**The #TimetoCareMD is Now**

Examples of social media content to help make Time to Care a reality for Maryland families. (all under 280 characters/Tweet limit)

**Children**
Only 17% of U.S. workers have access to Paid Family Leave. Fewer than 40% have paid personal leave for short-term disabilities. Workers need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Did you know that 25% of women in America take 10 or fewer days of maternity leave? This puts women and their children at risk, physically and emotionally. Moms and babies need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Did you know that when mothers have access to 12 weeks of Paid Family Leave newborns are more likely to receive their necessary wellness check-ups? Babies need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

With Paid Family Leave, parents are able to care for their sick children, kids have speedier recoveries, and the length of hospital stays is decreased by nearly a third. That leaves a lot more time to just be a kid. Kids need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Vaccines save lives. Children are 25.3% and 22.2% more likely to get their measles and polio vaccines, respectively, when moms have access to Paid Family Leave. #TimeToCareMD saves lives. #MakeMDNext http://bit.ly/2HCjGJt

Paid Family Leave gives parents the time they need at home to bond with a young child and establish patterns that promote the child’s long-term cognitive, social, and emotional development. Parents and babies need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

**Parents**
Paid Family Leave reduces the incidence of postpartum depression, which one in seven women experience. Moms need and deserve #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Almost 60% of low-income working fathers report taking zero – zip, nada, zilch -- weeks of paid time off after the birth or adoption of a child. Dads need and deserve #TimeToCareMD, too. #MakeMDNext http://bit.ly/2HCjGJt

Fathers in the U.S. who take longer paternity leave are more involved with their child’s care nine months later. Dads need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

According to the CDC, mothers who are able to breast-feed are less likely to get breast cancer, ovarian cancer, type 2 diabetes, and heart disease. Paid Family Leave allows new moms time to nurse longer and stay healthy. It’s #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Family can be a complicated term. FMLA defines “family” as a spouse, parent, or child. But we know family means much more than that. Maryland’s modern families need and deserve #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

A case for paid leave for fathers—because it keeps moms healthy. #TimeToCareMD #MDGA20 https://www.nytimes.com/2019/06/04/upshot/sweden-finds-a-simple-way-to-improve-new-mothers-health-it-involves-fathers.html
**Economic Security**
Parents who have paid leave available to them are 39% less likely to need public assistance in the year following their child’s birth than parents who do not have the opportunity to take paid leave. #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Families struggling to make ends meet are just one caregiving crisis away from bankruptcy. We all need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

There’s a significant wealth gap between white families and families of color. Without paid leave, families of color have a harder time recovering financially from a serious family or medical need. #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

No one should have to choose between the job they need & the family they love. We all need #PaidFamilyLeave #TimeToCareMD #MakeMDNext http://bit.ly/2HCjGJt

**Older Adults**
For older adults, having a caregiver delays or prevents intensive health services like home health care and nursing homes. Paid Family Leave decreases nursing home usage and saves Medicaid dollars. Older adults need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Paid medical leave is critical to helping older workers stay in the labor force and maintain their economic independence. At least 80% of older adults have at least one chronic condition. To stay healthy and productive, they need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

There are at least 43.5 million unpaid caregivers in the U.S. who are caring for elderly family members. Most of them have paying jobs unrelated to caregiving and more than 1/2 work full time. These family caregivers need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

**Children with Special Needs**
Over 10 million Americans provide unpaid care for children with special needs. Data show that 60% of family caregivers have a job and 4 - 12% have dropped out of the labor force to provide this important care. Workers need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Did you know that 15% of U.S. children have chronic illnesses and other special health care needs? Paid Family Leave allows parents time to care for their children without risking their jobs. Parents need #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

**Business**
New mothers who take Paid Family Leave are more likely to be working again 9 to 12 months after childbirth. First-time moms who take paid leave are more likely to return to the same employer. Your business needs #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

According to Harvard Business Review, a majority of the most successful companies report that exemplary benefit programs like #PaidFamilyLeave strengthen employee loyalty and morale. Your business needs #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

#PaidFamilyLeave levels the playing field for smaller employers. It allows them to compete with big businesses when it comes to recruiting and retaining a stellar workforce. Your business needs #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt
When Paid Family Leave is administered through an insurance program, small businesses benefit because the cost is shared. Your business needs #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

What do Papua New Guinea and the United States have in common? They are the only two countries which do not mandate paid time off for new parents. America needs #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Among all industrialized nations, the United States is the only country that does not guarantee paid maternity leave. America needs #TimeToCareMD. #MakeMDNext http://bit.ly/2HCjGJt

Military
Paid Family Leave for military personnel ensures that they can spend time with their family before deployment or during R&R. It also allows time to make caregiving arrangements for a child or parent. #TimeToCareMD is a strong defense. #MakeMDNext http://bit.ly/2HCjGJt

Soldiers are trained to expect the unexpected. So when caregiving needs arise or change as a result of a deployment, families need to be ready. Paid Family Leave supports the needs of military families. #TimeToCareMD is a strong defense. #MakeMDNext http://bit.ly/2HCjGJt