



guest content guidelines

The Details

By submitting your content, you agree that it is completely original and has not been published anywhere else online or in print. Additionally, you agree not to publish the full content elsewhere in the future. You may share short excerpts (up to five sentences) and link back to the article or social media piece on ABQ Mom.

Content must be free of profanity, sexual language, political endorsements, political commentary, and derogatory or inflammatory language.

For Articles: Submissions should typically be 400–1,000 words. Please include photos if you'd like. Photos must be your own, free of copyright issues. If professional photos are included, the photographer will need to sign a release before we can publish them.

For Social Media Content: Content should be timely, locally relevant, and visually engaging. Video or photo submissions must be original, and we may edit them to fit ABQ Mom's style and branding.

After your article or content is live, we'd love for you to share it on your social channels — Facebook, Instagram, TikTok, Pinterest, carrier pigeon, you name it!

By submitting content, you grant ABQ Mom permission to reproduce, distribute, and lightly edit it for clarity, formatting, or branding. We'll never make significant changes without your consent.

Please note that submission does not guarantee publication.

Please Note

We love small businesses, but regular contributions must not be promotional in nature. If you own a business, brand, or website, you may link to it in your bio.

If you're interested in publishing sponsored content to promote your business (an article or social media campaign created with your goals in mind), we'd be happy to share our Sponsored Content Packages with you. [[Click here to learn more.](#)]

Include a Bio

Please provide a short bio (100 words or less) and a headshot or family photo when you submit your content. You may link to your business, website, or social media channels in your bio.