

# HOST A POST CARD PARTY

**Demand #BlanketChange through equity, access and prevention.**

## What is it?

There are two types of postcards you can send. Both are impactful and you can be as creative as you'd like to show that fighting for the health of all moms and babies is important to you and your community.

1. **Send a card to elected officials:** Write a short note to your elected officials to share your story, tell them why you're fighting for the health of moms and babies, and advocate for key policies. This could include members of Congress, State Representatives and Local Elected Officials.
2. **Write a card to your neighbor, a friend or family member:** Write a note to encourage them to take action and make a huge impact for moms and babies. Suggested actions to could include:
  - register to vote
  - vote in an upcoming election
  - host their own postcard party
  - call their elected official(s)

## How you can do it?

**COMMIT:** [Sign up today!](#) Invite your friends, family and special people in your life to gather virtually or with social distance guidelines in mind.

- Use our **list of materials** to compile what you need ahead of time.
- **Bonus step:** Start an Unspoken Stories conversation. This [toolkit](#) includes topics and questions to help you host.
- Write your own and encourage your guests to **write short versions of their stories** on the postcards or use the sample messages on the back of this card. Two to three sentences are enough to get your point across.
- **Bonus step:** Once your postcards are finished, take the same action online. Post a photo of you, your group or your postcard, and tag your elected officials, using their social media handles. Visit our [Action Center](#) and "[Find your elected officials](#)" with your ZIP Code to get their handles. Don't forget to use **@Marchofdimes**, **#MODAdvocacy** and **#BlanketChange**, so we can repost.
- Be sure to let us know you've completed your postcards and how much time it took by revisiting your [volunteer profile here](#).
- **Stamp and send** all the cards in the mail.

## Why is important?

In 2020, the U.S. is still among the most dangerous developed nations for a woman to give birth. And it's even more dire for moms and babies of color. This is a health crisis that has only intensified with the COVID-19 pandemic. That's why March of Dimes, the premiere organization advocating for the health of moms and babies, is calling you to support the #BlanketChange agenda. We are calling on candidates, policymakers and community leaders to demand #BlanketChange and improve the health of all moms and babies. You can ensure that your elected officials are aware the issues that matter to you. And encouraging your friends and family to join the fight. It will take thousands of voices to persuade policymakers to pass laws and regulations that promote the health of women, children and families. Personal postcards from YOU will encourage your officials to take action on the issues that matter to your family's health and your community.

## RESOURCES

- Materials list (on back)
- Message templates (on back)
- Postcard template
- Find your elected officials, visit the [Action Center](#) and input your zip code, click Go! A list of your representatives should come up.
- [Find your local officials.](#)
- [Sign up!](#)

### QUESTIONS?

**CONTACT** Patty Gentry **PHONE** (571) 257-1199

**EMAIL** [Pgentry@MarchofDimes.org](mailto:Pgentry@MarchofDimes.org)

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# MATERIALS

Here are some suggested materials for your postcard party:

1. **Postcards:** You can use the template postcards or make your own out of card stock.
2. **Writing utensils:** Colorful pens, markers, or your favorite pens all work well.
3. **Sample messages:** See the messages below, which you can use as is or adjust to make them your own.
4. **List of local elected officials:** You can visit our Action Center and “Find your elected officials” with your ZIP code to get their names and addresses.
5. **Stamps:** It only costs 35 cents to mail a postcard. Show your guests a sample postcard to make sure they have the correct postage. You can also collect all the postcards for recipients and mail them in one package.

# TEMPLATES

## Postcard (with personal story & mission message):

Dear [Elected Official],

As a constituent, I believe that our members [of Congress—delete if sending to local elected officials] must focus on the health of ALL moms and babies. My name is [insert your name] and [insert 1-2 sentences of your personal story].

Because of my own experience and the experiences of so many others I know, I want to make sure you're hearing our voices on the biggest health issues affecting moms, babies and families. And that you're taking these issues to heart and to our government to take action.

[insert an impact stat of...

In 2020, the U.S. is still among the most dangerous developed nations for a woman to give birth.

OR

Pregnancy-related death has more than doubled over the past 25 years.

OR

Women of color are up to 50 percent more likely to give birth prematurely and their children can face a 130 percent higher infant death rate. This health crisis has only intensified with the COVID-19 pandemic.]

That's why March of Dimes, the premiere organization advocating for the health of moms and babies, is calling you to support the #BlanketChange agenda. Learn more at BlanketChange.org.

Sincerely,

[Insert your full name, address and phone number]



## Postcard message (neighbor, friend or family member):

Dear [Neighbor, friend or family member],

You know me well and that my story involves...[insert 1-2 sentences of your personal story]. I believe that our members of Congress must focus on the health of ALL moms and babies.

Because of my own experience and the experiences of so many others I've met through March of Dimes, I know I'm not alone in recognizing the health threats to our families. And I need your help to [insert 1-2 sentences with a specific request for action: share your story, vote, etc.].

That's why I'm advocating on behalf of March of Dimes, the premiere organization advocating for the health of moms and babies, and calling for you to take action.

Please let me know if you have any questions. And let's fight together for the health of all moms and babies.

Sincerely,

[Insert your full name, address and phone number]

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THE HEALTH OF ALL MOMS AND BABIES.**

