



Hello Parents!

We are so excited that you'll be attending one of our "Virtual Visits" with your elected officials. We are doing this because we want your elected officials to know what you and your family need to succeed. This virtual visit will take place using Zoom, and will be moderated by staff from Families Forward Virginia. At this virtual visit, you will be joined by several other parents, as well as your elected officials and/or their staff.

The link and password will be sent by email from our office, or from your home visitor, depending on how you registered.

For this meeting, you don't have to be an expert on policy or politics. You only need to be an expert on yourself! We want you to talk about what you and your family have struggled with over this past year. If this is your first time meeting or speaking with your elected officials, it is natural to be nervous. Do not be intimidated, your elected officials want to hear directly from their constituents.

To help you remember, you can jot down notes ahead of time so that you're ready to talk about these things during the virtual visit. Below are some prompts to help you plan what to say:

- Introduce yourself and your family
- How old are your children?
- Where do you and your family live?
How long have you lived there?
- When and how were you connected to your home visitor?
- What's been helpful about home visiting?
- How has home visiting been helpful during the pandemic?
- What supports are most helpful to you as a parent?
- What's most helpful for your baby?
Toddler? Young child?
- What barriers keep you from getting these supports?

On the day of the virtual visit, plan to join the virtual visit using Zoom around 9:25 AM. The event will begin at 9:30 AM, but you should try to join a few minutes early in case there are any technical issues. You can join using the Zoom app from a smart phone. You can also join using a PC or a laptop using a web browser. There is also an option to join the virtual visit by phone.

Thank you for all that you do. If you have any questions before the virtual visit, please contact Ali Faruk, Policy Director at Families Forward Virginia or Jacque Hale at Early Impact Virginia.

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