

# HOW TO GUIDE: MEETING WITH REPS

MARCH FOR MOMS helps to align and coordinate the efforts of families, healthcare providers, policymakers and other partners who are acting to achieve the best possible health and well-being of all mothers.

## 1 Tell your Story and Explain Why it Matters

Identify who you are and the reason you are concerned about paid leave policies. Make sure to include a personal story and showcase your passion for the issue to increase your chances of being heard.



## 2 Show Why it Matters to Your Community

Highlight the impact that lack of paid family leave or PTO has on your family or community and additional data that may support your stance.



## 3 Explain What You Expect From Your Legislator

Make your request!  
Specify what this person can do to reduce poor outcomes.  
Ex: support legislation as a co-sponsor



## 4 Follow Up

You can send a thank you note and a message to summarize what was discussed in the meeting and next steps, or schedule a follow up meeting. It is also important to keep sharing your voice on social media.



## 5 Become Involved

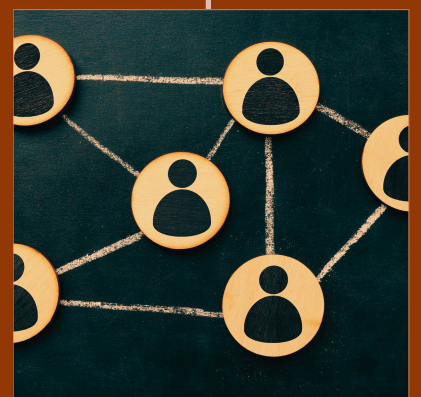
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