

# SHARE YOUR STORY PARENTS

Tell Congress that  
**Child Care is Essential**  
for Missouri children  
and families.



## TIPS FOR RECORDING YOUR VIDEO

- Choose a quiet location to tape.
- Have someone else record the video, if possible, or use your computer for stabilization and angle.
- Recording the video and then uploading it in the app can help you in perfecting your take.
- Center your face in the frame when recording.

## WHAT TO SHARE

### INTRODUCE YOURSELF AND YOUR FAMILY

Remember details like your name, location, age(s) of your child(ren), and what type of child care program your child currently attends.

### HOW DID YOUR FAMILY HANDLE CHILD CARE THROUGH THE PANDEMIC?

Share the challenges your family faced, whether your facility was operating or serving you as an essential worker or your facility was closed and you were handling child care yourself or through other means.

### WHAT WOULD HAPPEN IF YOUR CURRENT CHILD CARE OPTION WAS NO LONGER AVAILABLE OR AFFORDABLE FOR YOUR FAMILY?

Share the concerns you would have if you were no longer able to access child care where you currently do. Think about considerations, like "Could your family afford child care if you were paying more than you are now?" or "What would you do if your child care facility permanently closes because of the pandemic?"

### RECORD THIS LAST LINE FOR INCLUSION IN OUR ADVOCACY VIDEO. (OPTIONAL)

Our family relies on child care every day to care for our children while we work. Congress - please act NOW to invest in child care and ensure it is here to support a brighter future for all Missouri children and families.

## READY TO RECORD OR UPLOAD YOUR VIDEO?

Access under "Share your story" on our [Child Care Relief page](#), or [directly via the Experience App here](#).