**Example post #1**  
Who needs birthday gifts when you can help kids in hospital instead?  
  
This month I am celebrating my birthday and asking all my friends and family to celebrate with me by making a donation to Jim Pattison Children’s Hospital Foundation. Please consider joining me to help bring the best pediatric and maternal care to Saskatchewan and ensure a better future for those who spend time in hospital.  
  
Every dollar counts and 100% of your donation will stay in our province to help our kids, moms-to-be and families here at home. My goal is to raise *[$ amount]*! Make your donation on my personal fundraising page HERE: **[link]**

**Example post #2**  
Dear family & friends: Your help is needed!  
  
I’ve decided to pledge my birthday this year to help kids and families who spend time in hospital. Help me celebrate by making a donation on my personal fundraising page for Jim Pattison Children’s Hospital Foundation. My goal is to raise *[$ amount]!*  Your act of kindness will go a long way and help fund urgent pediatric and maternal health care needs for the most vulnerable little patients in Saskatchewan.  
  
Remember, every dollar counts! DONATE HERE: **[link]**

**Example post #3**I have a birthday coming up and I need you to help me celebrate in a special way!  
  
Instead of receiving gifts, I am asking friends and family to donate to my personal fundraising page for Jim Pattison Children’s Hospital Foundation. This is a cause close to my heart! It is so important to support babies, kids and moms-to-be who spend time in hospital. They rely on the generosity of people like you who donate out of the kindness of their heart. Because of you, they can have hope for a healthier future.  
  
My goal is to raise *[$ amount]!* Please consider donating to my personal fundraising page HERE: **[link]  
  
Example post #4 (for parent)**This month, *[child’s name]* will turn *[age]* years old and has decided that instead of receiving birthday gifts, it’s more important to help kids in hospital.  
  
This little superhero knows that acts of kindness can go a long way and is asking for your help. We have set up a personal fundraising page for Jim Pattison Children’s Hospital Foundation with a goal of raising *[$ amount]*. Donations will directly support the most urgent pediatric and maternal care needs in our province to ensure babies, kids and moms-to-be in hospital have the best chance for a bright future.  
  
Please consider making a donation in honour of *[child’s name]*’’s birthday and help us help kids who need it most! **[link]**