Tips for a Successful Hill Meeting

Remember that your member of Congress is there to represent your state and community, and that the staff person you are meeting with is there to help keep the member informed. It is their job to meet with constituents like you!

Before the Meeting:

- Familiarize yourself with the member, their bio, and things you may have in common with them.
- Familiarize yourself with your talking points and include them in your meeting agenda.
- Develop a meeting agenda with your group and review it in advance.

During the Meeting:

- Introduce yourself at the start of the meeting and your connection to the district and/or the state.
- You are the expert, and the person you are speaking with may not be as well-versed as you are. Use simple, clear language and try to avoid jargon or acronyms.
- Tell the staff what you know about the needs of your community or your state. Back up your stories with your data from home.
- Personalize the conversation by sharing your experience, or the experiences of parents and providers.
- Make a clear ask.
- Thank them for the conversation. Let them know you can be a source of information and that you want to be helpful to them.

After the Meeting:

- Complete the meeting recap form: https://qrco.de/childcare25
- Send a thank-you email to everyone you met with and remind them why they should support child care. Include any follow-up information or materials requested at the meeting.
- Post a photo from your visit on social media to thank the office for the meeting. Use #ActWithCCAoA25 to tag your post.

Moving Forward:

Remember that Advocacy Day is just one part of the strategy to gain support for quality child care. Continue building the relationship with your lawmaker and their staff by:

- Providing them with any updated publications, data, and reports.
- Inviting your member of Congress to visit a child care program when they are in town.