



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