

DR. CATRICIA

PEDIATRICIAN

Bilingual
Fellowship -trained
Parent Coach

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Dr. Catricia Tilford

ABOUT

Dr. Catricia is a successful board-certified pediatrician, fellowship trained in pediatric urgent care medicine, parent coach, speaker and blogger.

She has been practicing medicine for over 10 years. She is bilingual in English and Spanish. Her professional passions include public health disparities, early childhood development, newborn care, pediatric asthma and maternal mental health.

As a parent coach, she empowers single moms of faith, with small children, to take back control of their life and calm the chaos, so they can cultivate their dreams and walk in confidence.

**"Mama, you deserve to fall in love with yourself again!
You deserve to THRIVE!"**

- Dr Catricia



DR. MOM
Sage Advice

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