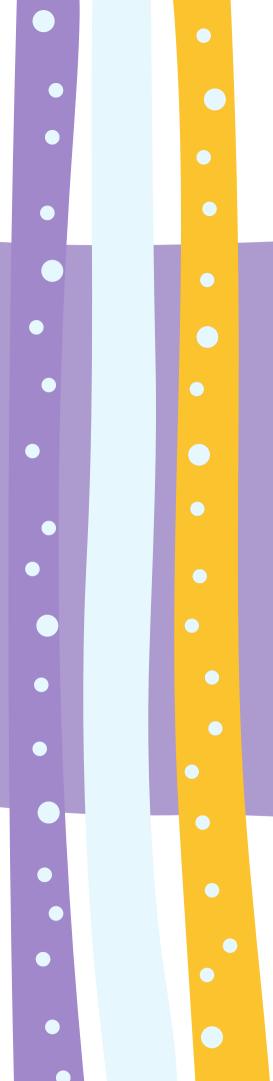
Anita (Lift+Love's Trans Mama Specialist) asked members of the Trans/NB Mamas Support Group what advice they would give their past selves at the beginning of their LGBTQ family journey.

Here are some of their answers...



## "It's okay to cry"

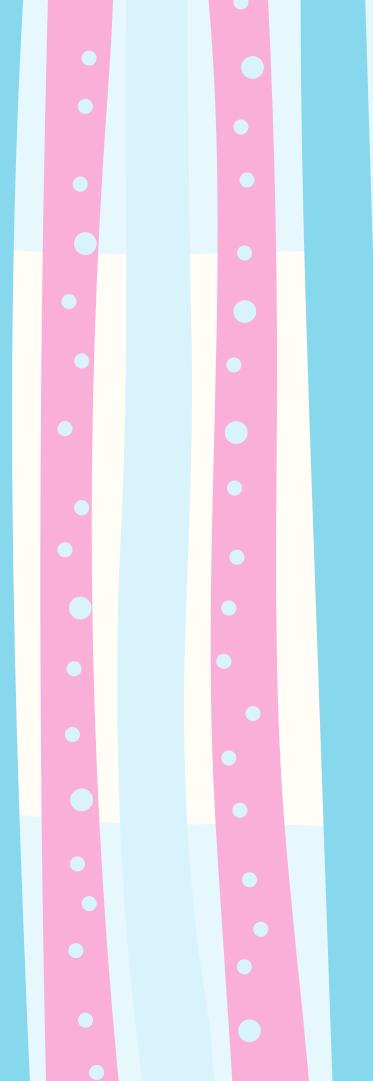


"There is a big difference between loving your child and your child feeling loved by you"

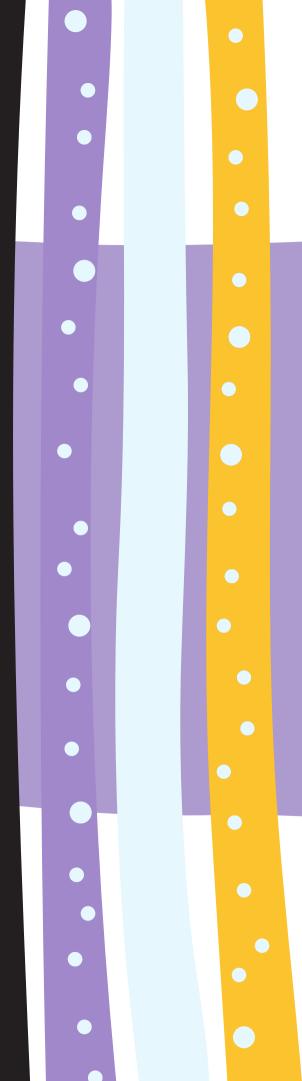


"I wish I had leaned into my 'Heavenly Team' sooner"

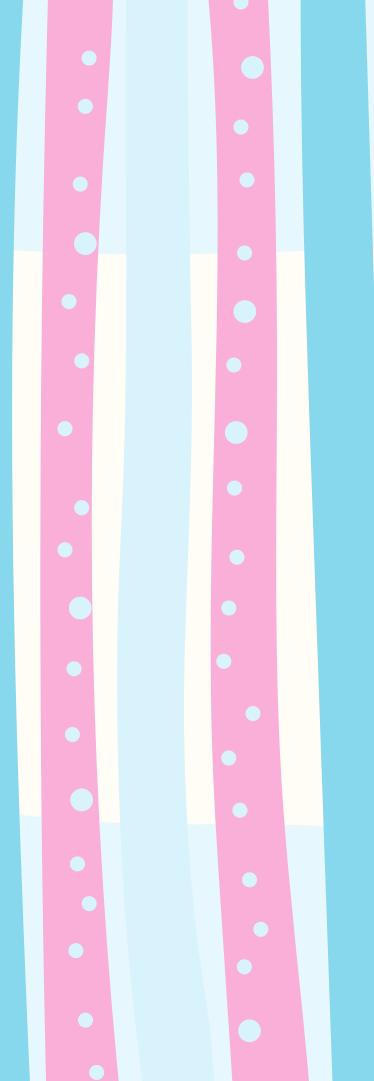




"Forgive your past self who didn't know any better"



## "The Savior is MY advocate"



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