



# Hannah Meadows

## RESOURCES AND SELF-CARE FOR ADOPTIVE PARENTS

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: 400

Twitter (@hlmeadows): 1350

Facebook (/hannah.louise.meadows): 400

Instagram (hannah.meadows): 200

### 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: 5,000+

Average monthly unique visitors: 3,500+

Sex: 87% female, 13% male

Age: 17% 25-34 • 48% 35-44 • 22% 45-54

### 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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