



# Speaking Up for Children

## A Local Guide to Children's Advocacy

Handout #9

*Healthy Children, Strong Families, Caring Communities*

### Your Voice, Their Future

Children have no political voice or lobbying power; therefore, we must be their voice. Speaking up in support of services for children and families is challenging, but empowering. Our leaders need feedback from parents, child care providers and other community members to make informed decisions.

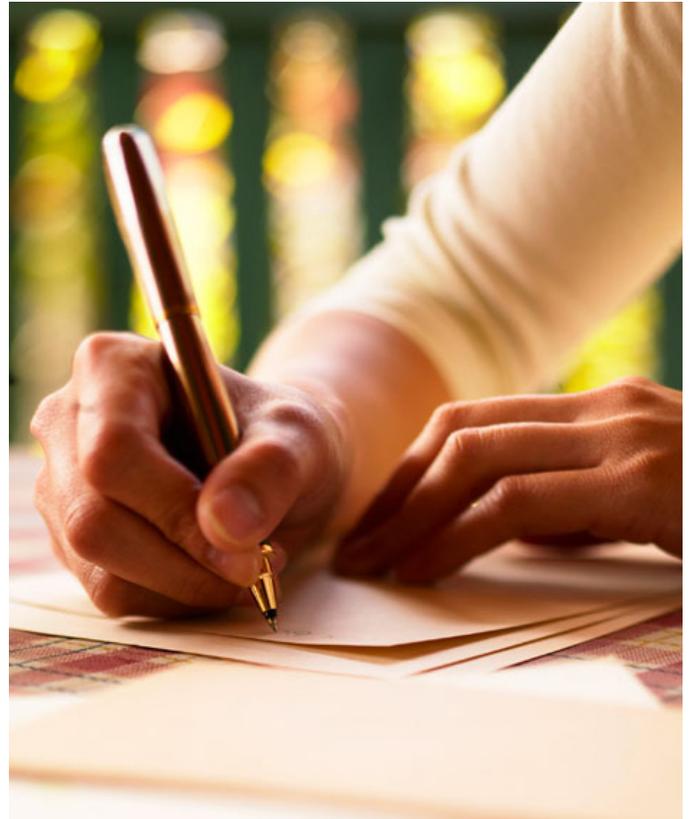
### Express Yourself

You don't have to be an expert on government or public policy issues to be an effective advocate. The key is to make your voice heard. The information in this handout can get you started. You can visit, write or call your elected officials to express your opinions or provide input that might help them understand how certain policies affect you, your children or your business.

If you would like to meet with an elected official, it is best to call ahead for an appointment. Though you can often just drop by, you will have more time to talk if you request a meeting. Either way, plan what you are going to say. You may want to encourage him/her to vote for or against a specific bill or support funding for a specific program. It's helpful to state the number and author of the bill (example: SB200 Watson, Child Care Bond Issue) or the specific funding you want protected. Bring written information that you can leave with the representative to help him/her remember what you discussed.

When you visit, give your name and the name of your organization (if appropriate) to the receptionist. Briefly state your concern and ask to see the elected official. Sometimes a representative is not available and a member of his/her staff will speak with you. Representatives instruct their staff to keep track of all calls and visits they receive, so the time you spend does make a difference.

You can also write a letter to express your thoughts on an issue. Elected officials like to receive letters from their constituents. Letters should be personal, brief, timely and specific. Even if you are very angry, avoid threatening language and, instead, explain how you are affected by an issue. Use the correct name and title of the representative and include your return address, phone number and email address.



### How To Get Involved

- Write, call or email your elected officials about your concerns
- Visit your elected official's office
- Learn how the budget process works
- Attend a public hearing
- Register to vote
- Become informed on issues affecting children and share this information with friends and family
- Encourage your employer to offer family-friendly policies (parental leave, flexible schedules and job sharing)
- Plan family-friendly events to raise awareness about children's issues

## Writing To Your Representative: *A Sample Letter*

The Honorable (member's full name)  
The State Capitol  
Sacramento, California 95814

Dear Senator/Assembly member (member's last name):

I am writing to urge you, as my representative, to vote in favor of (example: Senate Bill 200) which will be heard in the Senate this month.

This bill would provide more funding to assist parents with their child care payments and provide a safe and healthy environment for children.

Parents need child care so they can go to work and provide for their families. Because child care is very expensive, families need assistance paying for their child care costs. I personally know many parents must work and many leave their children home alone because they can't afford child care costs. All children deserve the right to a safe and supervised environment. We all know what can happen, and what has happened, when children are left alone.

Please vote in favor of Senate Bill 200. I would appreciate your response, and thank you for your consideration.

Sincerely,

Your Name  
Your Address  
City/State/Zip  
Email  
Phone

## Public Policy Resources for Child Care Advocates

**California Budget Project**  
[www.cbp.org](http://www.cbp.org)  
(916) 444-0500

**California Child Care Resource & Referral Network**  
[www.rnetwork.org](http://www.rnetwork.org)  
(415) 882-0234

**California Legislative Analysts Office (LAO)**  
[www.lao.ca.gov](http://www.lao.ca.gov)  
(916) 445-4656

**The California Legislature**  
[www.leginfo.ca.gov](http://www.leginfo.ca.gov)

**Child Action, Inc.**  
[www.childaction.org](http://www.childaction.org)  
(916) 369-0191

**On the Capitol Doorstep**  
[www.otcdkids.com](http://www.otcdkids.com)  
(916) 442-5431

**Parent Voices**  
[www.parentvoices.org](http://www.parentvoices.org)  
(415) 882-0234

**Labor Project for Working Families**  
[www.working-families.org](http://www.working-families.org)  
(510) 643-7088



# How to Reach Your Elected Representatives

NAME	ADDRESS	PHONE	EMAIL OR WEBSITE
<b>President of the United States</b>			
Barack Obama	The White House 1600 Pennsylvania Avenue NW Washington, D.C. 20500	(202) 456-1414	comments@whitehouse.gov
<b>United States Senate</b>			
Senator Dianne Feinstein	331 Hart Senate Office Building Washington, D.C. 20510 One Post Street, Suite 2450 San Francisco, CA 94014	(202) 224-3841  (415) 393-0707	senator@feinstein.senate.gov
Senator Barbara Boxer	112 Hart Senate Office Building Washington, D.C. 20510 501 I Street, Suite 7-600 Sacramento, CA 95814	(202) 224-3553  (916) 448-2787	senator@boxer.senate.gov
<b>United States House of Representatives</b>			
District 3 Congressman Dan Lungren	2262 Rayburn House Office Building Washington, D.C. 20515-0504 2339 Gold Meadow Way, Suite 220 Gold River, CA 95670	(202) 225-5716  (916) 859-9906	www.lungren.house.gov
District 4 Congressman Tom McClintock	508 Cannon HOB Washington, DC 20515 4230 Douglas Blvd. Suite 200 Granite Bay, CA 95746	(202) 225-2511  (916) 786-5560	www.mcclintock.house.gov
District 5 Congresswoman Doris Matsui	222 Cannon Building Washington, D.C. 20515-0505 Matsui United States Courthouse 501 I Street, Suite 12-600 Sacramento, CA 95814	(202) 225-7163  (916) 498-5600	www.matsui.house.gov
District 10 Congressman, John Garamendi	228 Cannon HOB Washington, D.C. 20515-0510 609 Jefferson Street Fairfield, CA 94533	(202) 225-1880  (707) 428-1822	www.garamendi.house.gov
<b>Governor, State of California</b>			
Jerry Brown	Office of the Governor The State Capitol, Suite 1173 Sacramento, CA 95814	(916) 445-2841	governor@governor.ca.gov
<b>California State Senate</b>			
District 1 Senator Ted Gaines	The State Capitol Room 3056 Sacramento, CA 95814	(916) 651-4001	senator.gaines@sen.ca.gov
District 5 Senator Lois Wolk	The State Capitol Room 4032 Sacramento, CA 95814	(916) 651-4005	senator.wolk@sen.ca.gov
District 6 Senator President pro Tem Darrell Steinberg	The State Capitol Room 205 Sacramento, CA 95814	(916) 651-4006	senator.steinberg@sen.ca.gov
<b>California State Assembly</b>			
District 4 Assemblywoman Beth Gaines	The State Capitol Room 5126 Sacramento, CA 95814	(916) 369-2004	assemblymember.gaines@asm.ca.gov
District 5 Assemblymember Richard Pan	The State Capitol Room 4164 Sacramento, CA 95814	(916) 319-2005	assemblymember.pan@assembly.ca.gov

District 9 Assemblymember Roger Dickinson	The State Capitol Room 3126 Sacramento, CA 95814	(916) 319-2009	assemblymember.dickinson@ assembly.ca.gov
<b>California State Assembly (continued)</b>			
District 10 Assemblymember Alyson Huber	The State Capitol Room 2117 Sacramento, CA 95814	(916) 319-2010	assemblymember.huber@ assembly.ca.gov
District 15 Assemblymember Joan Buchanan	The State Capitol Room 2148 Sacramento, CA 95814	(916) 319-2015	assemblymember.buchanan@ assembly.ca.gov
<b>Sacramento County Board of Supervisors</b>			
District 1 Phil Serna	700 H Street Room 2450 Sacramento, CA 95814	(916) 874-5485	sernap@saccounty.net
District 2 Jimmie Yee	700 H Street Room 2450 Sacramento, CA 95814	(916) 874-5481	jyee@saccounty.net
District 3 Susan Peters	700 H Street Room 2450 Sacramento, CA 95814	(916) 874-5471	peterss@saccounty.net
District 4 Roberta MacGlashan	700 H Street Room 2450 Sacramento, CA 95814	(916) 874-5491	macglashanr@saccounty.net
District 5 Don Nottoli	700 H Street Room 2450 Sacramento, CA 95814	(916) 874-5465	nottolid@saccounty.net
<b>Sacramento City Council</b>			
Mayor Kevin Johnson	915 I Street, 5th Floor Sacramento, CA 95814	(916) 808-5300	mayor@cityofsacramento.org
District 1 Angelique Ashby	915 I Street, 5th Floor Sacramento, CA 95814	(916) 808-7001	aashby@cityofsacramento.org
District 2 Sandy Sheedy	915 I Street, 5th Floor Sacramento, CA 95814	(916) 808-7002	ssheedy@cityofsacramento.org
District 3 Steve Cohn	915 I Street, 5th Floor Sacramento, CA 95814	(916) 808-7003	scohn@cityofsacramento.org
District 4 Rob Fong	915 I Street, 5th Floor Sacramento, CA 95814	(916) 808-7004	rfong@cityofsacramento.org
District 5 Jay Schenirer	915 I Street, 5th Floor Sacramento, CA 95814	(916) 808-7005	jschenirer@cityofsacramento.org
District 6 Kevin McCarty	915 I Street, 5th Floor Sacramento, CA 95814	(916) 808-7006	kmccarty@cityofsacramento.org
District 7 Darrell Fong	915 I Street, 5th Floor Sacramento, CA 95814	(916) 808-7007	dfong@cityofsacramento.org
District 8 Bonnie Pannell	915 I Street, 5th Floor Sacramento, CA 95814	(916) 808-7008	bpannell@cityofsacramento.org
<b>Other</b>			
Mayor of Rancho Cordova Robert J McGarvey	2729 Prospect Park Drive Rancho Cordova, CA 95670	(916) 851-8700	rmcgarvey@ cityofranhocordova.org
Mayor of Folsom Andy Morin	50 Natoma Street Folsom, CA 95630	(916) 355-8302	andy@themorins.com
Mayor of Citrus Heights Jeannie Bruins	6237 Fountain Square Drive Citrus Heights, CA 95621	(916) 725-2448	jbruins@citrusheights.net
Mayor of Elk Grove Steven M. Detrick	8380 Laguna Palms Way Elk Grove, CA 95758	(916) 683-7111	sdetrick@elkgrovecity.org
Mayor of Galt Barbara Payne	380 Civic Drive Galt, CA 95632	(209) 366-7130	bpayne@ci.galt.ca.us
Mayor of Isleton Mark Bettencourt	P.O. Box 716 Isleton, CA 95641	(916) 777-7770	

To find out the name of an elected official, call (916) 875-6451.  
For free copies of current legislation for the California Senate and Assembly Bills, call (916) 445-2323.  
To reach the League of Women Voters, call (916) 447-VOTE.