



Mama Rissa Guest Blogger Agreement

This Guest Blogger Agreement (hereafter referred to as “Agreement”) is a contract between Mama Rissa (hereafter referred to as “Mama Rissa” or “MamaRissa.com”) and any individual or entity (hereafter referred to as “Guest Blogger” or “Author”) submitting a post for publishing on the Mama Rissa Website. Submission of a post to Mama Rissa with this Agreement binds Guest Blogger and Mama Rissa to all terms and conditions it contains.

The mission of Mama Rissa is to help mothers through the joys and hardships of motherhood by sharing personal experience and research. It is the belief of Mama Rissa that no mother should feel alone, even when she encounters the unexpected. Mama Rissa is a place for mothers to be known without judgement and to learn without pressure.

Mama Rissa welcomes submission of posts on a wide range of topics in motherhood including but not limited to pregnancy, birth, breastfeeding, miscarriage, child loss, new motherhood, postpartum, baby milestones, researched articles on infant and children’s health topics, struggles in motherhood, comedic takes on motherhood, personal stories in motherhood, birth stories, adoption, foster parenting, and child behavior. Of particular interest to Mama Rissa are posts written from a unique angle or with experiences, solutions or ideas that are hard to find elsewhere. These types of posts also often receive the most page views.

Please read over the current content on MamaRissa.com to get a feel for the style and type of articles that align with the Mama Rissa values. These values include integrity, honesty, transparency, kindness, honoring the value of every life and respecting differences in parenting choices.

Additionally, Guest Blogger agrees to comply with the following criteria when submitting a post to Mama Rissa:

- All posts submitted to Mama Rissa must be free from obscene or offensive language or images. Mama Rissa reserves the right to reject or edit any submitted posts with content that does not align with the values of the brand. Mama Rissa also reserves the right to edit or request a re-submission of posts containing grammatical or

spelling errors. Any edits made by Mama Rissa will be submitted back to the guest blogger for approval before publishing.

- All submissions must be original work which has not been published on any website (including the Author's) or social media platform. Posts that are accepted and published on MamaRissa.com may not be republished on any website (including the Author's) or social media platform.
- Guest Blogger should submit the Author's name with a link to the Author's website or, alternatively, a social media page to be published with the post. Guest Blogger may also submit a 2-3 sentence bio that may or may not be published with the Author's name and website/social link at Mama Rissa's discretion. However, once published, all submitted content will be owned by Mama Rissa.
- Once published, Guest Blogger is encouraged to promote the post via links and a brief description on social media provided the article itself is not republished. Mama Rissa will also promote the post via social media but does not guarantee any particular audience reach.
- Submissions should be in the 600-2,000-word-count range (posts should only be in the 2,000-word-count range as necessary and appropriate). Posts should also be Search Engine Optimized (SEO) for best organic traffic results. Please use key words and phrases in the title and naturally throughout the post. Mama Rissa may request revisions or make edits if SEO is not apparent in the submitted post. No shady SEO practices will be accepted.
- Guest posts may not contain any affiliate links. However, Mama Rissa reserves the right to use its own affiliate links where relevant. Guest posts may link to other relevant websites for informational purposes subject to review by Mama Rissa. Quoted and paraphrased material must be appropriately cited and must provide links to sources when applicable. Links provided by Guest Blogger which are deemed irrelevant, inappropriate, affiliate or spam by Mama Rissa will be removed.
- Images may be submitted with posts provided they follow copyright laws. Only images with a creative commons license or that are in the public domain will be accepted with the exception of personal photos from the Author. Please indicate the source of any photos submitted. Photos must align with the values of Mama Rissa

and may be used, modified or not used at the discretion of Mama Rissa. Additionally, Mama Rissa reserves the right to use its own photos within Guest Blogger's submitted post where appropriate.

- Mama Rissa will not pay or otherwise compensate Guest Blogger for published posts.
- By submitting a post to Mama Rissa, it is understood that Guest Blogger will not in any way represent himself/herself/itself as being a part or member of the Mama Rissa brand or website.
- If a submitted post is desirable to publish but needs improvements, Mama Rissa will work with Guest Blogger to make necessary improvements with the goal of ultimately publishing the post. However, Mama Rissa reserves the right at any time to discontinue efforts of improvement and publication of the post.
- Mama Rissa reserves the right to reject a submitted post or remove a published post without notice or explanation to Guest Blogger. Any submitted post which is rejected by Mama Rissa will remain under the ownership of Guest Blogger.
- Mama Rissa will do its best to respond to each submission but cannot guarantee a response. Mama Rissa will also strive to provide a timely response to each submission but cannot guarantee a specific timeline for a response.

Please fill out the section below and return this form with Guest Blogger's post submission via email to Marissa@MamaRissa.com. By submitting a post for review, Guest Blogger confirms that he/she/it has read, understood and agreed to the terms of this Agreement.

Author/Guest Blogger Name: _____

Author/Guest Blogger Signature: _____

Company, Website or Brand Affiliation (if applicable): _____