



## **How to Communicate with Your Legislators**

### **Tips**

- Find your legislators:
  - National: [www.congress.gov](http://www.congress.gov)
  - State: <https://leg.colorado.gov/FindMyLegislator>
- Best way to communicate concern is via phone or email – depending on your level of comfort with a topic, you can provide more detail or less. Phone calls are great, but emails provide paper trails and allow for easier follow-up.
  - Use your nursing tools: CUS (Concern, Uncomfortable, Safety), SBAR (Situation, Background, Assessment, Recommendation)
  - State who you are and your expertise on the subject \*nurse\*
  - Keep the letter brief, no longer than one page
  - If you have a short but impactful story, please share it – make an issue human!
  - Don't be afraid to share that you are an active voter! They need to be motivated to listen to you.
  - Unless sponsored, do not include your workplace. You are advocating as a constituent not as a representative of your institution.

### **Template**

Dear (insert legislator's name – address them by title),

My name is (insert), and I am writing to you as one of your constituents. I am a registered pediatric nurse (feel free to substitute neonatal for pediatric) and wanted to share with you my concerns on (insert bill name or topic). I am concerned that the passage of this bill will create long-lasting impacts that will negatively affect the healthcare of children in (insert state). Specifically, this bill will:

- Include factual bullet points
- Impact on you or your family directly
- Any financial effect you may feel

As a member of (state)'s healthcare community and an expert in pediatric care, I urge you to vote (yes or no) on (name of bill).

Thank you for your time and consideration,

(name)