

Privacy Policy

Last Updated: July 2026

At Little Nudge, we believe trust is built through honesty, connection and respect — and that includes how we handle your personal information.

This Privacy Policy explains how **Jess Spring (Sole Trader), trading as Little Nudge**, collects, uses and protects your personal information when you visit our website, place an order or join our email community.

What We Collect

When you interact with Little Nudge, we may collect information such as:

- Your name
- Email address
- Phone number (if provided)
- Shipping and billing address
- Order history
- Information you choose to share through forms, surveys or customer enquiries

We may also collect general website information such as browser type, pages visited and website usage to help improve your experience.

How We Use Your Information

We use your information to:

- Process and deliver your orders
- Communicate with you about your purchase
- Respond to your enquiries
- Send your free downloads or requested resources
- Provide updates about Little Nudge products, offers and news (only if you've chosen to receive them)
- Improve our website and customer experience

We will never sell your personal information to third parties.

Email Communications

If you choose to download a free resource, subscribe to our newsletter or join our email list, you may receive occasional emails from Little Nudge.

These may include:

- Product updates
- New releases
- Special offers
- Helpful resources
- Inspiration and connection ideas

You can unsubscribe at any time by clicking the unsubscribe link included in our emails.

Payment Information

All payments are processed securely through trusted third-party payment providers.

Little Nudge does not store your credit card or payment details.

Cookies

Our website may use cookies to improve your browsing experience and help us understand how visitors use our website.

You can choose to disable cookies through your web browser if you prefer.

Protecting Your Information

We take reasonable steps to protect your personal information from misuse, loss, unauthorised access or disclosure.

While no online system can guarantee complete security, we work with trusted providers to help keep your information safe.

Accessing or Updating Your Information

If you'd like to access, update or request deletion of your personal information, please contact us.

We'll do our best to respond as quickly as possible.

Third-Party Services

Our website may use trusted third-party services to help operate our business, including payment providers, email marketing platforms and website hosting services.

These providers only receive the information necessary to perform their services.

Changes to This Policy

From time to time we may update this Privacy Policy to reflect changes to our business or legal requirements.

The most current version will always be available on our website.

Contact Us

If you have any questions about this Privacy Policy or how your information is handled, please contact us.

Little Nudge

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