

## USBC Advocacy Day of Action 2019

### Preparing for Your Appointment

- **Research your Representative and Senators.**
  - Identify your legislators and the committees they serve on through the [USBC Advocacy Day Legislator Lookup tool](#).
  - Identify whether your Representative or Senators is on the [USBC Advocacy Day Congressional Target List](#). The online spreadsheet lists Members of Congress that are especially critical for a particular bill because they serve on the relevant committee, have sponsored the bill in past Congressional sessions, or have been otherwise identified as a target by USBC or our members and partners.
  - Learn about the priorities and interests of each legislator by using the [USBC Advocacy Day Legislator Lookup tool](#) and selecting the red “More Details” button for each Member of Congress. You’ll find their contact information, which committees they serve on, biographical information, and more. Visit their website and social media pages to gain additional insights. It can be helpful to connect breastfeeding to something that the legislative office is already interested in or familiar with.
  
- **Identify 1-2 policy priorities to focus on during your meeting.**
  - While there are many policy and systems changes that are needed to protect and support breastfeeding families, your appointment time will go by quickly. Each Congressional office will receive the full drop-off packet with information on all of the policy priorities and will be able to follow up with you or USBC for more information.
  - Whenever possible, focus on the policy priorities that the legislative office is best able to influence. If your legislator is identified on the [USBC Advocacy Day Congressional Target List](#) as a target for a specific bill, we strongly encourage you to focus on that issue.
  - If you or someone in your group has a compelling personal story to share or has expertise on a specific topic, that may be another good topic to focus on. Even if a bill has not yet been introduced on this topic, your story might inspire your legislator to take action on this or other policy priorities that support breastfeeding families.
  
- **Join the USBC policy briefing webinar on Wednesday, June 5, from 2-3 p.m. ET.**
  - This briefing will help you learn about this year's breastfeeding policy priorities, provide tips and event logistics to help you maximize the experience, as well as offer an opportunity for questions and connections with your fellow attendees. During the webinar, you will receive online access to Advocacy Day materials and talking points.
  - This training will be recorded and a link to the recording will be sent to all registered Advocacy Day attendees after the presentation.
  - How to join the Policy Briefing:  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://global.gotomeeting.com/join/236184085>  
**You can also dial in using your phone.**  
United States: +1 (669) 224-3412  
**Access Code:** 236-184-085
  
- **Printed materials for distribution at legislative meetings will be provided the morning of Advocacy Day.**
  - You will receive a folder to provide to each Congressional office, as well as one to keep.