

# How to Advocate for Midwives with Legislators



## KNOW THE BASICS

Senators and Representatives are two different offices, and everyone has one of each. Use the Find Your Legislators function on the NC General Assembly website to find out who represents you.



## GET TO KNOW YOUR LEGISLATOR

Find out what your elected official has been doing recently. Google them and check their social media accounts. Use the knowledge to show that you pay attention. This increases your credibility.



## WRITE A COMPELLING LETTER

Don't send cut and paste emails. Adapt talking points to your own voice. Tell a personal story and add a favorite fact or statistic. Keep it to the point. Remember to include the Legislative Assistant in your correspondence. Print and mail a copy of your letter to really show your commitment.



## FOLLOW UP

Always ask to schedule a meeting (this is often easier in your home district). Whether or not you receive a reply, follow up with a phone call a few days later. Calls are most effective Tuesday-Thursday (late morning or late afternoon).



## REMEMBER

Focus on midwifery. Keep it short and sweet. Don't get sidetracked on other issues. Be friendly!



## MAKE A GREAT IMPRESSION IN PERSON

Dress professionally and arrive 10-15 minutes early. Families and well-behaved children are welcomed. Bring a handout to leave behind.



## BE PREPARED TO ANSWER

**WHY** does this matter to you? **WHO** supports it? **WHO** opposes it and why? **WHAT** do you need from your Legislator? Ask them to advocate, sponsor legislation, and/or find other sponsors.

