



**You're The Mom**

Published by Hootsuite [?] · July 18 · 🌐

Hey Moms! Do you have any #MomHacks that help your kids eat healthier? Share them with us. The winner will get a special feature on our page! #YoureTheMom

**“YOU HAVE TO FIND  
WHAT WORKS FOR  
YOUR KIDS. FOR ME,  
IT WAS LETTING  
THEM CHOOSE  
BETWEEN TWO  
HEALTHY OPTIONS.**

**HELENA, SPRINGFIELD MA**



**You're The Mom**

Published by Sprout Social [?] · August 11 · 🌐

Today is Sons And Daughters Day! What's one moment that made you especially proud to say #thatsmykid? Share your stories below!

**#  
THATS  
MY  
KID**  
**HAPPY SONS AND DAUGHTERS DAY  
TO MOMS AND THEIR LITTLE ONES**





### You're The Mom

Published by Sprout Social [?] · August 31 · 🌐

When moms band together, they're unstoppable. Read the inspiring story of how #modernmoms in Louisiana are joining forces to help out other mothers effected by the floods: <http://on.today.com/2bVwkki>



### You're The Mom

Published by Sprout Social [?] · September 19 · 🌐

Kelly's a proud Springfield mom and the publisher for Macaroni Kid Springfield. Thanks for keeping Springfield parents in-the-know with the resources and info they need. Kelly, #yourethemom!





## You're The Mom

Published by Sprout Social [?] · September 15 · 🌐

Orange foods like carrots, sweet potatoes, and mangoes are often called eyesight foods. Why? Because they are filled with vitamin A which helps keep eyes healthy! What are your family's favorite orange foods? #EatTheRainbow (photo from Parenting.com)



## You're The Mom

Published by Sprout Social [?] · December 7 at 12:00pm · 🌐

Cheers to #WaterWednesday! Swapping sugary drinks for water is a simple way to keep calories and sugar in check at mealtime. Try giving your kids colorful straws or adding slices of fruit to their cups to help make water more appealing. (photo from I Heart Naptime)



heartnaptime.com