

# MomsRising | MamásConPoder

# STORYTELLING WORKSHEET

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## STORY NARRATIVE

### The hero of my story

Hint: It's probably you, a hardworking parent taking care of their family. Who are you? Who is your community? What intersecting identities are a critical part of who you are?

### The context of my story

Where and when is this story happening? What places, people, and experiences shape this story?

### The challenges in my story

What barriers or obstacles did you face? Are there villains in this story? Who/what are they?

### The outcomes of my story

What happened as a result of these challenges? How was your life, job, health, or family impacted? How could it have looked differently? What would that have meant for your family?

### The call to action of my story

What would you like to change based on your story and the experiences of others? Is there a particular bill that you'd like legislators to support?



## STORY EXAMPLES

### Story Example 1: 45 Seconds

Last year, I found out I was pregnant with my first child. It was the best news. One of the first things I did was call child care providers nearby and put my name on the waitlist. My daughter was born 8 months ago, and I am still waiting to find a spot. While we wait, I've had to pull a mom McGuyver, cobbling together care from family, friends, and part-time care. This isn't working for anyone -- not me, my employer, or my family. Our system is broken and families like mine are suffering. Families need affordable and accessible child care now.

### Story Example 2: 75 Seconds

Since the start of the pandemic, we've faced crisis after crisis. We've lost income and can't afford basic necessities like rent and electricity -- and I'm constantly worrying about putting food on the table. Our plans have also been put on hold. I'm not talking about missed vacations or family get-togethers. I've been working to earn my high school diploma, and I've had to put that on pause to care for my kids as they learn remotely. I know that earning my degree will one day provide more opportunities and economic security for my family but I've been forced to delay those dreams to focus on caring for my children. I know there are parents like me across the state who are facing the same hard choices. It doesn't have to be this way. State legislators must make a change. They can come together this session to invest in child care and provide direct cash assistance to families in need with a Working Families Tax Credit. Direct cash assistance would be a godsend for my family right now. As legislators work in Olympia this session, I'm calling on them to keep the needs of families like mine at the center.

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### Story Example 3: 70 seconds

Our family's very stable and reliable income was decimated by COVID-19. First, my husband was put on half-time and I was given a 20% pay cut. The HEROES Act and unemployment initially saved us and we were able to continue to make rent and buy food and other necessities and pay all our bills without any additional assistance. Then, last week my husband lost his job and I am still on a pay cut. We will have to rely on unemployment and just my much smaller paycheck as he looks for a new job during a pandemic – not an ideal time for job hunting. We lost our insurance and with it our ability to see the doctors and dentists we know and love. This is terrifying for us, and though we have responsibly saved an emergency fund, without sufficient unemployment we will burn quickly through our savings and eventually not be able to make ends meet. PLEASE help us, and other families like us, stay on our feet and get through this terrible time so that we can get back to work.

## BUILDING YOUR STORY

### You Are A:

PARENT GRANDPARENT FOSTER PARENT CHILD CARE PROFESSIONAL TEACHER  
DREAMER STUDENT IMMIGRANT

*Our Family, my husband, I*

### Your Context Is:

TIME LOCATION COMMUNITY EVENTS

*COVID-19, last week, HEROES Act*

### You Have Been Challenged By:

COVID CHILD CARE REMOTE SCHOOL HOUSING OR RENT JOB LOSS OR UNEMPLOYMENT  
MAKING ENDS MEET BIRTH OR ADOPTION HEALTH STRESS

*Income decimated, put on half-time, cut in pay, job loss, unemployment, job hunting, lost insurance, loss of trusted and loved medical providers*

### Your Outcomes Are:

MY LIFE IS MY KIDS ARE MY JOB IS MY HEALTH IS MY FAMILY IS I'M WORRIED

*Initially able to make rent, buy food, and pay bills without assistance, terrifying, responsibly saved emergency fund, will burn through savings and eventually might not be able to make ends meet*

### Your Call to Action Is:

MY FAMILY NEEDS MY COMMUNITY NEEDS OUR LEADERS MUST I'M CALLING ON LEGISLATORS TO  
FAIR START FOR KIDS WORKING FAMILIES TAX CREDIT PAID FAMILY & MEDICAL LEAVE  
CAPITAL GAINS TAX ON THE WEALTHIEST WASHINGTONIANS

*PLEASE help us, and other families like us, stay on our feet and get through this terrible time so that we can get back to work*

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### BUILDING MY STORY

**I AM A:** Identities

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**MY CONTEXT IS:** Where and when, places, peoples, experiences

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**I HAVE BEEN CHALLENGED BY:** Challenges, barriers, obstacles, villains

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**MY OUTCOMES ARE:** Results, impacts, meaning

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**MY CALL TO ACTION IS:** Changes, policies, legislation/bills

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### MY STORY