First Time Parent Magazine

SUBMISSION GUIDELINES

Updated (11-7-2026)

Forward all submissions to editor@firsttimeparentmagazine.com

First Time Parent Magazine is an online parenting magazine, EST. 2013, that publishes ongoing content for first-time parents. To be considered for upcoming editorial placement on our public website or within our exclusive members' area, please carefully read these guidelines and, if relevant, our current ad Rate Sheet.

DUE TO HIGH VOLUME, WE ONLY RESPOND TO SUBMISSIONS THAT ARE SELECTED FOR PUBLICATION. WE DO NOT PRESENTLY COMPENSATE FOR CONTENT.

GENERAL OFFERINGS:

- Article placement of your original, evergreen article in our public blog
- Podcast Guest Spot
- Feature your book in an upcoming book roundup (Spring/Summer and Autumn/Winter)
- Feature your brand in a gear roundup (2-3 times per year)
- Feature your brand in the November Holiday Gift Guide

COLLABORATION OPPORTUNITIES:

- Share your course within our private members' area
- Share your private YouTube or Vimeo in our members' area
- Offer your free e-book within our private members' area
- Affiliate partnerships
- Advertising packages (link insertions, sponsored/advertorial, social, ads, newsletter, etc.)
- Special Full Magazine Issues (1/yr. max) including featured cover story or interview
- Giveaways
- Brand partnerships

TOPICS WE DO NOT ACCEPT:

Here are the topics, categories, and items that *First Time Parent Magazine* strictly **does not** accept for articles, advertising, sponsorships, or content partnerships:

- Gambling or betting services
- Adult content or explicit material
  Alcohol and related beverages

- Firearms, weapons, or ammunition
  Politics, political campaigns, or political agendas
- Agenda-driven and agenda-hidden content
- Online gaming (video games or gambling-adjacent gaming)
  Any content, products, or services not intended for general public consumption
- We also avoid promoting medications, plastic surgery (unless it is correctional due to birth injury), and topics related to teens or K-12 academics.
- Novels and works of fiction other than children's books suitable for children up to age 6.
- College themes

TOPICS WE DO ACCEPT:

Our accepted categories span planning for pregnancy, prenatal care, newborn and infant care, toddler development, maternity and postnatal wellness, paternity and new father support, co-parenting dynamics, hands-on care and bonding, family gear and practical essentials, grandparenting support, high-search trending concepts like baby sleep consulting and regressions, speech delays and early communication, picky eating and baby-led weaning, gentle discipline and toddler meltdowns, eco-friendly and non-toxic baby gear, postnatal recovery and pelvic floor health, and screen-free parenting and developmental play, and other topics strictly related to our niche.

JOURNALISTIC & AI CONTENT POLICY

Aligned with top-tier professional publishing standards, *First Time Parent Magazine* strictly requires 100% human-written content for all sponsored articles, editorial contributions, and brand submissions.

- Permitted Tools: Foundational research, grammar checking, and spell-check utilities are fully acceptable.
- Prohibited Practices: Raw, unedited AI-generated text, automated article spinning, and mass AI content generation are strictly prohibited.
- Editorial Review: All submitted content undergoes rigorous human editorial review to ensure authentic storytelling, high editorial quality, and strict alignment with our family-first readership's needs.

PR/BRANDS:

If possible, please pitch in bulk once per quarter, or only when your client roster changes. We will select brands from that list and evaluate potential placement with a follow-up message.● Any commercial brand links or promotional placements outside of legitimate editorial or scientific references must go through our paid advertising rate sheet rather than free editorial submissions. Refer to our Rate Sheet. **We do not place do-follow links for out-of-niche websites.**

For **BRANDS**, please forward your current client list in the following format:

Brand Image One
Brand One Name & Website Link
Brief Description
Indicate if a sample is available
Indicate current affiliate programs (if applicable)

Brand Image Two
Brand Two Name & Website Link
Brief Description
Indicate if a sample is available
Indicate current affiliate programs (if applicable)

Etc…

For **EXPERTS**, please list your current roster in the following format:

Expert Name and Credentials with website link
Brief bio of expertise
Whether they are interested in (writing, being a podcast guest, collaborating, e-interview)
Link to .pdf of book and publication date (if applicable)
Mention whether excerpts are available (if applicable)

Expert 2 Name and Credentials with website link
Brief bio of expertise
Whether they are interested in (writing, being a podcast guest, collaborating, e-interview)
Link to .pdf of book and publication date (if applicable)
Mention whether excerpts are available (if applicable)

Etc…

PUBLISHERS

Please provide a current list or link to available titles that fall within our age range and niche. Do not submit child titles that are for ages 7+, fiction novels, or YA books, as they will be rejected.

Please include the following with your submission:

A.) A current list of titles that meet our requirements plus links to media kits.

B.) A single individual book pitch that has been vetted for our requirements. Please include the following information about the book in the original pitch:

Children's Titles:

- Title
- Author/Illustrator
- ISBN/ISBN-13
- Website
- Age Range (for children's books only)
- Publisher and Publication Date
- Link to media kit with PDF of the book
- Brief one-sentence description (if applicable)

Adult Non-Fiction Titles:

- Title
- Author Name and Professional Credentials (if applicable)
- Publisher and Publication Date
- ISBN
- Website
- Link to media kit with .pdf of the book and cover image
- Indicate whether the author is available to write for us or be a podcast guest
- Are excerpts available?

JOURNALISTS / INDEPENDENT AUTHORS / BLOGGERS

We accept guest posts and book excerpts for our blog on any topic related to the above-mentioned niche. You may also submit topics including birth stories, monthly pregnancy updates, and maternity shoot features. Before submitting, please check out recently published content on our website so as to provide original, fresh, evergreen content.

PLEASE PROVIDE THE FOLLOWING:

Email Subject: ARTICLE SUBMISSION / BRANDED ARTICLE SUBMISSION

● Original content (minimum 700 words), o**r a list of topic ideas.** We can also suggest topics if you want to share your expertise.

● Applicable photo with photo credit and photographer permission if not CC

(for medical or theme-specific imagery only)
● **5-sentence** author biography with one website address
● .jpg headshot (optional)
● Any commercial brand links or promotional placements outside of legitimate editorial or scientific references must go through our paid advertising rate sheet rather than free editorial submissions. Refer to our Rate Sheet. **We do not place do-follow links for out-of-niche websites.**
● Social media links in bio (optional)
● Forward a .pdf version of the book and a medium-resolution .jpg cover image (if applicable)
● Please indicate if media pre-print or hard copy is available

PHOTOGRAPHERS:

Photographic submissions must be tasteful, have express permission for use in print and web by the photographer, and include a model release. Images will not be used outside of the specific prearranged purpose. Photographers may submit photos from newborn photoshoots, nursery designs, other preapproved topics, and images for general placement in an upcoming article. We do not compensate for images but will link to your professional website or gallery if the image is Used.

Please provide the following:
Email Subject: PHOTOGRAPHIC SUBMISSION

- Image release statement
- Model release if applicable
- Link to image library
- Descriptions for each image (if applicable)
- 200 words or so to describe what the photo series is about to be published with the photos.

PODCAST GUESTS:

If you are interested in booking as a guest on our podcast, please provide us with the following in your initial inquiry:

Email Subject: PODCAST BOOKING

- Name and professional credentials
- 3 bulleted topic options related to your expertise as it relates to our audience specifically
- A contact phone number for the day of the podcast
- Podcasts are recorded on Wednesdays at 2 pm Pacific Time Zone. Please share with us your top two preferred Wednesday dates.
- A 1:1 ratio headshot (1000 x1000) px.

- A brief professional biography that would be read as your introduction
- Your website address
- Attach your current book as a .pdf file (if relevant)

Note: Podcasts are conducted over Zoom with video. However, only the audio will be shared with the public. The podcast is hosted by Major Dad Official for *First Time Parent Magazine*.