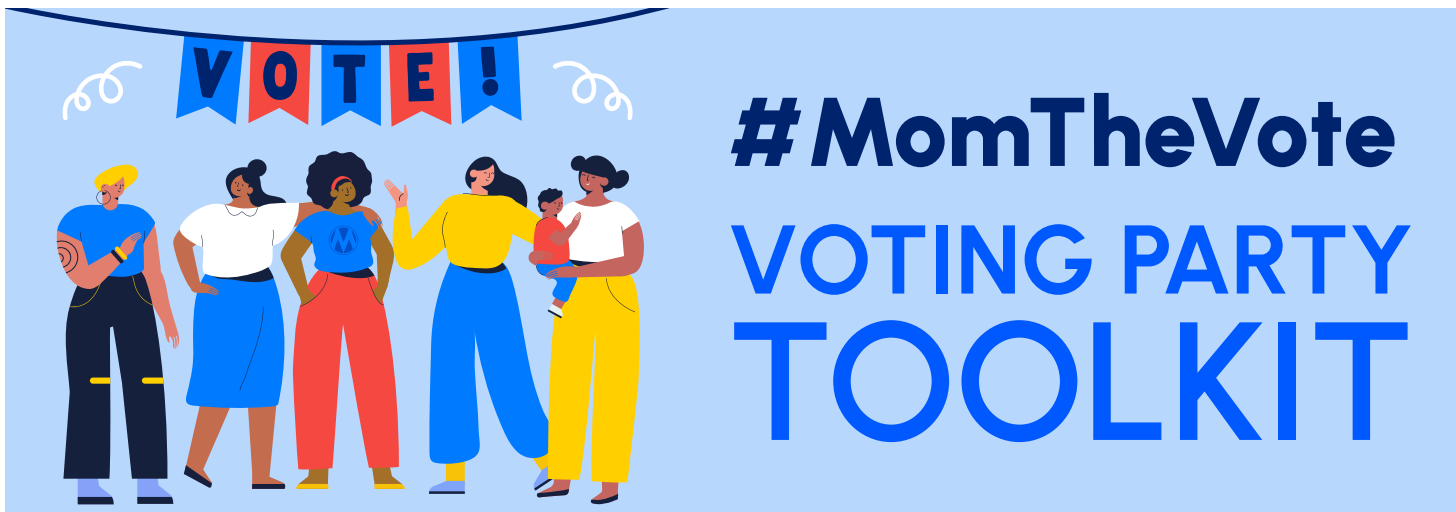




This is our moment, Mom the Vote Team! Across the country, thousands of moms, dads, parents, and people are coming together to inspire millions of moms to register, vote, and make their voices heard — building a stronger, more representative democracy along the way. This is what we were made for. Thank you for signing up, and Let's Go!

Your mission, should you choose to accept it:

Gather some friends and host a Mom the Vote activity — or two, or three!

Your gathering can focus on writing postcards, making sure everyone is registered and has a plan to vote, engaging your networks using our Empower app to do the action of the week, discussing what is on your ballots together so you're all ready to vote, and more. Most importantly, rally your friends, family, and neighbors to come together in community, celebrate voting, and make our voices heard at the ballot box.

And yes — you can host more than one gathering! We have plenty of ideas to keep each gathering fresh and fun. Find everything you need below.

Mission accepted? Let's do this!

LET'S GET STARTED

Tips, tools, and ideas to make your gathering a success

When to host a gathering

Anytime between now and Election Day: Tuesday, November 3, 2026.

- **Earlier is powerful.** Right now is a critical time for people to check their voter registration status — and in some states, voters can already start voting early! If you're using MomsRising postcards, remember that those need to be in the mail by October 21st.
- **Later is powerful, too!** As we get closer to Election Day, you can review what's on your ballots together so you're all ready to vote, help everyone make a plan to vote, and take other actions to make sure your friends and family are ready to cast their ballots.

Find more tips
and links on our
website here ↓



LET'S MOM THE VOTE

Great Ideas for Super-Powered Meet Ups!

Choose one or more ideas below, and note the suggested dates for each.

Get Ready to Vote.

Check the deadlines for registering, for requesting a mail-in ballot, and for voting early for your state using vote411.org/momsrising. Then ask everyone to share this voting information with five moms in their network. Let's help make sure no one misses an important voting deadline – and votes early if possible!

Scan for
Vote411



Check Your Voter Registration.

Big life changes — like changing your name, moving to a new city or state, or turning 18 — can affect your voter registration. With everything families juggle, it's easy to overlook an update, which makes this a perfect voting-party activity. Ask guests to check their voter registration status, then reach out to three (or more!) moms they know and encourage them to check theirs, too. Here's the link to check your voter registration again.

Activate Your Network with Empower.

Studies show that friend-to-friend outreach is among the most powerful ways to inspire people to vote. That's why we've made it SUPER easy to reach out using a new tool called Empower. Invite guests to download the App and get started during your gathering. We'll send easy actions to take each week to help inspire people to vote. Sign up for more information here: <https://action.momsrising.org/signup/empower-signup-2026/>

Scan to sign
up with
Empower



Make Your Plan to Vote (and Vote Early if you can!).

Making a plan — whether requesting a mail-in ballot, finding your voting place, or voting early — can make a big difference in following through. Invite guests to use the vote411.org/momsrising website to explore their voting options and lock in their plan. Then, encourage everyone to reach out to three (or more!) friends and ask them to make their voting plans, too! With early voting already open in many states, we strongly encourage you to vote early to ensure nothing gets in the way of casting your ballot!

BONUS: [Download and share our "I'm voting early!" graphic here](#) to help inspire others to vote early too.

Plan Your Ballots.

Research what's on the ballot this year, including local races, together so everyone is ready for voting day. Discuss issues and candidates that matter to your group, and – if you choose – you can also discuss who you're voting for to make voting easier. An informed voter is powerful. Explore what's on your ballot here:

<https://www.vote411.org/ballot>

Host a Postcard Party.

Suggested dates: Sept 24-Oct 21

While supplies last! Our most popular election-season activity is back! Invite guests to write postcards to other mom voters, reminding them that their voices matter — and encouraging them to vote this year. Note: Postcards must have been requested through the MomsRising website, and must be completed and mailed by October 21st.

Party to the Polls.

Select your own personal voting theme song (RESPECT is a popular choice!). Decide on your voting outfit. Maybe even select your favorite voting to-go snack. Then pick a place to gather with one, two, or more friends to meet up so you can walk to go vote together. Voting is fun, easy, and memorable with friends.

BONUS: Bring kids to help them be future voters and take turns watching them while you vote.

Vote With Kids.

Be a voter, raise a voter! Plan some fun voting activities for kids and get them excited about the power of making their voices heard. Find fun ideas – including poster making, coloring sheets, and more – on our website [here](#).

Scan for
fun ideas



Share Your Why

Inspire others to vote by uploading a photo to get your custom #MomTheVote frame or recording a short video answering "Why are you voting this year?" using our Soapboxx tool. Then, share your photo or video online (and with friends and family) to remind and inspire your community to vote! Be sure to use the hashtag #MomTheVote so we can amplify the energy from your gathering across our national network of 3.5+ million parents and caregivers.

Scan to
share a
video of
your why



Find more tips
and links on our
website here ↓



Tips for Organizing a Great Event (from MomsRising supervolunteers)

Choose a location that makes your gathering fun, easy, and accessible. Here are some ideas that have worked for MomsRising volunteers:

Backyard Gathering: Set up a few tables, invite guests to bring a dish, and add some fun activities. This works for small groups or bigger crowds!

Kitchen Table Chat: Invite friends over for coffee, a sweet treat, and postcards or voting planning.

Library Gathering: Libraries often have space you can reserve for free, making them a great place to gather — and potentially invite others to join in while you're there!

Coffee Shop Gathering: Grab a few tables at a local coffee shop — or ask if they have a small room you can use — and invite friends to join you there.

Park or Play Group: Meet at a playground, park, or other public space where kids can play while grown-ups take action! Remind guests to bring a book, clipboard, or something else they can use as a writing surface for postcards.

Place of Worship Gathering: Places of worship may offer free or low-cost meeting space, with larger rooms and audio-visual equipment available.

Pop-Up: Find a spot with plenty of foot traffic and pop up a small table with postcards and activities. Parks, farmers markets, community events, and other gathering spots can be great locations.

Sample invite language.

Join me to turn out the Mom Vote! I'm gathering friends and neighbors to [ACTIVITY] at [LOCATION] on [DATE] and help get people the information they need to vote in this election. This is an important moment to make sure moms' and parents' voices are heard loud and clear at the ballot box. Can you join us? RSVP here.

Amplify your impact.

Two simple steps can multiply the impact of your gathering:

- 1. Expand The Voting Movement** - Invite participants to download the Empower app so they can reach out to their own friends and networks. (See section above for tips on Empower.)
- 2. Post Your Pictures on Social Media To Inspire People to Vote!** - Share photos and updates with the MomsRising team by using the hashtag #MomtheVote on social media, or sharing your photos here, so we can amplify the energy from your gathering across our national network of 3.5+ million parents and caregivers.

Share your photos



Safety Tips for Voting or Organizing a Meet-up

Prioritize safety: Your safety — and the safety of everyone in your group — is a top priority. If you or anyone participating feels unsafe at any point during a public action, stop, check in with one another, and move to a location where everyone feels safe.

Know your space: If you're gathering in a public space, check ahead of time for any permits, permissions, or rules that may apply. When you arrive, identify entrances, exits, and a nearby location where your group can move if needed.

Have a de-escalation plan: Before your event, remind participants not to engage in arguments with passersby or others who may disagree with your message. If someone becomes confrontational or aggressive, stay calm, create space, and avoid escalating the interaction. Designate an event leader who can step in when needed, and know how to contact venue staff, security, or other appropriate support.

Need support?

Join the Mom the Vote Coaching Calls: Tuesday 7pm or Friday 12pm!

Are you planning to host a Mom the Vote Meetup, but aren't quite sure where to start? We're here to help! Calls are for anyone who wants a little extra guidance or support, or just to check in and share ideas!

Join us if you:

- » Need help choosing a location, setting a date, or writing invitations.
- » Have questions about event logistics, social media sharing, or post-event updates.
- » Are eager to hear ideas and best practices from fellow hosts!

SIGN UP HERE

