

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 (8), Clara (5½) and Freddy (3½) 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 quite a 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.

In 2016, 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 hopes to have *Picking up the Pieces* published by the end of 2017.

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
- Food and healthy recipes, including free from
- 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, Millie Inbetween and Sam & Cat
- loves to read Roald Dahl, David Walliams and Enid Blyton books
 - enjoys board games, faves include Monopoly and Scrabble
 - wants to visit Thailand, Australia and India
 - recently started going to jui-jitsu classes with daddy



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
 - 2.5k blog subscribers
 - 8.3k Twitter followers
 - 8k Instagram followers
 - 2.1k Facebook likers
 - 1.6k Pinterest followers
 - 800 YouTube subscribers

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

- original blog post (500-1000 words), published on the home page and promoted across all social media channels
 - original healthy recipe creation
 - YouTube videos
 - Facebook Live / Insta Stories
 - Sidebar and banner adverts

contact email: mummytries@gmail.com