

# Parenting Apps

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## Pregnancy

<i>Name</i>	<i>What it’s about</i>	<i>Download here</i>		<i>Price</i>
<b>Ready Steady Baby</b>	Ready Steady Baby! is packed with the latest health information and advice for pregnant women, dads and partners. Find out about pregnancy, birth and early parenthood.	<b>Android</b>	Ctrl and Click on the picture to download 	<i>Free*</i>
		<b>Apple</b>		<i>Free*</i>
<b>My Pregnancy Today</b>	My Pregnancy Today is a comprehensive pregnancy app from parenting website <a href="http://www.babycentre.co.uk">www.babycentre.co.uk</a> . Enter your baby's due date, and this app turns your phone into a daily expert guide.	<b>Android</b>	Ctrl and Click on the picture to download 	<i>Free*</i>
		<b>Apple</b>		<i>Free*</i>

## Infant Development

Name	What it's about	Download here		Price
<b>My Baby Today</b>	This app offers a range of daily advice and videos about your child's development and milestones, as well as allowing you to record photos and your baby's growth. The app is connected to the Baby Centre website and forum which offers further information.	<b>Android</b>	Ctrl and Click on the picture to download 	Free*
		<b>Apple</b>		Free*
<b>Wonder Weeks</b>	For parents of newborns and young babies, this app helps when you are wondering what on earth is going on. Babies change quickly, often resulting in fussy phases, poor sleep and poor appetite. The app tracks developmental progress week by week.	<b>Android</b>	Ctrl and Click on the picture to download 	£1.25*
		<b>Apple</b>		£1.49*

## Infant Monitoring

Name	What it's about	Download here		Price
<b>Total Baby</b>	Total Baby is one of the most popular baby logging and tracking applications on the App Store. It helps you log and time all aspects of your child's care including sleeping, eating and feeding, through an interface that makes tracking easy and fun.	<b>Android</b>	Not available	n/a
		<b>Apple</b>		£2.99*
<b>Baby Connect</b>	Another popular baby logging app, available on Android as well as Apple.	<b>Android</b>	Ctrl and Click on the picture to download 	£3.09*
		<b>Apple</b>		£2.99*

## Infant & Child Sleep

Name	What it's about	Download here		Price
<b>Sleepy Sounds</b>	Along with its white noise, lullabies, and nature sounds, the Sleepy Sounds app also displays soothing animations. The images serve as a calming night-light that helps kids (and even adults!) fall asleep. You can also record your own music and sounds.	<b>Android</b>	Ctrl and Click on the picture to download 	Free*
		<b>Apple</b>		Free*
<b>My Baby Monitor and My Baby Monitor Lite</b>	My Baby Monitor turns two devices (smart phones, tablets etc) into baby monitors. Perfect for when you are travelling or when a baby monitor is forgotten/broken.	<b>Android</b>	Ctrl and Click on the picture to download 	£2.49 (full version)* Free (Lite version)*
		<b>Apple</b>		£2.49 (full version)* Free (Lite version)*
<b>Goodnight Safari</b>	Goodnight Safari is a beautiful, gentle bedtime-story app that puts children at the centre of the action. Kids choose animals (lions, giraffes, and elephants) for their bedtime routines. The interactive app has a calming narration that will help kids wind down, create a comforting night time routines, and fall asleep faster. Recommended for ages 2-4.	<b>Android</b>	Not available	n/a
		<b>Apple</b>		Free*
<b>Nighty Night!</b>	Another great bedtime story app that lets children put different farm animals to bed and turn off the light. The short story creates an ideal atmosphere for bedtime.	<b>Android</b>	Ctrl and Click on the picture to download 	£2.99*
		<b>Apple</b>		£2.49*

## Managing Children's Behaviour

Name	What it's about	Download here		Price
<b>iReward Chart</b>	As well as recording the usual good behaviours such as sharing, helping and completing homework, you can also set your child specific tasks and rewards and keep track of them so you know what they should be doing and when. We recommend trying the free version first and watching the video to see if it appeals.	<b>Android</b>	Ctrl and Click on the picture to download 	£2.56*
		<b>Apple</b>		£1.99*
<b>Children Countdown Timer</b>	A timer app that you can personalise for your child for different activities or uses. A fun picture is slowly revealed as the time runs down and when the time is up the child is rewarded with an exciting sound and a spinning picture.	<b>Android</b>	Not Available	n/a
		<b>Apple</b>		Free*
<b>Visual Auditory Timer</b>	A simple visual timer that you can use with your child. The free version has a time limit of 3 minutes.	<b>Android</b>	Ctrl and Click on the picture to download 	Free*
		<b>Apple</b>	Not Available	n/a
<b>Sprouts Good Night Star</b>	An interactive bed time routine app for preschool children based on a popular TV character.	<b>Android</b>	Ctrl and Click on the picture to download 	Free*
		<b>Apple</b>		Free*
<b>Morning Routines for preschool kids</b>	This app provides an interactive morning routine for preschool children who receive stars and rewards for successfully completing activities.	<b>Android</b>	Not Available	n/a
		<b>Apple</b>		Free*

## *Managing Feelings*

<i>Name</i>	<i>What it's about</i>	<i>Download here</i>		<i>Price</i>
<b><i>Self Regulation Training Board</i></b>	This app is an interactive tool designed to help children learn and practice the skills they need to manage their emotions. It targets the 3 skill-training areas; Physical, Emotional, and Cognitive Regulation. Recommended for ages 3–10.	<b>Android</b>	<i>Not Available</i>	<i>n/a</i>
		<b>Apple</b>		<i>£3.99*</i>
<b><i>Positive Penguins</i></b>	Positive Penguins is a simple, interactive, educational tool to help children understand why they experience a range of difficult emotions. In a fun way, it gives them practical ways to cope and think more positively. Recommended for ages 9-11.	<b>Android</b>	Ctrl and Click on the picture to download 	<i>£1.18*</i>
		<b>Apple</b>		<i>£1.49*</i>
<b><i>Smiling Mind</i></b>	Smiling Mind is a fantastic app for young (and not so young) people to gain an understanding of mindfulness and modern meditation. It's a simple tool that gives a sense of calm, clarity and contentment.  Children benefit greatly from learning these skills to manage stress and increase their resilience. The app is intuitive and reminds the user to undertake different activities each day.	<b>Android</b>	Ctrl and Click on the picture to download 	<i>Free*</i>
		<b>Apple</b>		<i>Free*</i>

*\*All prices correct at time of re- publication – January 2015*