAD2026**
- We had an incredible day at **#FAD2026**! From hallway conversations to official meetings, every moment with lawmakers was a chance to talk about the issues that matter: workforce, access, mental health, research and innovation, and the future of kids' health care. **#TeamCHA**

POLICY SPECIFIC POSTS

X/Twitter

- At **#FAD2026**, we're urging Congress to treat mental health as essential health care by expanding access to pediatric mental health services and passing the EARLY Minds Act. Families like ours are counting on action. Families like ours are counting on it! **@hospitals4kids #TeamCHA**

- Every child deserves care. At **#FAD2026**, we're asking lawmakers to support funding for CHGME to build the pediatric workforce. Let's get it done! **@hospitals4kids #TeamCHA**
- **[Insert patient name]** and other **#TeamCHA** kids deserve the best care possible, which is why Congress needs to continue to prioritize pediatric care. **@hospitals4kids #FAD2026 #TeamCHA**

Instagram

- We are in Washington, D.C., calling on Congress to support the EARLY Minds Act and push for continued mental health support for kids. Prevention matters—and families like ours know easy access to care can change everything. **@childrenshospitals #TeamCHA #FAD2026**
- Too many families face delays when seeking care. That's why we urge lawmakers to protect Medicaid and support the pediatric workforce, so kids can get life-changing treatment whenever and wherever they need it. **@childrenshospitals #FAD2026 #TeamCHA**
- Our voices matter—and so do the kids we're fighting for. Today we stood up for better access, stronger care, and real investments in pediatric health. Proud to be part of **#FAD2026** with **@childrenshospitals** and **#TeamCHA**.
- During **#FAD2026**, we sat down with **[tag member of congress]** to share **[insert child's name]'s** medical journey and the important role of **#Medicaid** in access to care. **[child's name]** has medical complexities that require numerous specialists, therapies, appointments, and specialized care at **[children's hospital's name]**. Without Medicaid, we wouldn't have access to the care **[child's name]** needs to grow up and develop. We're honored to give a voice to so many other families who rely on Medicaid. **#TeamCHA**

Instagram Story Idea

- **Photo/Video:** Child walking into the Capitol, photo with lawmaker/staffer, family photo outside Capitol
- **Example Text:** On Capitol Hill today speaking up for **[insert patient name]!** **@childrenshospitals** and **#TeamCHA** are changemakers! **#FAD2026**

Facebook

- This week, we're on Capitol Hill asking Congress to support the EARLY Minds Act. Kids deserve access to mental health services that meet them where they are—with prevention, early intervention, and compassionate support. Thanks **@childrenshospitals** and **#TeamCHA** for helping us make change. **#FAD2026**
- **[Insert patient name]'s** story is just one of many that shows why we need strong investments in pediatric care. From a trained workforce to continued Medicaid funding, families across the country are counting on Congress to act. **#TeamCHA** and **@childrenshospitals** are here to make sure kids health care remains a priority! **#FAD2026**

CELEBRATION NIGHT

X/Twitter

- After a powerful day on Capitol Hill, we celebrated with the **#TeamCHA** crew! What a way to wrap up **#FAD2026!** **@hospitals4kids**
- So much joy at tonight's **#FAD2026** celebration! After powerful meetings and heartfelt stories, seeing **[insert patient name]** dance and laugh reminds me this is what it's all about. **@hospitals4kids #TeamCHA**
- From Capitol Hill to the dance floor! We capped off our day with celebration, music, and smiles. **#TeamCHA** knows how to have fun! **@hospitals4kids #FAD2026**

Instagram

- Nothing beats ending the day with dessert and a dance party! After advocating on the Hill, **#TeamCHA** came together to celebrate everything we've accomplished. **[Insert child's name]** had a blast! **@childrenshospitals #FAD2026**
- After a full day on Capitol Hill, tonight was about having FUN. Seeing these **#TeamCHA** families and **[insert patient name]** smile is the best. **@childrenshospitals #TeamCHA #FAD2026**
- From advocacy to afterparty! Tonight's celebration reminded us why this work matters. **[insert patient name]** and other **#TeamCHA** kids deserve to enjoy all the fun moments. **@childrenshospitals #FAD2026**

Instagram Story Idea

- **Photo/Video Idea:** Your child dancing, family photo, child eating dessert, etc.
- **Suggested Text:** Work hard, play hard! **#TeamCHA** knows how to have fun with **@childrenshospitals** at **#FAD2026**

Facebook

- What a night! After a long and inspiring day of meetings, our family had the chance to unwind and celebrate with **#TeamCHA**. Games, music, sweet treats—and plenty of dancing! Seeing **[insert patient name]** smiling and having fun reminded us exactly why we're here. Thank you **@childrenshospitals** for creating these moments. **#FAD2026**
- We ended the day with the best dance moves you've ever seen! Family Advocacy Day isn't just about meetings—it's about celebrating **#TeamCHA** kids and the people fighting for them. **@childrenshospitals** knows how to have fun! **#FAD2026**
- Tonight we danced, played, and recharged after a day of advocating for pediatric care. These families are powerful—and they're also a whole lot of fun. Thanks to **@childrenshospitals** and **#TeamCHA** for lifting us all up at **#FAD2026**.