



# Guest Post Guidelines

## THE DETAILS

- By submitting your post, you agree that your post is completely original and has not posted anywhere else on the Internet. Additionally, you agree not to publish the post anywhere else {your own blog or as a guest post on other websites} in the future. You can certainly link back to it with up to five sentences. For instance, "Today I am over at ABQ Mom posting about XYZ." But the full content should remain exclusive to ABQ Mom.
- Kinda obvious, but we have to say it...content should be free from the following: profanity, sexual language, political endorsement of a party or candidate, political commentary, and derogatory or inflammatory language.
- Each post should be 400-1000 words.
- Include pictures if you'd like. We may be able to use them with your post. Pictures must be content that you own and that are free from copyright infringement.
- After your post is live, we would love for you to share it via Facebook, Twitter, Instagram, Pinterest, carrier pigeon, and everywhere else you can think of!
- By submitting your post, you also give ABQ Mom permission to reproduce, distribute, and edit any content published on abqmom.com. (However, we would never extensively edit your words without your consent.)
- Please submit your guest post by emailing a Google doc or Word doc. Posts should be in narrative form.
- Your submission of a guest post does not guarantee publication on the ABQ Mom platform.

## PLEASE NOTE

- We love small businesses, but a guest post is different than a sponsored post. We ask that our guest bloggers refrain from promoting businesses. If you do own your own business, brand, or blog, you may link back to them in your bio. But the post itself may not be promotional in nature. Rather it should be on a topic of interest to our readers.

## INCLUDE A BIO

- Please provide a bio (100 words or less) and a headshot or family photo when you submit your post. You may link to your business, personal blog, and/or social media channels in your bio.