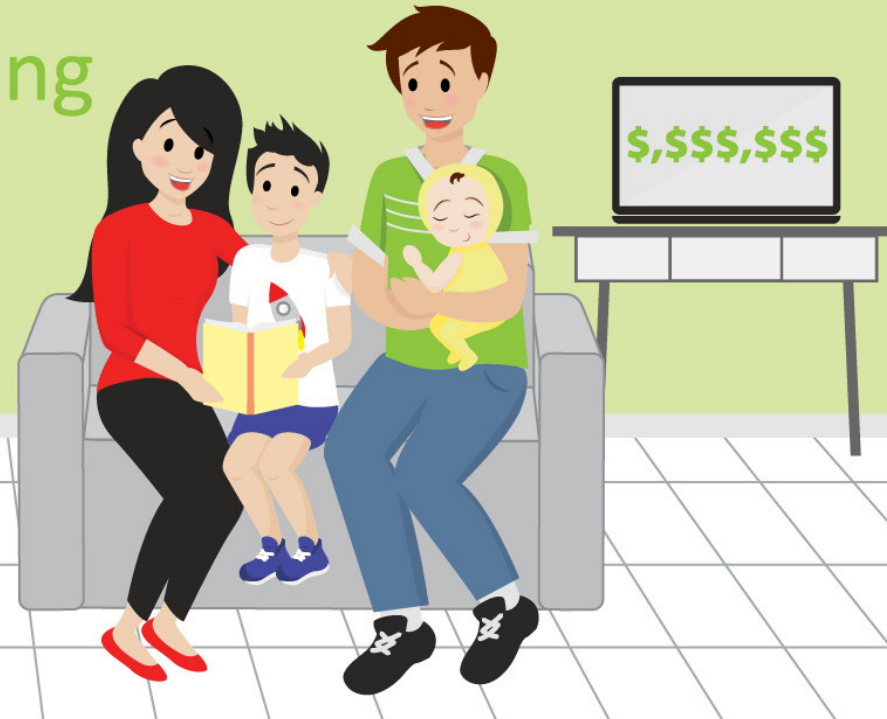


MEDIA KIT

HANDSONPARENTWHILEEARNING.COM

40TH CMMMA WINNER, BLOG CATEGORY

Hands-On Parents *while* Earning
Network



INSPIRING AND EQUIPPING PARENTS IN THE NEW MILLENIUM
TO BECOME HANDS-ON PARENTS WHILE EARNING (H.O.P.E.)
FOR THEIR FAMILIES

ABOUT THE BLOGGER: TERESA GUMAP-AS DUMADAG

Hi! I'm Teresa, a woman who wears many hats. But among the many hats that I wear, my favorite is being a mom to my kids.

I love to share inspiration and wisdom as a speaker, author, coach and counselor (career and parenting), consultant (for HR, training and management), blogger and freelance writer.



BOOKS AUTHORED

From Career Woman to SAHM, WAHM then Businessmom - Winner, 12th Cardinal Sin Book Awards (eBook category)

BREASTFEEDING: A Journey Worth Taking - #1 Amazon Bestseller during its launch

Maliit na ang Palda ni Isay - 2nd Children's Book (printed version)

Mommy Loves You Just the Same - 1st Children's Book (eBook)

When My Bridegroom Comes - National Bookstore Bestseller during its launch, MOA

How to Have the Wedding of Your Dreams (eBook)



PARENTS

MAIN AUDIENCE

Working Moms and Dads

Work-at-Home Moms/Dads

Entrepreneurs and Aspiring Entrepreneurs

Freelancers

Stay-at-Home Moms/Dads



82%

FEMALE READERS

60%

based in the Philippines
20% based in the US
20% other countries

TOPICS

Parenting Homeschooling Work & Career

Family Vacations & Field Trips Breastfeeding

Entrepreneurship

Book & Product Reviews



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HANDS-ON PARENT WHILE EARNING

2,468 Followers

BREASTFEEDING: A Journey Worth Taking

3,613 Likes

“Mommy Blogger Teresa has been a very inspiring mommy blogger partner for our kids and baby brands. She gave very inspiring insights on how our products have been part of her bonding moments with her kids being a hands-on mom to her boys. So glad to have her as part of our mommy blogger partners because it has inspired us to continue on providing quality products for babies and kids alike.”

- **Cristy Gonzalez-Tarre, Marketing Manager**
Richwell Trading Corporation

SOME BRANDS I'VE WORKED WITH



Gourmet Ge-Lai Meals
& Lactation Cookies



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Sponsored
Post with
Social
Media
Shares
P5,000

Sponsored
Post with
Raffle/
Giveaway
P7,500

Sponsored
Post with
Attendance
to an Event
P10,000

Let's work together!

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