



# HANNAH MEADOWS

RESOURCES AND SELF-CARE  
FOR ADOPTIVE PARENTS

## ABOUT

I'm an adoptive parent from the south of England. My blog [hannahmeadows.com](http://hannahmeadows.com) is about adoptive parenting and the extra challenges this presents. 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-on-parent violence (CPV) and am active on social media, especially Twitter. Aside from my blog I work in publishing as a freelance writer and copy-editor.

## SOCIAL MEDIA LINKS AND STATS

Email subscribers: 70 (launched Feb 2017)

Twitter ([@hlmeadows](https://twitter.com/hlmeadows)): 765

Facebook ([/hannah.louise.meadows](https://www.facebook.com/hannah.louise.meadows)): 85

Instagram ([hannah.meadows](https://www.instagram.com/hannah.meadows)): 45

Pinterest ([hlmeadows](https://www.pinterest.com/hlmeadows)): 10

(Figures updated March 2017.)

## BLOG STATS AND DEMOGRAPHICS

The average reader is a woman in her 40s who is the adoptive parent of at least one child under ten.

Average monthly page views: 3,020

Average monthly unique visitors: 2,074

Sex: 92% female, 8% male

Age: 36% in their 30s

42% in their 40s

22% in their 50s.

## EXPOSURE

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'.



## 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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