Minnesota Better Birth Coalition

Evidence-based care from the beginning of life

Better Birth  Lower Cost
Motivate yourself and members to understand and get involved in the political process

Know your legislators – they are lovely people
Communicate with them – how can they represent you if you don’t use your VOICE (they’re usually pretty smart but not mind readers)
Appreciate the work they do, and the access you have to policymakers in Minnesota (advocates in other states are so jealous!)
GET OUT AND DROP LITERATURE OR BRING TREATS TO CAMPAIGN OFFICES NOW! NOW! NOW! – AND SAY WHY YOU ARE THERE
Be a responsible citizen, parent, worker – participate in the democratic process.

Democracy works in Minnesota!

Maintain a statewide network

Be very clear about your “ask” – what do you want in 10 words or less?
   e.g. Payment for in-home breastfeeding consultations
       Paid maternity leave such as the California system
       Mandate for ALL workplaces to accommodate pumping (and you know how)

Find a champion

Communicate with your opponents - often

Be in it for the long haul – if you understand from the beginning that public health policy on any topic is a process, not a singular goal, you can work for a long time without burnout, and making wonderful friends and partners along the way