

“BREASTFEEDING BASICS- A PRACTICAL GUIDE” IS OWNED BY KINDESTMILK. If you have any questions about this Disclaimer, please contact me at kindestmilk@gmail.com

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Although I am an IBCLC (International Board Certified Lactation Consultant) and a registered midwife, I do not provide health care, medical therapy services, or attempting to diagnose, treat or cure any physical, mental or emotional condition in this online course.

In this online course, I share knowledge and information counselling about optimal and suboptimal breastfeeding aimed at healthy mothers and healthy babies, born full term with no

medical or health conditions. The information provided in this online course is for educational and informational purposes only.

This online course was developed between 2018- 2019. During this time, I have continuously striven to gather current, accurate and evidence-based breastfeeding information for my students (please also review point 11).

Please acknowledge that this online course has not been reviewed by any professional, governing or registration body and that recommendations for best practise can change in the future.

ALWAYS SEEK THE ADVICE OF YOUR OWN IBCLC, MIDWIFE AND/OR MEDICAL PROVIDER BEFORE IMPLEMENTING ANY BREASTFEEDING AND/ OR PARENTING TECHNIQUES, BREAST CARE OR USE OF BREASTFEEDING AIDS DISCUSSED IN THIS ONLINE COURSE.

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You acknowledge that you are participating voluntarily in this online course and that you are solely and personally responsible for your choices, actions and results now and in the future. You accept full responsibility for the consequences of your use, or non-use, of any information provided in this online

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5. NO GUARANTEES.

In this online course, my role is to provide support, education tools, knowledge and counselling about optimal and sub-optimal breastfeeding, but your success depends first and foremost on your own involvement, motivation, commitment and follow-through. I cannot predict and I do not guarantee that you will attain a particular result, and you accept and understand that results are different for each individual. Each individual's result depends on his or her unique background, dedication, desire, motivation, actions, and numerous other factors. You fully agree that there are no guarantees as to the specific outcome or results you can expect from using the information you receive in this online course.

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12. NO COMMERCIAL SPONSORS

Breastfeeding in itself is an economical, low cost activity and under normal circumstances success depends on the mother-baby dyad. I firmly believe that generally you do not need a specific product to make breastfeeding work.

Unforeseen circumstances can always arise, during which a certain breastfeeding aid might be useful.

In cases in which I do speak about the use of a specific tool in my online course, I only introduce its name, not the brand or manufacturer. I am not paid or sponsored by any company to advertise or display a certain product in my online course and I have made efforts to cover brand names to some degree. Any breastfeeding and/ or pumping equipment displayed in the background of my videos is simply for the purpose of “setting the scene”. I do not advertise any products that violate the World Health Organisation Code of marketing of breastmilk substitutes.