**Share Your Story!**

Life with chronic pain and illness is certainly full of ups and downs. If you have a story, experience or insight that you want to share, become a TCAPP guest blogger. By giving voice to the many issues we navigate each day, you can help to raise awareness and promote better understanding. Review the **TCAPP Blog and Content Guidelines** and **submit your guest blog today!**

**Blog and Content Guidelines:**

Thank you for your interest in writing for TCAPP. We believe that sharing real-life experiences, challenges and insights is an effective way to help educate and raise awareness of the reality of living life with pediatric pain and complex conditions.

We invite you to submit your blog or article and ask that you kindly consider our

**TCAPP Community Guidelines:**

* Please refrain from naming physicians, or medical establishments.
* This forum is not intended to provide specific medical advice.
* No profanity, libelous, discriminatory or demeaning content.
* No recruitment or endorsement or commercial content.
* TCAPP has the right to publish and promote all content submitted.

Feel free to share your experiences or explore any topic that you feel is relevant to our community. Some **basic blogging guidelines** to keep in mind as you write:

* Remember your audience. What is the message, key take-away or lesson that you hope your readers will get from reading your article?
* Optimal blog length is between 500-800 words.
* First paragraph should set up your topic.
* Please credit any quotes or sources that you reference.
* Feel free to share strategies or ideas that have worked for you or your family
* You may include photos with your blog posts but please include source/credit or link.
* Be creative and HAVE FUN!!!

All content is subject to approval by our TCAPP editorial staff.

Please contact [donna@tcapp.org](mailto:donna@tcapp.org) for more information or to submit your blog. You may also submit a blog on our website.