

Instagram Parenting Influencers

Name	Instagram Followers	Instagram Handle	Bio Info
Louise Pentland	3700000	louisepentland	Bio OG Vlogger! Times #1 Best Selling Author! Finding joy in every day & sharing! NSPCC Ambassador for Childhood Meghan.Peterson@ymugroup.com Instagram Handle @louisepentland Instagram Followers 3.7M
Kristin & Deena	3100000	biglittlefeelings	Bio 🌟 Tame those Tantrums 🌟 Online Courses for Parents of kids 1-6 years old 🌟 REAL Tips for REAL Toddler Problems 🌟 Child Therapist+ Mom of 4 Toddlers 🌟 Instagram Handle @biglittlefeelings Instagram Followers 3.1M Get Email Contact
Susie Allison	2000000	busytoddler	Bio Making it to naps, one activity at a time Former K&1 Teacher Master's in Early Childhood Education Author: Actual Parenting, Playing Preschool Instagram Handle @busytoddler Instagram Followers 2M
Jennifer Anderson	1900000	kids.eat.in.color	Bio Get your picky eater eating veggies Feel successful feeding your baby, toddler, or kid Courses, ebooks & free guides Instagram Handle @kids.eat.in.color Instagram Followers 1.9M
Binky Felstead	1500000	binkyfelstead	Bio Management: max@matchstickgroup.co Mama 🧸🧸🧸🧸 Co-founder: @bloss.life 🧸 Partner: @matchstickgroup @matchstick.iel Investor: @we.are.nolo 🧸 Instagram Handle @binkyfelstead Instagram Followers 1.5M Get Email Contact
Anna Saccone	1400000	annasaccone	Bio 35 y/o mama of 4 ED survivor izzy@littlesquidmedia.co.uk Hula hoop challenge! 🌀 Instagram Handle @annasaccone Instagram Followers 1.4M
Sergei Urban	1100000	thedadlab	Bio I am not a teacher or a scientist, I am just a dad to Max(8) and Alex(10) sharing my fatherhood journey, kids science experiments and crafts ideas Instagram Handle @thedadlab Instagram Followers 1.1M
Dr Cathryn	1000000	healthiest_baby	Bio 🌟 No time-outs needed Top-rated Toddlers Made Easy Podcast 🌟 FREE: 5 Must-Do's Before Starting Potty Training 🌟 Online courses Instagram Handle @healthiest_baby Instagram Followers 1M Get Email Contact
Dr Shefali	1000000	doctorshefali	Bio Clinical Psychologist 3 x NYT Bestselling Author CEO Conscious Coaching Institute Follow me 📌 to be a more conscious parent Instagram Handle @doctorshefali Instagram Followers 1M Get Email Contact
Tara Clark	912000	modernmomprobs	Bio Modern mom just like you • Author • Podcaster • Mom Friend • Founder @modernmomstylebox Tara@modernmomprobs.com Instagram Handle @modernmomprobs Instagram Followers 811.9K
Cat & Nat	800000	catandnat	Bio * BFF's w/ 7 Kids Between Us* top charted podcast @catandnat unfiltered two bffs sharing it ALL* Founders @thecommonparent Instagram Handle @catandnat Instagram Followers 791.7K
Amy	777000	yummytoddlerfood	Bio Easy kids recipes (the whole family will enjoy) and sane picky eating advice. Recipes at yummytoddlerfood.com. Preorder my cookbook Dinnertime SOS now! Instagram Handle @yummytoddlerfood Instagram Followers 771.8K
Devon Kuntzman	690000	transformingtoddlerhood	Bio ICF Certified Coach + Mamal help you end toddler power struggles, transform tantrums & stop yelling with developmentally appropriate tools Instagram Handle @transformingtoddlerhood Instagram Followers 685.8K Get Email Contact
Dr Jazmine	600000	themompsychologist	Bio Private Community @themomsisterhood YouTube + Podcast Tantrums, Potty Training, Aggression + MORE! FREE DISCIPLINE WORKSHOP + MORE Instagram Handle @themompsychologist Instagram Followers 590K Get Email Contact
Dr Ream	599000	psychedmommy	Bio I teach you how to: rediscover YOU after baby navigate your (big) feelings get the support you need Instagram Handle @psychedmommy Instagram Followers 585.8K
Liesel Teen	570000	mommy.labornurse	Bio Helping you have an EVEN BETTER birth! 🌟 Online Birth Classes 🌟 Labor and Delivery Nurse Grab your FREE Hospital Bag Checklist here 📌 Instagram Handle @mommy.labornurse Instagram Followers 586.1K
Dad V Girls	570000	dadvgirls	Bio Dad to 5 Girls & Husband to @sarahcorder Founder: @desvu_clothing ONE MILLION subscribers on YouTube New youtube video here! Instagram Handle @dadvgirls Instagram Followers 562.4K Get Email Contact
KC Rickerd	460000	milestones.and.motherhood	Bio Pediatric Physical Therapist Wife Momma x3 ♦ Development Tips Purposeful Play Motherhood ♦ Milestone Masterclasses & 0-3Yr Developmental Guide! Instagram Handle @milestones.and.motherhood Instagram Followers 455.5K Get Email Contact
Ilana Wiles	450000	averageparentproblems	Bio Author of "Remarkably Average Parenting" Instagram Handle @averageparentproblems Instagram Followers 452.8K Get Email Contact
Jessica Milburn	450000	responsive_parenting	Bio J. Milburn Mom of 3 📖 Degree in Child Development, CPTSD Survivor, ND Home & Child Rights Advocate. Books & Workshops Instagram Handle @responsive_parenting Instagram Followers 446.2K
Dilshad	400000	thegentlemamma	Bio Mama to Z+L. Gentle parenting practice. Community, Connections, Conversations. Sign up for emails 📌 Instagram Handle @thegentlemamma Instagram Followers 378.9K Get Email Contact
Janet Lansbury	390000	janetlansbury	Bio My No Bad Kids Course is now live! Internalize this empathic, effective approach & be excited to engage with your child with your newfound knowledge! Instagram Handle @janetlansbury Instagram Followers 377.6K

Linda Fruits	340000	fruitsofmotherhood	Bio Linda Fruits the author of "The Mom Life" Normalizing the Sweet, the Bitter, and the Bittersweet Fruits of MotherhoodLast chance @harperwilde [1] Instagram Handle @fruitsofmotherhoodInstagram Followers 322.3K
Ashley Rose	340000	sugarandcloth	Bio ☞ serial creative ☞ founder of @thejulianahtx @emersonjames.co ☞ houston#sugarandclothcolorwallInstagram Handle @sugarandclothInstagram Followers 312.7K
Angela J. Kim	312000	mommydiary	Bio A creative & mama of 4 motherhood, home & lifestyle Join me on stories! OC/LAInstagram Handle @mommydiaryInstagram Followers 311.1K
Beth	280000	dayswithgrey	Bio Activities for kids that keep your coffee hot. ☘ Ways to SIMPLIFY your days ☘ Masters in Teaching Reading ☘ Activity cards + online courseInstagram Handle @dayswithgreyInstagram Followers 269.9K Get Email Contact
Tom Piccirilli	280000	the.dad.vibes	Bio ☺ Dad's perspective on parenting ☺ Host of @parentingtruthspodcast ☺ Parenting contributor @babycentre [1] The Guide to Losing Your Sh*t...! LESS! [1] Instagram Handle @the.dad.vibesInstagram Followers 257.6K
Amy McCreedy	240000	positiveparentingsolutions	Bio Worldwide leader in online parenting educationTake our FREE Class and feel relief within days!Founded by best-selling author, Amy McCreedyInstagram Handle @positiveparentingsolutionsInstagram Followers 213.9K
Tracy	235000	raisedgood	Bio Empowering conscious parents to trust & follow their intuition. Books, guides, courses and membership. ☘ Instagram Handle @raisedgoodInstagram Followers 232.6K
Catsims	222000	notsosomegnow	Bio PARENTING IN 'REEL' LIFE #AdultingHonestly▪Author Podcaster Content Creator▪Brands: @mumfluencer_uk▪Writing: @ymuliteraryInstagram Handle @notsosomegnowInstagram Followers 222.8K Get Email Contact
Lizzie Assa	200000	theworkspaceforchildren	Bio Parenting Strategist and Independent Play Expert Make play happen at your house The Easter Shop is OPEN!Instagram Handle @theworkspaceforchildrenInstagram Followers 205K Get Email Contact
Crianza Cony	190000	latinparenting	Bio CrianzaCorazónCulturaComunidadParents, Former Latinx Kids & [1] [1] [1] Social justice & Intergenerational healing DM LPPI y más + [1] Instagram Handle @latinparentingInstagram Followers 183.2K Get Email Contact
Alex Congelliere	190000	alexcongelierie	Bio Jesus First Adoption Advocate Infertility Journey CHD family Retired NICU Nurse Building Our Dream HomesteadInstagram Handle @alexcongelierieInstagram Followers 177.1K
Michelle Kenney	180000	peaceandparenting	Bio ♥ Helped 1000's of parents stop using punishments & yelling & learn kind limits. ♥ Recovering control freak, yeller & perfectionist. ♥ Mom ♥ Top PodcastInstagram Handle @peaceandparentingInstagram Followers 171.3K Get Email Contact
Ilana Wiles	175000	mommysshorts	Bio Writer, Mom, New Yorker, Owner of @themarchharenyc Also find me @averageparentproblems Subscribe to my newsletter:Instagram Handle @mommysshortsInstagram Followers 173.9K
Ashleigh	170000	raisinghumankind	Bio [1] Respectful Parenting for Stuck & Sensitive Kids and + Deep Inner Work for Stuck & Sensitive Parents [1] CHILDHOOD ANXIETY CLASS SIGN UP [1] Instagram Handle @raisinghumankindInstagram Followers 147.9K Get Email Contact
Blimie Heller	170000	unconditional_parenting	Bio I'm a mom who is passionate about helping parents build relationships with their children based on respect & trust Coaching, Courses and moreInstagram Handle @unconditional_parentingInstagram Followers 159.1K Get Email Contact
Kristin Mariella	160000	respectfulmom	Bio Respectful parenting expert & mom of 3 Author of #1 children's book about feelings "Sometimes I Cry, Sometimes I Laugh"Click for online coursesInstagram Handle @respectfulmomInstagram Followers 136.5K Get Email Contact
Rachel Samson	160000	australianpsychologist	Bio Science of Attachment ParentingFeat in @telegraph @abcradionational @gottmaninstitute @newscomauhq @mindfulparentingmagazineIG Is Not TherapyInstagram Handle @australianpsychologistInstagram Followers 140.8K Get Email Contact
Simone Davies	150000	themonessorinotebook	Bio sorry not able to get to your DM "the montessori toddler" + "the montessori baby" online workshops for parents montessori playgroup, amsterdamInstagram Handle @themonessorinotebookInstagram Followers 140.8K
Dr. Vanessa Lapointe	150000	dr.vanessalapointe	Bio Parent WhispererI help parents & other big peoplePsychologist, Speaker, Authordrvanessalapointe.comLet me help you (no direct therapy here)Instagram Handle @dr.vanessalapointeInstagram Followers 141.4K Get Email Contact
Roland Hall	150000	rolandhall	Bio Dad Of Two, Co ParentingFamily YouTube @the3hallsClick Link To Watch Our Latest VideoInstagram Handle @rolandhallInstagram Followers 134.7K
Bryce Reddy	144000	mombrain.therapist	Bio [1] Licensed Therapist + Mom of 3 [1] Helping parents spend less time here [1] Feel more present + connected here [1] Learn more [1] Instagram Handle @mombrain.therapistInstagram Followers 233.7K Get Email Contact
Sterna Suissa	140000	sternasuissa	Bio Helping you break generational cycles [1] [1] & parent through emotional connection ♥ Get a free [1] journal for kids [1] Join our online community & more [1] Instagram Handle @sternasuissaInstagram Followers 130.4K Get Email Contact

Myla Leinweber	129000	joyful.parents	Bio I help parents enjoy 🧸 parenting young kids w/quick, playful and individualized tools that work for even the spiciest 🌶️ kids. Free Temperament Quiz📄Instagram Handle @joyful.parentsInstagram Followers 127K Get Email Contact
Jen Schwartz	120000	motherhoodunderstood	Bio Pregnancy/postpartum mental health acquired by @mother.ly Support-education-resources-storiesInstagram Handle @motherhoodunderstoodInstagram Followers 110.2K Get Email Contact
Iben Sandahl	118000	thedanishway	Bio Iben SandahlMother of 2Teacher & Psychotherapist Books: 'The Danish Way of Raising Teens,' 'The Danish Way of Parenting' & 'Play The Danish WayInstagram Handle @thedanishwayInstagram Followers 115.4K
Porsha Carr	118000	missporsha	Bio Hi I'm Porsha!Wife & mama to my girl gang . Lifestyle blogger just sharing well..life.(Please email for business inquiries NO DMs.)Instagram Handle @missporshaInstagram Followers 116.3K Get Email Contact
Dr. Kim	111000	theparentologist	Bio Parenting w/a Therapeutic Twist Host @theparentologistpodcast 📻 @cbs8 @todayparents @disneyarks @geniusofplay @verywellfamily @fox5sandiegoInstagram Handle @theparentologistInstagram Followers 111.3K
Kimberley	111000	the_psychologists_child	Bio 🧸 child psychology for parents who want to nurture attachment and connection with their little ones.Instagram Handle @the_psychologists_childInstagram Followers 109.3K Get Email Contact
Danielle	110000	pieceofcakeparenting	Bio I help new parents feel confident + fall in love with the baby days. Certified Baby-Led Sleep Specialist FREE Attachment Sleep GuideInstagram Handle @pieceofcakeparentingInstagram Followers 109.4K Get Email Contact
Sarah Ockwell-Smith	109000	sarahockwellsmith	Bio Author of the Gentle Parenting, Gentle Sleep & Gentle Discipline books & How to be a Calm Parent I don't reply to DMs requesting parenting adviceInstagram Handle @sarahockwellsmithInstagram Followers 103.1K
Melanie Darnell	100000	fitmomma4three	Bio Active Mom of 3 Vegan Family Gentle Parenting Daily dose of movement Melanie@Fitmomma.com Jan 6 DETOX RegistrationInstagram Handle @fitmomma4threeInstagram Followers 87.7K Get Email Contact
Andrea	100000	raisingdragons4	Bio Andrea Mom of 4 boys STEAM & Educational Activities For KidsExperiments Toys 🧰 CraftsInstagram Handle @raisingdragons4Instagram Followers 96.8K
Katie Crosby	100000	thrivinglittles	Bio Katie insights for a connected + compassionate world Intergenerational healing. Conscious interaction. Occupational therapist & MentorInstagram Handle @thrivinglittlesInstagram Followers 101.4K Get Email Contact
Brooke	100000	simplywell.baby	Bio Guidance + Support for Parents🧸 Infant->Toddler Wellness • Baby Care • Parenting🧸 Empowering YOU through EducationCourses + Free Resources 📄Instagram Handle @simplywell.babyInstagram Followers 100.6K Get Email Contact
Oksana Katchanovski	100000	oksanakatch	Bio Learning to DIY while juggling motherhood ND USA & #WPG MB - Treaty 1 oksana.katch@gmail.com 📧 #standwithukraineInstagram Handle @oksanakatchInstagram Followers 96.9K Get Email Contact
Source: https://influencers.feedspot.com/parenting_instagram_influencers/			