

## 10 Ways to Adopt Your Legislator in 10 Minutes or Less

30 seconds	Share a link to ECE articles, facts and more on through Twitter and Facebook.
1 minute	Leave a message for your legislator with his district office staff in support of investments in high-quality ECE
2 minutes	Tweet a 140-character message to your legislator
3 minutes	Sign-up for PACCA e-alerts ( <a href="http://www.pacca.org">www.pacca.org</a> )
3 minutes	Respond to PACCA e-alert
3-5 minutes	Share an article of interest with a colleague or legislator
3-5 minutes	Comment on a Facebook, blog posting or newspaper article on the importance of ECE
5 - 10 minutes	Send an e-mail, fax or letter to your legislator

Share a copy of these ideas with families, colleagues, and friends by clicking on the image to download a copy in PDF format