

Privacy Policy

The Growing Years

Effective Date: 26 February 2026

The Growing Years is committed to protecting your privacy and handling personal information in accordance with applicable Australian privacy laws, including the *Privacy Act 1988 (Cth)*.

This policy explains how we collect, use, store and disclose your personal information.

1. What Information We Collect

We may collect personal information including:

General Information

- Name
- Email address
- Phone number
- Billing and payment details
- Address (if required for services)

Health & Child-Related Information

As part of providing sleep and nutrition support, we may collect sensitive information including:

- Your child's date of birth
- Medical history
- Feeding history
- Growth information

- Sleep patterns
- Developmental milestones
- Relevant health concerns or diagnoses

This type of information is considered **sensitive health information** under Australian law and is treated with additional care.

2. How We Collect Information

We collect information when you:

- Complete enquiry or intake forms
- Book a consultation
- Purchase a course or program
- Subscribe to our email list
- Communicate with us via email or social media
- Use our website

We may also collect website usage data through cookies and tracking tools.

3. How We Use Your Information

We use your information to:

- Provide sleep and nutrition services
- Personalise recommendations
- Process payments

- Deliver courses and resources
- Communicate important updates
- Improve our website and services
- Meet legal and professional obligations

Sensitive health information is only used for the purpose of providing support and care.

4. Cookies & Website Tracking

We use cookies and third-party tools such as Google Analytics and Meta Pixel to:

- Understand website usage
- Improve user experience
- Support marketing and advertising

You can manage cookie settings through your browser.

5. Disclosure of Information

We do not sell your personal information.

We may share information with:

- Secure payment processors
- Website and hosting providers
- Email and CRM platforms
- Professional advisers where required

All third-party providers are expected to handle data securely.

6. Data Storage & Security

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

Information is stored using secure digital platforms. While we take precautions, no online transmission is completely secure.

7. Access & Correction

You may request access to or correction of your personal information at any time by contacting us.

8. Marketing Communications

If you subscribe to our mailing list, you may receive emails about services, resources and updates.

You may unsubscribe at any time using the link in our emails.

9. Children's Information

Information about children is collected only with parental or guardian consent and solely for the purpose of providing services.

10. Updates to This Policy

We may update this Privacy Policy from time to time. The latest version will always be available on our website.

11. Contact Us

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

The Growing Years

hello@thegrowingyears.com.au

Sydney, Australia