

A little bit about me

Mummy Tries is a parenting and lifestyle blog written by happily married, thirty-something, mum of three Reneé Davis. Her husband Andy, and children Polly (9), Clara (6) and Freddy (4) are her main sources of inspiration.

Reneé blogs about the non-sugar coated ups and downs of family life. Among other things, she is a home educator, mental health advocate and real food enthusiast. As the survivor of a dysfunctional childhood, she has undergone an incredible journey to ensure that her children have a better start to life than the one she had. Her memoir/self-help book *Become the Best You* has lots of practical advice to help others break cycles of negativity and dysfunction.

Big Achievements

In 2014, while on maternity leave with her third child, Reneé wrote her first book which was published in late November the same year.

During 2016 and 2017, amid the chaos of family life, Reneé wrote her second book. A fiction novel charting one woman's journey through motherhood and mental health. Reneé aims to have *Picking up the Pieces* published soon.

Reneé is thrilled that her blog and book have inspired others to lead a better life and become the best them. She is living proof that you can survive a crappy childhood and still be normal. Whatever that means!

Reneé Davis aka Mummy Tries

Motherhood. Without the Sugar Coating!

Topics you'll find on the blog

- Parenting under pressure, including a child with ASD
- Paleo Food (sugar free, GF/DF)
- Writing and becoming a writer
 - Mental Health, tips for overcoming depression, and staying sane in a world gone mad
 - Home Education

Meet Team Davis

Hubby Andy

- Heads up the marketing department for a FinTech firm in London
- loves to eat meat, lift weights and practise Brazilian jui-jitsu
- enjoys a good glass of red, a well made old fashioned and decent Netflix boxed set

Polly Mae, born July 2009

- adores watching Junior Bake Off, The Next Step & Worst Witch
- loves to read Roald Dahl, David Walliams and Harry Potter books
- enjoys board games, faves include Monopoly and Scrabble
- cannot wait to visit Thailand in FEB 2019
- practises jui-jitsu and kickboxing
- loves to dance and can almost do a cartwheel



Freddy, born Feb '14

- almost registered Freddy Valentine because of being born on Valentine's Day
- loves to play with anything his sisters are
- doesn't go anywhere unless he's dressed in at least two items of Paw Patrol clothing
- also loves Go Jettors, Octonauts, Minions and Lego

Clara Belle, born Feb '12

- loves creating masterpieces out of Lego and dawning intracte stencil pictures
- favourite treats are Yoyo's and home made chocolate
- has a very unique, but awesome style and chooses fantastically well coordinated outfts to wear each day

Stats and Sponsored Content

- PA: 48 / DA: 38
- approx 30k monthly visitors
 - 2k blog subscribers
 - 8.5k Twitter followers
- 10k Instagram followers (average 600 likes per photo)
 - 3.5k Facebook likers
 - 1.6k Pinterest followers
 - 1k YouTube subscribers

Services I offer, get in touch for a fees quote!

- original blog post (500-1000 words), featured on home page for at least 48 hours
 - promotion across all social media channels
 - original healthy recipe creation
 - YouTube videos
 - Facebook / Insta Live
 - Insta Stories
 - Sidebar and banner adverts

contact email: mummytries@gmail.com