



Four Policies that Help Mothers Thrive

Mothers deserve the best. From responsive prenatal and post-natal care and time with their children, to access to affordable child care options and resources to help their little ones thrive – here are four policies you can advocate for to help mothers thrive.



Paid Leave

Paid time off for birthing mothers, foster and adoptive parents, and even new caregivers and guardians to bond with their child is essential. Welcoming a new child into a family is a stressful time, and major transitions like these are hard for anyone to adjust to even without the additional pressure that working adds on parents. Paid leave provides many benefits and offers time for parents to focus solely on adjusting to their changing lifestyles and give their children undivided attention. ([American Psychological Association](#))

Child Tax Credit

At the federal level, the Child Tax Credit generally allows parents to claim a set amount of money per child under the age of 18 (dependent upon factors like household income, number of children, etc.) to help with child-related expenses. In the past, Ohio's proposed Child Tax Credit made parents eligible for a \$1,000 refundable credit for children under 7 ([Kiplinger](#)). In today's economy, any additional money for moms and their families is helpful to cover familial needs like groceries, diapers, child care and more!



[Check out one possible path to paid leave in the United States here!](#)



[Read about how the 2021 Child Tax Credit expansion reduced child poverty rates](#)

Access to Affordable Child Care

On average, child care in Ohio costs over \$17,000 a year ([Economic Policy Institute](#)). If a single mother of two children makes more than \$39,000 (or below 146% of the federal poverty level) a year, however, they do not qualify for any help paying for child care in Ohio. That means almost half of a mother's annual salary could be going towards child care and they would have no assistance paying for it. This keeps many parents out of the workforce and reduces their ability to support their children and build their careers. Advocating for child care assistance as part of employer benefits packages for working moms, as well as increased federal and local investment in child care solutions can help.

Maternal Health Protections

Infant and maternal vitality needs to be a priority, especially among Black mothers and their babies. Among high-income countries, the United States has the highest maternal mortality rate, and of these mostly preventable deaths, the women impacted are disproportionately Black women ([The Commonwealth Fund](#)). Advocates support ensuring broader access to care, targeting infant mortality hotspots, investing in home visiting services, and improving and expanding Medicaid services to reach more families. As a country, we need to put more effort and funding into birthing parents through research, evidence-based programming, and listening to what mothers, and particularly Black mothers, have to say.



[Explore Groundwork Ohio's recent poll data on how access to child care impacts families](#)



[See what CelebrateOne Columbus is doing for maternal and infant health in Ohio](#)

Want to learn more about Action for Children's advocacy efforts? Visit actionforchildren.org/advocacy!

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614.224.0222

actionforchildren.org

78 Jefferson Ave, Columbus OH, 43215