


Call Your House Representative: Instructions

1. Calling the Hill Switchboard

- Call the Capitol Switchboard:
 Dial (202) 224-3121
- Ask to be connected to your representative:
“Hi, I’d like to be connected to Representative [LAST NAME]’s office, please.”

If you're not sure who your Representative is, visit [this page](#) to find out.

2. Call-In Script Template

Hello, my name is [Insert Name] and I’m a constituent from [Insert your town].

I’m calling to urge Representative [Last Name] to protect and increase funding for Head Start in Fiscal Year 2026. Head Start is a lifeline for thousands of children right here in our community. It provides them with a strong start through safe, nurturing early learning environments, nutritious meals, and access to healthcare and family support. Without it, many parents would be forced to choose between their job and their child’s care — a choice no one should have to make.

I’m asking Representative [Last Name] to support additional funding to help programs manage rising costs and inflation as programs are struggling to recruit and retain staff to serve children. Even a modest increase could make a meaningful difference.

Thank you for your consideration!