



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-on-parent violence (CPV) and am active on social media, especially Twitter. Aside from my blog I work as a freelance writer and copy-editor.

SOCIAL MEDIA LINKS AND STATS

Email subscribers: 500

Twitter (@hlmeadows): 1500

Facebook (/hannah.louise.meadows): 600

Instagram (hannah.meadows): 300

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 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'.



WHAT I OFFER

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

CONTACT ME

hannah.louise.meadows@gmail.com