



nurture.

The OmMama Resource Center

Move | Learn | Connect | Inspire

## Nurture Blog Submission Guidelines

Nurture is always looking to feature insightful content that focuses on the topics of pregnancy, birth and early parenting with an emphasis on health, wellness, and personal stories. Our goal is to reach our community *with* the community, so we strongly encourage submissions from folks in the Richmond area. Or that the article has some connection to birth and early parenting matters in our River City.

We publish non-fiction writing; anything from personal experiences (“First Person”) to expert opinions is welcome. There is no word minimum, but please try to keep your piece to no more than 500-600 words. We prefer to present our readers with fresh content, so if your work has been previously published, please include those details with your submission.

And while we cannot offer compensation for your work, we will do our best to promote your piece and keep it online for as long as you wish. We also think you’ll have a nice warm, fuzzy feeling about the families you’ve reached through your contribution to the blog.

Please send your article to [info@nurtureva.org](mailto:info@nurtureva.org) along with a short bio, a link to your website, a headshot if you have one and any relevant images or photos you would like to have featured with your piece.

Thank you so much for your support of Nurture and our mission - to improve the health and wellbeing of childbearing families through fitness, education, social support and community engagement. We’re dreaming of a truly family friendly city . . . a Richmond where every parent has access to pregnancy, birth and early parenting support and is empowered to make informed decisions for their families.

With your help, we can make this happen!

Thank you,

The Nurture staff and volunteers