
MAMMA BEAR SAYS

MOTHERHOOD & LIFESTYLE BLOG



KAREN LIZARRARAS

Hi, I am Karen aka Mamma Bear. I am born and raised in Southern California. Who am I? I am a mother, a partner, and an individual always striving to improve myself and provide the best I can to everything and everyone in my life. With love, kindness, and a lot of hard work the sky is the limit.

THE BLOG

Mamma Bear Says is a motherhood & lifestyle blog centered around my life as a modern day mother. Being a modern day mother consists of finding the balance between self, life, work, and parenting.

Mamma Bear Says gives my readers tips, tricks, and the truths about being a mother in today's day and age. Through my blog and social media channels I like to share my wins and failures as a parent, hoping to serve as a reminder that we are not alone on this journey. Mamma Bear Says has evolved over the past year, now including collaborations and series aimed at the current events in my life. Mamma Bear Says is a true representation of a lifestyle blog.

My goal is to help others whether it be by sharing parenting tips, recipes, giving them a good laugh, sharing out favorite brands and products, or showing them our favorite family adventures.



MAMMA BEAR SAYS



780
Followers



150
Followers



18,500
Followers



10,000
Unique Monthly



970
Followers



SERVICES OFFERED

- Sponsorship
- Social Media
- Promotions
- Attending Events
- Product Reviews
- Blog Advertising
- Giveaway Hosting

AUDIENCE REACH

- 30k Monthly Blog Page Views
- 5%k Total Engagement Instagram
- 90k Monthly Viewers Pinterest



CONTACT ME

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