To embed your interactive CartoDB map in a Wordpress blog post:

1. In the CartoDB map view, click the "visualize" button in the top right
2. In the map view, click the "publish" button in the top right
3. Under "embed it", copy the snippet of iframe code
4. Log into your Wordpress dashboard
5. Click Posts > Add New
6. In the post editor, click the Text tab
7. Paste your iframe code snippet
8. Make sure that if your Wordpress site uses https, your iframe code snippet also points to a https URL – they have to match
9. Click the Visual tab to return to the normal post editor
10. Finish creating your post and publish it
11. View your post to verify the interactive map is working properly