



# THE CATERPILLAR YEARS

"They will spread their wings and fly one day. Enjoy the caterpillar years."

HI, I'M HEATHER!

I worked professionally as a graphic designer for five years before starting my family, and making the switch to stay-at-home mom. I've discovered that blogging is the perfect platform to showcase how I make life with little ones fun, creative, and beautiful.

I'd love to talk to you about sponsoring a post.

Please send me an email: [heather@thecaterpillaryears.com](mailto:heather@thecaterpillaryears.com)



660+

Active followers



460+

Page Likes



830k

Avg. monthly viewers



4,075+

Avg. unique visitors  
per month



7,500+

Avg. pageviews  
per month



95%

Audience: Women  
Age 25-35

My passions include photography, modern design, creative solutions and spending quality time with family. I make a priority to include these themes in every post I write. My readers appreciate these values. Here are some of their favorite posts...



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