

Privacy Policy

Effective Date: 2025

1. Introduction

Welcome to Keeping Your Cool Parenting. We are committed to protecting your privacy and ensuring that your personal information is handled securely and responsibly. This Privacy Policy outlines how we collect, use, and protect your information when you visit our website www.keepingyourcoolparenting.com

2. Information We Collect

We collect both personal (only when you voluntarily sign up) and non-personal information to improve your experience on our Site. This includes:

- **Personal Information:** Name, email address, contact details (only when voluntarily provided by you, e.g., through contact forms or newsletter sign-ups).
- **Non-Personal Information:** IP address, browser type, device type, and website usage statistics collected via cookies and analytics tools.

3. How We Use Your Information

We use the information collected for the following purposes:

- To improve our website and services.
- To send updates, newsletters, or promotional content (**only if you have opted in**).
- To analyze user behavior and improve user experience.
- To comply with legal obligations.

4. Cookies and Tracking Technologies

We use cookies and similar tracking technologies to enhance your experience on our Site. Cookies help us analyse traffic, remember preferences, and improve website functionality. You can manage cookie preferences through your browser settings.

5. Third-Party Services

We may use third-party services (such as Google Analytics) to collect, monitor, and analyse data. These third parties have their own privacy policies, which we encourage you to review.

6. Data Sharing and Disclosure

We do not sell, trade, or rent your personal information. However, we may share data with trusted service providers for business operations, legal compliance, or to protect our rights.

7. Data Security

We implement security measures to protect your personal information. However, no method of transmission over the internet is 100% secure, and we cannot guarantee absolute security.

8. Your Rights and Choices

You have the right to:

- Request access to your personal data.
- Request correction or deletion of your information.
- Opt out of marketing communications at any time.
- Disable cookies through your browser settings.

9. Children's Privacy

Our website is not intended for children under the age of 13. We do not knowingly collect personal information from children.

10. Changes to This Privacy Policy

We may update this Privacy Policy periodically. Any changes will be posted on this page with an updated effective date.

11. Contact Us

If you have any questions about this Privacy Policy, please contact us at: camilla@keepingyourcoolparenting.com
By using our Site, you agree to the terms of this Privacy Policy.