



# SAMPLE LETTER TO YOUR STATE LEGISLATOR

**RETURN ADDRESS**      Your Name  
Address  
City, State, Zip Code  
Phone number

**DATE**                    (insert date)

**HEADING**                The Honorable [insert full name]  
Address  
City, State, Zip Code

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**SALUTATION**            Dear Mr./Ms./Mrs. (insert last name),

**INTRODUCE YOURSELF AND STATE YOUR PURPOSE**            As a resident of Massachusetts and a parent, I am writing to ask for your support of Bill \_\_\_\_\_, which focuses on adopting the federal definition of developmental disabilities in our State. In Massachusetts, we know that nearly 1 in 100 children are prenatally exposed to alcohol. Oftentimes, this exposure can cause learning disabilities and behavior challenges. It is critical that our systems work together to find solutions to meet the needs of these children.

**MAKE A CONNECTION AND SHARE A PERSONAL STORY**            As a parent of a child with FASD, I have struggled with the lack of understanding of the disability within our school system, as well as had trouble accessing case management and other county services that would benefit my (son/daughter).

I am certain that by adopting the federal definition of developmental disabilities, and ensuring that a variety of state departments participate in identifying solutions, we can create a comprehensive system of care for children with FASD.

**RESTATE YOUR REQUEST**            Please vote for Bill \_\_\_\_\_ to adopt the federal definition of developmental disabilities in Massachusetts. Policymakers have an opportunity to improve the quality of life for many Massachusetts residents impacted by FASD and desperately in need of services.

**THANK THE LEGISLATOR FOR HIS/HER TIME.**            Thank you for your time and consideration and for your support of families and children with FASD!

**SIGN OFF**                    Sincerely,  
(Your Name)

**For more information, please find us at [www.massfas.org](http://www.massfas.org)**

**Sample Letter courtesy of [www.nofas.org](http://www.nofas.org)**