

Terms & Conditions

Last updated: April 24, 2025

Welcome to Mommy Mindset Matters! I'm so glad you're here. Before you explore the blog, I need to go over just a few ground rules. (Don't worry - nothing scary, just some legal housekeeping to keep things running smoothly!)

1. Who We Are

This blog is run by a fellow mama who understands the chaos and beauty of balancing teaching, parenting, and self-care. I share tips, tools, and resources to support working moms - especially teachers - in finding more peace, energy, and joy in everyday life.

2. Using This Site

Feel free to browse, read, and share the content here for personal use. But please don't:

- Copy and paste entire blog posts elsewhere without credit or permission.
- Use my content to promote your own thing without asking first.
- Try to hack, spam, or otherwise mess with the site.

If you want to quote or share anything, just link back to the original post. Sharing is caring - and respecting creators is even better.

3. Affiliate Links + Sponsored Content

I occasionally share affiliate links, which means I may earn a small commission (at no extra cost to you) if you make a purchase through one of those links. You'll always know when that's the case - I only recommend products I truly love and think will help working moms like you.

All sponsored content will be clearly marked, and all opinions are 100% mine.

4. Not Medical or Professional Advice

I'm not a doctor, therapist, or financial advisor - just a fellow mama sharing what's helped me and others. Everything on this blog is for informational and inspirational purposes only. Always check with a qualified professional before making big decisions that affect your health, career, or finances.

5. Comments & Community Guidelines

I love hearing from you! But I reserve the right to delete any comments that are:

- Rude or disrespectful
- Spammy or self-promoting without permission
- Harmful or inappropriate in any way

Let's keep this a safe, supportive space for all moms.

6. Privacy

Your privacy matters. Please read my Privacy & Cookie Policy for full details on how your data is collected, used, and protected on this site. Basically, I won't sell or misuse your info - pinky promise.

7. International Users

If you're accessing this site from outside the U.S., you're responsible for compliance with your local laws. Mommy Mindset Matters is based in the U.S. and governed by U.S. law.

8. Downloads and Digital Products

Any digital product offered (like checklists, guides, or printables) is for personal use only. Redistribution or resale is not allowed without written permission.

9. Updates

These terms might be updated from time to time. If anything changes in a big way, I'll post an update right here on this page.

10. Contact

Got questions? Something not clear? Just want to say hi? You can reach out any time at [your email] or via the [Contact Page](#).

Thanks for being here. You've got this, Mama - and when you don't, we're here.

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