

About Vote Mama

We envision a society in which mothers can lead at every level—without choosing between their children and their livelihoods—and a country that sets the global standard for family-friendly policies.

Vote Mama Foundation makes it easier for everyday parents to run and serve by identifying the barriers that keep moms out of office, advancing nonpartisan reforms, and tracking parents' representation in government and the policies they champion once elected.



Key Findings

Among the 7,386 state legislators in the United States, 614 are moms with children under 18; 228 additional moms of minors have been elected since our 2022 report. According to the 2024 American Community Survey 5-year estimates, adult women living with related children under 18 account for 18.2% of the adult population. As of February 2026, we found that only 8.3% of all state legislators are women with minor children. To achieve proportional representation, America needs to elect 630 more moms with minor children to state legislatures.

As of February 2026:

8.3%
of all state legislators are
moms of minors

59%
increase in representation of
moms of minors from 2022

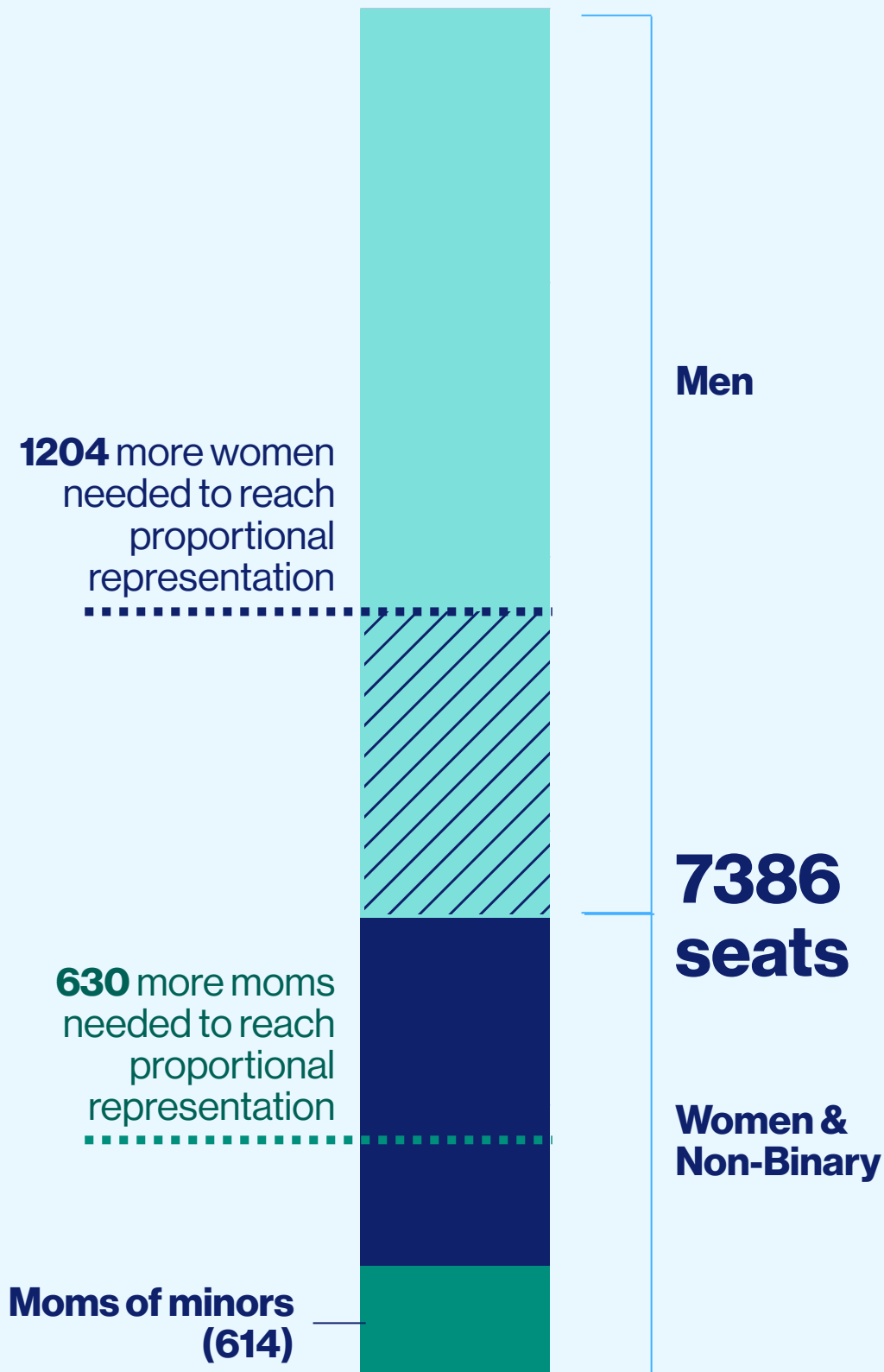
630
more moms with kids under 18
are needed to achieve
proportional representation in
state legislatures

2.8%
of all state legislators are women
of color with children under 18

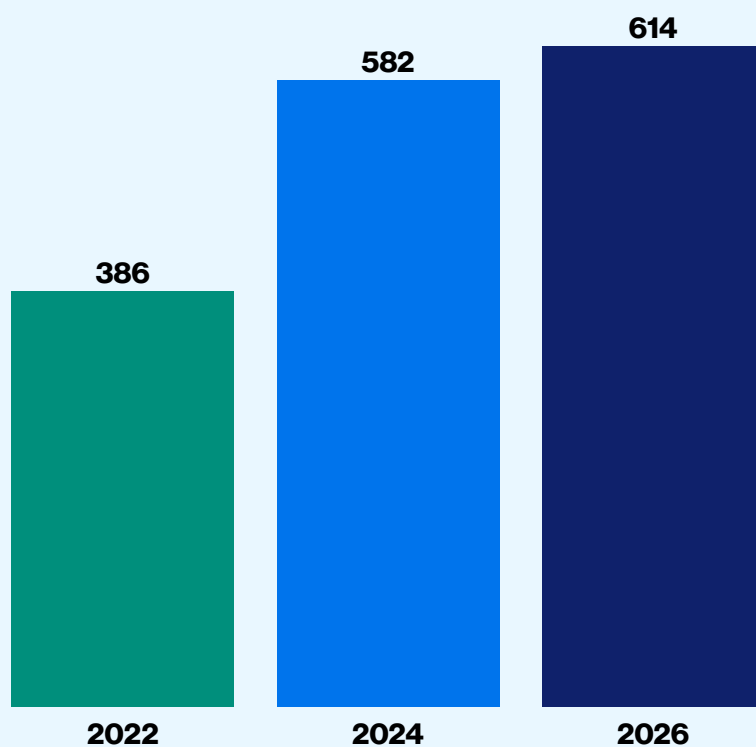
8.3%
of moms of minors
identify as LGBTQ+



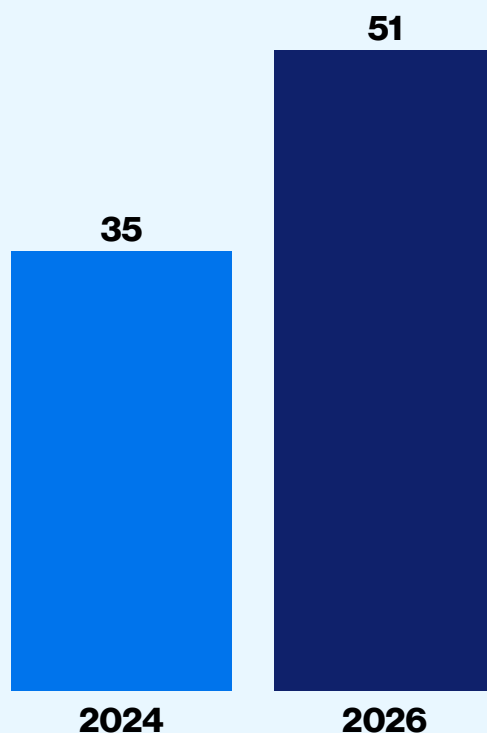
More women and mothers need to be elected to reach proportional representation



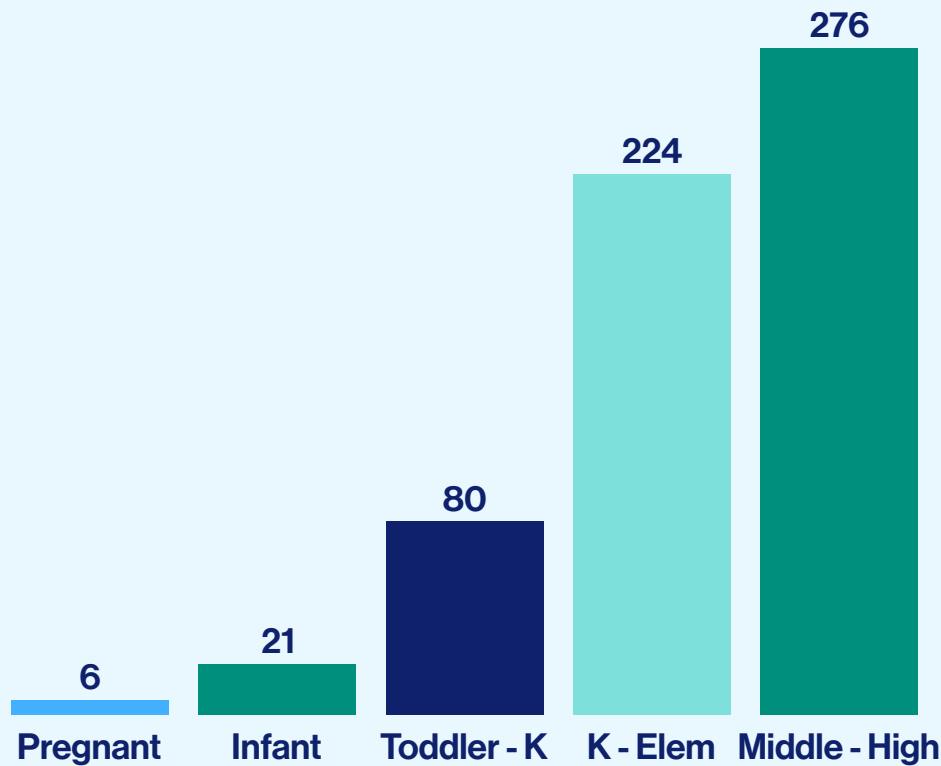
Representation of moms of minors has increased 59.1% since 2022



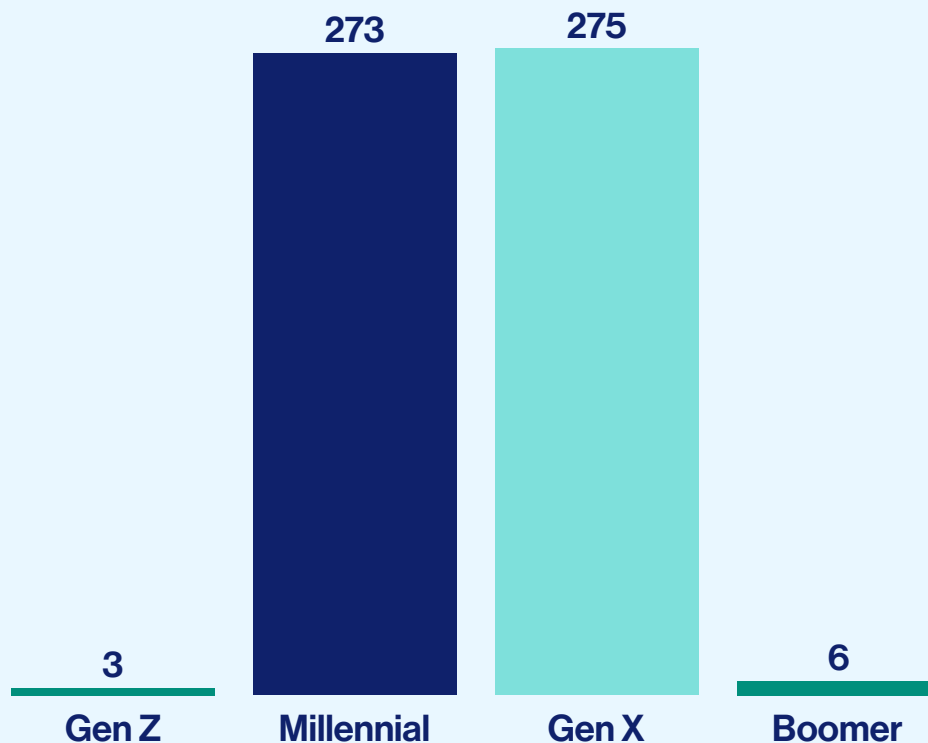
Representation of LGBTQ+ moms of minors has increased 45.7% since 2024



Moms' representation increases as their youngest child grows older

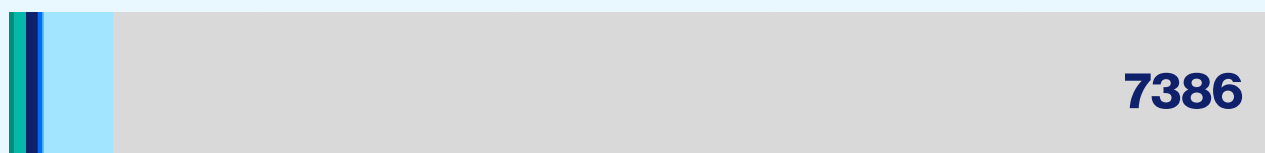


Millennials are almost equal with Gen X as the largest age group with minor children



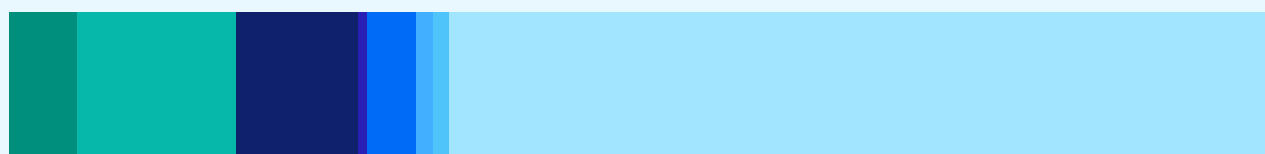
*Data does not include 57 legislators with unknown ages.

Race and ethnicity of moms of minors as % of all legislators



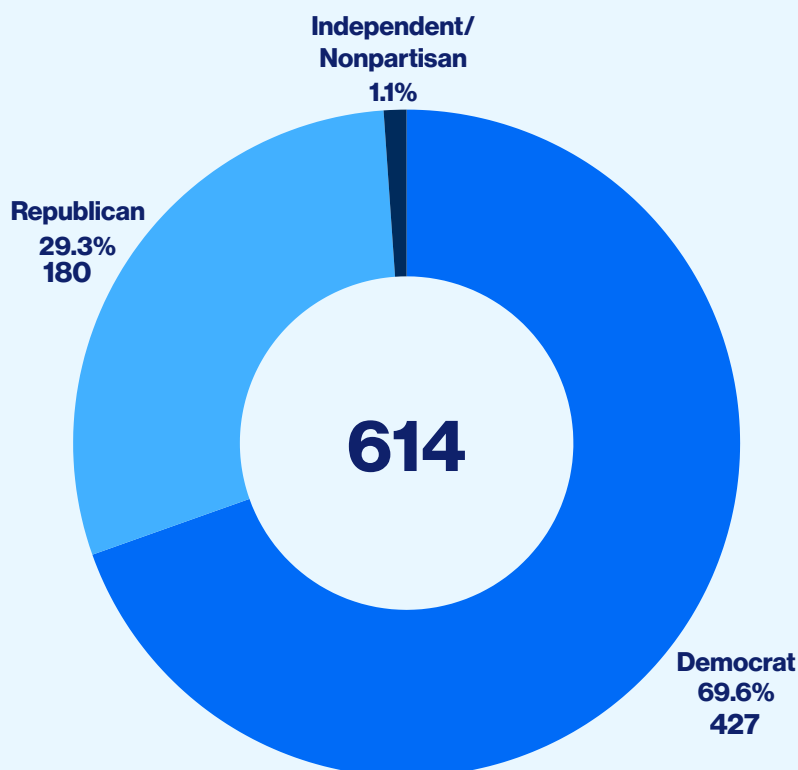
● **AAPI:** 33 (0.4%) ● **Latina:** 59 (0.8%) ● **Multiracial:** 25 (0.3%) ● **Unavailable:** 8 (0.1%)
 ● **Black:** 77 (1%) ● **MENA:** 4 (0.1%) ● **Native:** 8 (0.1%) ● **White:** 400 (5.4%)

Race and ethnicity of moms of minors

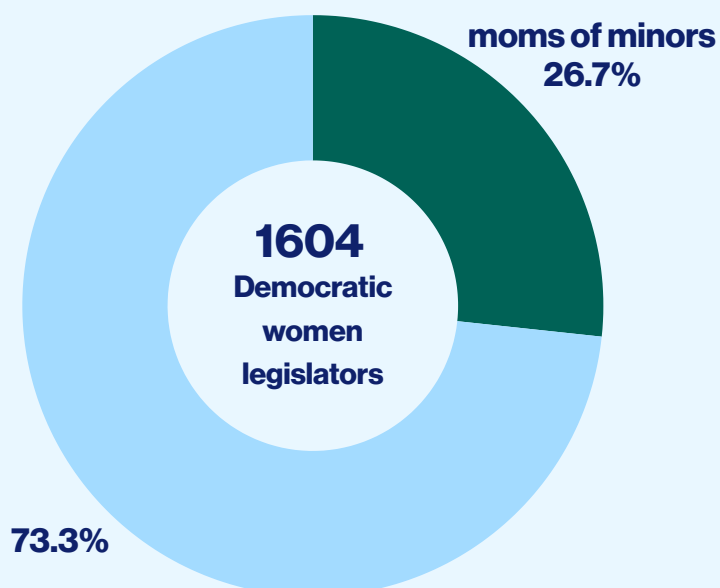


● **AAPI:** 33 (5.4%) ● **Latina:** 59 (9.6%) ● **Multiracial:** 25 (4%) ● **Unavailable:** 8 (1.3%)
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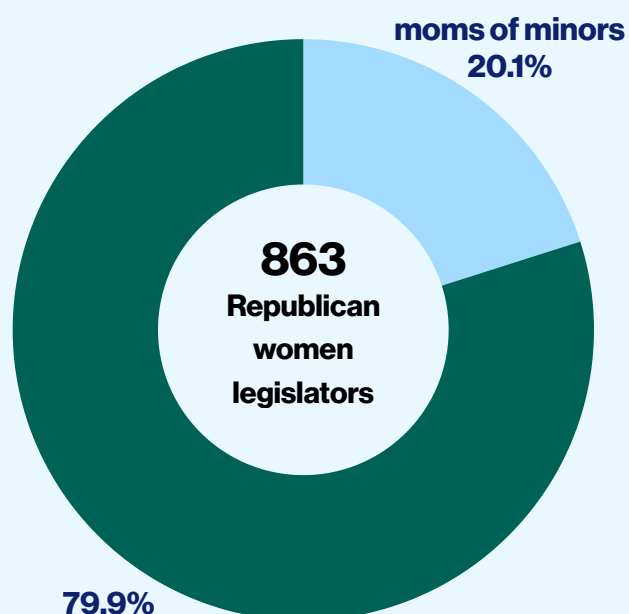
Political affiliation of all moms of minors



1 in 4 Democratic women is a mom with minor kids



1 in 5 Republican women is a mom with minor kids



Within each party, moms of minors make up a similar percentage of women legislators

Recommendations

- Pay legislators a livable wage and make state legislatures full-time
- Normalize federal candidates taking a salary while they campaign
- Bring legislator benefits in line with other jobs
- Make government infrastructure family-friendly
- Provide remote or proxy voting options for legislators
- Change the narrative around legislators' families living wherever makes the most sense for them
- Expand Campaign Funds for Childcare (CFCC) to cover official duties and all dependents
- Allow more candidates and officeholders to use Campaign Funds for Security (CFS)
- Prohibit the sharing of legislators' home addresses to the general public

