Title Field
Contains the title of the page or post.

Permalink
The URL of the page or post. This shouldn’t be changed very often, if at all, because it will break people’s bookmarks if they have bookmarked your page or post.

Toolbar
Contains tools that allow you to format your page or post.

Toggle Advanced Tools
Shows/hides more toolbar buttons.

Workspace
Contains the content of the page or post.

Tabs
Allows you to switch between the Visual editor and the HTML editor. The Visual editor shows you an approximation of what the content will look like when displayed on the website. The HTML editor shows the “code” the webpage is written in.

This is an example of an about page. Unlike posts, pages are better suited for more timeless content that you want to be easily accessible, like your About or Contact information. Click the Edit link to make changes to this page or add another page.