

2021 HEART MONTH INFORMATION & STORY

Behind every scar, from the visible to invisible, lies a powerful story waiting to be told. Join us this February as we share the rare, unfiltered thoughts of those who live with congenital heart disease. You will meet the kids who fight from their very first heartbeat, the parents who are constantly by their side, and the medical minds on the frontlines of one of our greatest battles yet: ensuring that heart disease is only one chapter in the story of their extraordinary lives.

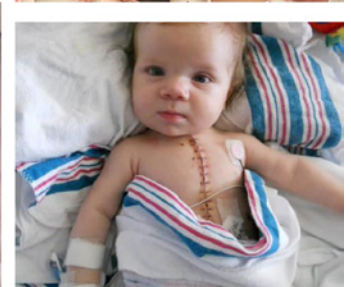
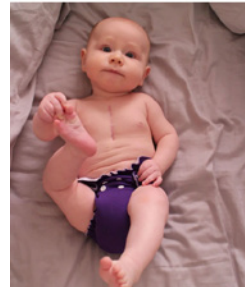
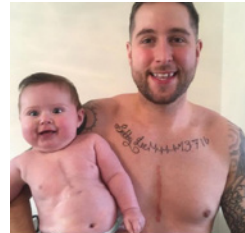
For the month of February, we would like to share photos of kids showing off their scars with the line "What if you did more than like this post?" written on the image. In the post copy, we will add a bit about your story—for example: ***"Avery was born with a heart defect but after three successful surgeries she's living a healthy life. What if you helped more kids like Avery? Give today."***

IF YOU ARE INTERESTED IN SHARING YOUR HEART PHOTO AND STORY WITH US, PLEASE SHARE THE FOLLOWING:

Take a selfie showing your heart surgery scar.

Here are a few tips to take the photo:

- > Shoot in a well lit room, ideally sunlight with warm tones.
- > Feel free to include a parent, blanket, stuffed toy, or anything else that makes you or your child comfortable.
- > Keep the shot simple as we will be adding the caption ***'What if you did more than like this image?'*** over your photo.
- > Be proud and smile!



Share your heart story.

Below are some questions to get your thoughts started. Please share as little or as much as you'd like. We may also edit your submission for length on Facebook and Instagram, but will send it back to you for review prior to posting.

- > Tell us about your/your child's heart journey?
- > What type of scar do you/your child have? (open heart surgery, electric)
- > What does your scar/child's scar mean to you?
- > Why should people donate?
- > What has been the most challenging/difficult part of your journey?
- > What is your most memorable moment at BC Children's Hospital?

Please submit your photo and story by email to **Linette Ho** at **lho@bcchf.ca** by January 5, 2021.