



# *Terms & Conditions and Guidelines*

for submitting blog posts and articles

## **Terms & Conditions and Guidelines for submitting blog posts and articles.**

You may submit Blog Posts, 600-900 words in length for publication on Mastering Motherhood's Blog. Any submission is subject to the following Terms and Conditions for Submission, and must comply with the applicable Guidelines for Submission below.

### **Guidelines for the Submission of Blog Posts**

- 1. What** – Blog Posts are short contributions concerning motherhood. Their objective is to educate, encourage and empower mamas in all ages and stages in motherhood, with practical help and judgement free content, so mamas know they are not alone during these extremely difficult and important years of motherhood.
- 2. Subject matter** – We are interested in submissions about motherhood, including but not limited to the upcoming holidays, different ages and stages of motherhood, discipline, self care for mamas, real and vulnerable personal stories of motherhood, seasonal themes, current yearly hashtag #bepresent, technology, family dynamics, emotions that come with motherhood, practical tools and advice to help mamas to become the best mamas they can be.
- 3. Word count** – A Blog Post may contain 600-900 words.
- 4. References** – Should be included in text where necessary, but given the nature of a Blog Post generally be kept to a minimum. Any citations should be made as follows:
  - Book citations: must have author's initial of first name and last name capitalized and in full; the title of the book in italics, edition (if not first), place of publication, publisher, date, page(s) and/or paragraph(s) quoted;
  - Article citations: must have author's initial of first name and last name capitalized and in full, title of article in double quotation marks, year in round brackets, title of journal in italics (with reference to volume number, if applicable), page(s) and/or paragraph(s) quoted.
- 5. Structure** – Contributors are encouraged to enhance the clarity of their Blog Post by a clear structure. Such structure may be achieved by using paragraphs or subtitles, where appropriate.

## Terms and Conditions for Submission:

1. **Disclaimer** – Under no circumstances or in any way can Mastering Motherhood or persons otherwise affiliated with the aforementioned be held liable in respect of any material submitted and published at this Blog, and cannot be held responsible for its content and accuracy by a User. Nonetheless, we will, if notified and having satisfied ourselves of the bona fides of the notification, remove any content that might constitute a legal violation, such as material submitted in potential breach of copyright.
2. **Copyright** – By submitting material for publication, you guarantee that you are the original copyright holder of the work in question, and you own the legal rights to use the information. As such, we have no legal liability regarding any copyright claims, but will simply remove offending articles as/when we are advised of any breaches.
3. **Review** – Any material submitted will be reviewed by Mastering Motherhood, which then decides on its publication. The publication of any material submitted will be at the sole discretion of Mastering Motherhood.
4. **Reservation of Rights** – We reserve the right to accept, reject or remove any material submitted for publication with no explanation.
5. **Offensive content** – Any material deemed defamatory, racist, or otherwise illegal or offending will in any case not be approved for publication.
6. **Non-exclusive license for publication** – By submitting materials, you grant us a non-exclusive, perpetual, royalty-free, worldwide license to republish any material you submit to us in any format, including without limitation print and electronic format. In particular, you agree that we can make it available in this Blog as well as in any other Mastering Motherhood publications and/or media or social media, provided that due credit is given to the author.
7. **E-mails** – It is a requirement of our submission process that you agree to receive occasional e-mails from us. If any of these notification e-mails are returned, we may refuse or withdraw publication.
8. **No Guarantee** – Submitting a blog article to Mastering Motherhood does not guarantee the article will be published. If the article is published on [MasteringMotherhood.com](http://MasteringMotherhood.com), you will receive notification from Mastering Motherhood, but there is no compensation for the published blog article.
9. **Acknowledgment** – You acknowledge that any breach of the above mentioned warranties may cause us damage or loss and you agree to indemnify us in full and permanently against any third party liabilities, claims, costs, loss or damage we incur as a result of publishing material you submit to us, including consequential losses.