

LEANING INTO LOVE

A SAFE PLACE TO LAND

A STRONG PLACE TO LAUNCH

LIL Tip ✨

Hi lovely! This week's LIL Tip shares a strategy we use for doctor's appointments: we prepare for them like we would for road trips. This comes in extra handy for long wait times.



Things we bring:

- snacks
- a water bottle
- fun activity bag or book (Paint by Sticker is a family favorite)
- tablet and headphones for privacy when you need to have a conversation with the doctor and don't want your kid to hear

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