



# Tips for ACNM Capitol Hill Day

## Tips for A Successful Day on Capitol Hill:

- Make sure to dress business casual (i.e., attire that is less formal than traditional business wear, but is still intended to give a professional and businesslike impression). Most importantly, be sure to wear comfortable shoes, as you will be doing a lot of walking!
- You may meet with a legislator or their aide in the hallway or cafeteria. This happens often depending on other events on the Capitol that day – especially on the House side where offices are smaller.
- Do not be surprised if a Member of Congress or staff is late for a meeting or if the meeting is moved to a different location. Their daily schedules often get disrupted by unexpected issues.
- Each time you enter a House or Senate office building, you are going to have to go through security- even if you just left another House or Senate office building. Add at least 10 minutes for every security screening you have to go through.
  - Going through security is like going through airport security checks: be sure you have no extra liquids, scissors, knives, knitting needles, or other sharp objects.
- All of the House and Senate buildings are connected underground. If you have back-to-back meetings on the House or Senate side, use the underground connections to walk to the next meeting.
- Allow at least **15 minutes** between meetings on the House side and **30 minutes** for meetings between the House and Senate.
- The numbering system on the House side is building + floor + room number. So, a meeting in 2243 is in Rayburn 2<sup>nd</sup> floor, Room 43.
  - **Cannon = no number** [243]
  - **Longworth = 1** [1243]
  - **Rayburn = 2** [2243]
- Rayburn is shaped like a spider, so the room numbers do not necessarily count up when walking the halls. Use the maps in the corridors to find the quickest ways to your meetings.
- You may meet with the legislator- but it is more common to meet with an aide. Either is fine!

- There are cafeterias in the basement of the **Longworth Building** and **Rayburn Buildings** on the House side and the **Dirksen Building and Russell Building** on the Senate side. If you have time between meetings, these are good places to go to rest, relax, and to get a snack or drink.
- Know who you're meeting with (i.e., political party, positions on issues ACNM cares about, committee assignments, are they a sponsor/cosponsor, previous votes). Doing your homework makes you credible!
- While you're on the Hill, we encourage you to take as many of your own photos as possible and post them to social media tagging @ACNMmidwives utilizing the hashtags #MidwivesMakeaDifference #ACNMAdvocacy #ACNM19. You can also tag your legislators and thank them for their time!

## **Tips for Effective Discussions/Visits with Your Legislators and Their Staff:**

### **Do!**

- Thank them for taking your viewpoint into consideration.
- Be forthright and informative in your communication. Keep It Simple!
- Be brief, but succinct.
- Tell the legislator and/or their staff what you want him or her to do and provide a persuasive argument. Remember: You are the expert!
- Cite specific bills, issues, and titles.
- Offer to provide additional background information and offer to assist his or her staff in any way possible.
- Show the Legislator and staff persons that you care about the issue you are discussing and tell them why. Expect your Legislator to be responsive to your views; that is why he or she was elected.

### **Do Not!**

- Don't be narrowly ideological. Put things in perspective.
- Don't be arrogant, threatening, or confrontational.
- Don't take a long time to make a simple point. Condense and consolidate. They have just a few minutes to meet.
- Don't be overly technical.
- Don't expect your Legislator to drop everything and focus only on your concerns.
- Don't be put off if you see the Legislator's key staff person instead of the Legislator. Key staffers are powerful people.

**MAKE SURE TO TAKE A PICTURE WHERE YOU CAN, EITHER WITH STAFF OR WITH THE LEGISLATOR**