

NATIONAL CHILD CARE ADVOCACY IN ONLY 5, 15, 30 AND 60 MINUTES

Parenting and caregiving can be overwhelming. It also fills us with a sense of purpose and desire to see national policies that support the interest of children and families. So, what do you do when it is difficult to find time for yourself, much less for advocacy? We've put together this handy tip sheet of easy, quick actions that instantly transform you from caregiver to national family advocate.

5 MINUTE ACTIONS

In the time it takes to change a diaper, you can...

- [Register to vote](#).
- Become part of the [Child Care Works](#) movement and follow us on [Facebook](#), [Twitter](#) and [Instagram](#) to stay up to date on news, actions, and policies affecting child care.
 - Tweet or post on Facebook to encourage others to join as well! Child Care Works is @ChildCareWorks on all platforms.
- Like, follow, and share articles and trending information about the impact of child care and early learning on social media.
 - Use hashtags like: #childcare, #ECE, #childcareworks, #investinchildren, #familyleave, #jointhemovement, and #takeaction.
- Find out [who represents you](#) in Congress by entering your address.
 - Print it off, write it down, or take a picture so you remember!
 - Take note of their social media handles so you can tag them in social media posts.
- [Donate](#) to support the cause! Put your financial contribution to work fighting for high-quality, accessible, and affordable child care.

15 MINUTE ACTIONS

In the time it takes to give a child a bath, you can...

- Share your advocacy interests! Tell five friends why child care and early learning issues matter to you and encourage them to [take action](#) too!
 - Send them links to register to vote, the Child Care Works movement, and how to find their representatives.
 - Even better, send them this tip sheet!
- Gather some regional facts and data about child care and early learning to strengthen your messages by exploring your local [child care resource and referral agency's website](#).
- Send a message to your legislator through the [Child Care Works action center](#).
 - We make it easy! Use a message we've crafted, personalize it, or create your own!

30 MINUTE ACTIONS

In the time it takes to fold a load of laundry, you can...

- [Share your story](#) in our [Family Voices Series](#).
- Email or call your elected official or their staff to share your story and discuss their child care and early education priorities.
 - Make sure to indicate you are a constituent.

CONTACT

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- Have a specific “ask” ready when you make contact. Example: I want to talk about Senator Jane Doe’s stance on the Child Care Act and would like to share my perspective and advocate for an increase in funding.
- Better yet, schedule an in-person meeting when they are home on recess.

1 HOUR ACTIONS

In the time it takes for your child to nap, you can...

- Draft a short speech on why you support child care policies that help children and families thrive.
 - Practice it with a friend and have it ready to go when someone asks you why you are an advocate!
 - Legislators often hear about the economic and social benefits of child care from researchers and lobbyists, but it’s even more impactful when you can apply [reports and statistics on child care](#) to your personal experiences and situation.
- VOTE! Learn where candidates stand on important child care issues and cast your vote in primary, mid-term, and general elections.

HAVE A BIT MORE TIME TO COMMIT TO ADVOCACY ACTIONS?

Here are some additional tips...

- Meet with your elected official or their staff in-person and share your story!
 - Take a photo with your elected official (or their staff) to share on social media, along with a thank you for taking the time to discuss child care and early learning with you. Make sure you tag the legislator in the picture, too!
 - Follow up with a thank you email that reminds them about 1.) Your story, 2.) The issue, and 3.) Your “ask” or proposed solution.
- Invite a legislator to speak at a civic club or other group you’re a member of and ask them about their support for high-quality child care.
- Work with your local CCR&R to coordinate or host a site visit at a local early care and education program for legislators to learn more about the importance of early childhood education.
- Host or attend a fundraiser that supports child care and early education causes in your area.
- Canvass the community in support of political candidates whose vision and ideas are in alignment with practical and meaningful policy solutions for families.
- Join national events and use them as a platform to share your message like:
 - [Baby’s First Town Hall](#)
 - [Strolling Thunder](#)

HELPFUL ADVOCACY RESOURCES

- [Child Care Aware® of America – Take Action](#)
- [Child Care Works](#)
- [Parents and the High Cost of Child Care](#)
- [State Fact Sheets](#)

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