



Hannah Meadows

RESOURCES AND SELF-CARE FOR ADOPTIVE PARENTS

I'm an adoptive parent from the south of England. My blog hannahmeadows.com is about adoptive parenting and the extra challenges this presents, and is rated **number one UK adoption blog on Feedspot**. I share resources to help others navigate some of the challenges, and encourage adoptive parents to look after themselves through good self-care practices. I host a linky for parents affected by child-to-parent violence (CPV) and am active on social media. Aside from my blog I work as a freelance writer and copy-editor for publishers and charities.

STATISTICS AND DEMOGRAPHICS

The average reader is a woman in her 40s who is the adoptive parent of at least one child under ten. 87% of readers are female, 48% are aged 35–44, 75% in the UK.

Average monthly page views: 6,000
Average monthly unique visitors: 2,000
Email subscribers: 500
Monthly Pinterest reach (/hlmeadows): 7,000

Twitter (@hlmeadows): 1,500
Facebook page (/hannah.louise.meadows): 600
Facebook group (/groups/adoptiveparentselfcareclub): 100
Instagram (hannah.meadows): 300

EXPOSURE

My site is one of **Tots100's** '10 amazing adoption blogs to follow'. My blog posts have been shared by **CBeebies** on their Facebook page, where a link to my site has been shared more than 120 times, and by **MumsNet**, who made mine their 'blog of the day'.

PREVIOUS BRAND WORK

Brands I've worked with include The Cornerstone Partnership, Plyt, and Sensory Direct.



WHAT I OFFER

- Sponsored posts
- Social media promotion
- More ideas? Please ask.
- Reviews
- Guest posts on your site
- Competitions
- Sidebar ads

CONTACT ME

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