



Land for Maine's Future - Legislator Outreach Toolkit

The Land for Maine's Future (LMF) is Maine's most successful and popular land conservation program. The program has helped fund more than 300 projects, which conserve Maine lands that have exceptional natural or recreational value or support Maine's heritage industries of farming, fishing, and forestry.

Maine lawmakers have the opportunity to pass legislation to provide the LMF program so that more land can be conserved and protected. Pediatricians have a unique, influential voice on this issue - Use this toolkit to take action and urge your lawmakers to support the LMF program.

Email and call your State Representative and State Senator*

1. Find the email and phone number of your State **Representative** [HERE](#) (*Find your Rep, click "view profile" and find their phone number*)
2. Find the email and phone number of your State **Senator** [HERE](#) (*Find your Senator, click their name and find their phone number*)
3. Use the messaging points below, or customize the sample message at the bottom of this document. Make it personal - try to include how this would impact YOUR patients, community and family. You can find a map of projects funded by LMF [HERE](#).

***Not sure who represents you?**

Find out [HERE](#)

(put in your address, click the 'Elected Officials' tab and look under the 'Maine Senate' and 'Maine House of Representative' headers)

LMF Talking Points for Pediatricians:

- Conserving land reduces barriers and improves access to outdoor recreational spaces for children of different backgrounds and means.
- Spending time outdoors offers physical, mental and emotional health benefits for children and families.
- Spending time in nature can help decrease stress and can help children to develop healthier coping strategies and build resilience.

Questions? Email Madeleine at madeleine.desfosses@maineaap.org

- Children who spend time in nature tend to perform better on standardized tests, demonstrate more enthusiasm toward school and have fewer attendance problems.
- Conserving land is one of the most effective tools we have at fighting climate change, which poses a huge threat to the health of all Mainers, especially children.

Sample Email/Phone Message:

Dear Senator/Representative ____,

My name is Dr. ____, and I am a {Name of Town} resident. I am writing to ask you to support the Land for Maine's Future program, including LD 362, An Act to Authorize a General Fund Bond Issue to Replenish the Land for Maine's Future Program and LD 593, An Act to Extend Funding for the Land for Maine's Future Program.

As a pediatrician, I discuss the benefits of outdoor activity and spending time in nature with patients and families frequently. Outdoor activity and play can help children maintain a healthy weight, offer a break from screens and devices, lower stress and anxiety, promote curiosity and creativity, and can even improve focus and learning outcomes. Expanding access to outdoor recreational spaces is crucial for ensuring more children and families can garner the physical, mental and emotional health benefits associated with spending time outdoors.

{Space to include an anecdote or experience you or a patient had accessing outdoor spaces, maybe a hobby you and your family love to do outdoors, or any other personal element that illustrates the importance of LMF}

By supporting funding opportunities for the Land for Maine's Future program, you can ensure more children and families have access to nature and outdoor recreation. One of the best things about living in Maine is that nature surrounds us - but we must ensure that natural spaces are conserved and protected, and made available for all to enjoy for generations to come.

Please vote to support LD 362 and LD 593, and ensure the Land for Maine's Future program receives the funding it needs.

Thank you.

NAME

ADDRESS (OPTIONAL)

TOWN

Questions? Email Madeleine at madeleine.desfosses@maineaap.org