


Anita (Lift+Love's Trans Mama Specialist) asked members of the Trans/NB Mamas Support Group what advice they would give their past selves at the beginning of their LGBTQ family journey.

Here are some of their answers...

“It's
okay
to
cry”

LIFT + LOVE



"There is a big
difference between
loving your child
and your child
feeling loved by you"

L↑FT + L♡VE

"I wish I
had leaned
into my
'Heavenly
Team'
sooner"

LIFT + LOVE

The background features several vertical stripes: a solid black stripe on the far left, a purple stripe with white polka dots, a light blue stripe, and an orange stripe with white polka dots. A large, rounded purple rectangle is positioned on the right side, containing the main text.

"God will
tutor you"

L↑FT + L♡VE

"Forgive
your past
self who
didn't
know any
better"

LIFT + LOVE



"The Savior
is MY
advocate"

LIFT + LOVE

"Through
our love and
the love of
others, our
kids will be
okay"

LIFT + LOVE