

# SAMPLE LETTER TO YOUR MEMBER OF CONGRESS

Dear [Member of Congress],

I am writing to express my support for the bipartisan reauthorization of the Maternal, Infant and Early Childhood Home Visiting Program (MIECHV).

These proven programs are vital, but their funding expires on September 30th. Unfortunately, estimates show MIECHV only reached 71,000 families – just three to five percent of eligible families across the country – and that was before COVID-19 exacerbated issues for so many. Now, even more families desperately need the supports that MIECHV offers.

The benefits of home visiting are far-reaching, affecting parents, children and communities. These programs improve maternal and infant health, increase support for early learning and diagnose hard-to-see risk factors – such as domestic violence – in the home. I urge you to support the reauthorization of MIECHV for the next 5 years with an increase of \$200 million annually, arriving at a total of \$1.4 billion by 2027.

## Tips for a Successful Letter to Congress

1. Start with your legislative “ask.” Tell them what you want your elected officials to do.
2. Keep it simple and short- no longer than one page!
3. Make it personal by including a sentence about why you care about kids’ mental health.
4. Always include your address so their office knows you are a constituent and knows where to send a response.

