

Posting Time Recommendations

Calm Family Reset + Rock Landing Foundation + Pinterest

Calm Family Reset

Recommended frequency

3 posts per week

Best days

- Tuesday
- Thursday
- Saturday

Best times

- 9:00 AM
- 1:00 PM
- 8:00 PM

Best simple schedule

- Tuesday at 9 AM
- Thursday at 1 PM
- Saturday at 8 PM

How many times a day?

Once on posting days only. Do not post multiple times a day right now.

Why this works

Calm Family Reset is parenting, home, screen-time, and emotional support content, so it fits: - morning planning time - midday scroll breaks - evening parent wind-down time

Pinterest times for Calm Family Reset

Best days: Tuesday–Friday

Best times: - 8:00 AM - 2:00 PM - 9:00 PM

Rock Landing Foundation

Recommended frequency

2 to 3 posts per week

Best days

- Monday
- Wednesday
- Friday

Best times

- 10:00 AM
- 2:00 PM
- 6:00 PM

Best simple schedule

- Monday at 10 AM
- Wednesday at 2 PM
- Friday at 6 PM

How many times a day?

Once on posting days only. Do not post multiple times a day right now.

Why this works

Rock Landing Foundation is mission-based, community-centered, and trust-driven, so it performs best when content feels: - informative - shareable - consistent - not too noisy

Pinterest times for Rock Landing Foundation

Best days: Monday–Thursday

Best times: - 9:00 AM - 1:00 PM - 7:00 PM

Bottom line

Calm Family Reset

- 3x/week
- Tuesday / Thursday / Saturday
- once a day
- best windows: 9 AM / 1 PM / 8 PM
- Pinterest: Tue–Fri at 8 AM / 2 PM / 9 PM

Rock Landing Foundation

- 2–3x/week
- Monday / Wednesday / Friday
- once a day
- best windows: 10 AM / 2 PM / 6 PM
- Pinterest: Mon–Thu at 9 AM / 1 PM / 7 PM