

LEANING INTO LOVE

A SAFE PLACE TO LAND

A STRONG PLACE TO LAUNCH

LIL Tip ✨

Hi lovely! This week's LIL Tip is all about building community, which is important for ALL of us. Sometimes it's even more important for our kids who don't get a lot of playdate invites, and it doesn't have to be hard or perfectly planned.



Three things to try:

- Start small
 - Maybe just invite one or two families over.
- Lower the bar
 - Order pizza and put out some fruit. It doesn't need to be fancy.
- Let it be
 - Outbursts happen for all kids, not just the neurodiverse. It's OK!

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