

Parenting Apps

Contents *(Ctrl and Click to jump to relevant section)*

Pregnancy..... 1

Infant Development..... 2





Infant Monitoring 2

Infant & Child Sleep..... 3





Managing Children’s Behaviour..... 4

Managing Feelings..... 5




Pregnancy

Name	What it’s about	Download here		Price
Ready Steady Baby	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.	Android	Ctrl and Click on the picture to download 	Free*
		Apple		Free*
My Pregnancy Today	My Pregnancy Today is a comprehensive pregnancy app from parenting website www.babycentre.co.uk . Enter your baby's due date, and this app turns your phone into a daily expert guide.	Android	Ctrl and Click on the picture to download 	Free*
		Apple		Free*








Infant Development

Name	What it's about	Download here		Price
My Baby Today	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.	Android	Ctrl and Click on the picture to download 	Free*
		Apple		Free*
Wonder Weeks	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.	Android	Ctrl and Click on the picture to download 	£1.25*
		Apple		£1.49*








Infant Monitoring

Name	What it's about	Download here		Price
Total Baby	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.	Android	Not available	n/a
		Apple		£2.99*
Baby Connect	Another popular baby logging app, available on Android as well as Apple.	Android	Ctrl and Click on the picture to download 	£3.09*
		Apple		£2.99*






Infant & Child Sleep

Name	What it's about	Download here		Price
Sleepy Sounds	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.	Android	Ctrl and Click on the picture to download 	Free*
		Apple		Free*
My Baby Monitor and My Baby Monitor Lite	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.	Android	Ctrl and Click on the picture to download 	£2.49 (full version)* Free (Lite version)*
		Apple		£2.49 (full version)* Free (Lite version)*
Goodnight Safari	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.	Android	Not available	n/a
		Apple		Free*
Nighty Night!	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.	Android	Ctrl and Click on the picture to download 	£2.99*
		Apple		£2.49*

Managing Children's Behaviour

Name	What it's about	Download here		Price
iReward Chart	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.	Android	Ctrl and Click on the picture to download 	£2.56*
		Apple		£1.99*
Children Countdown Timer	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.	Android	Not Available	n/a
		Apple		Free*
Visual Auditory Timer	A simple visual timer that you can use with your child. The free version has a time limit of 3 minutes.	Android	Ctrl and Click on the picture to download 	Free*
		Apple	Not Available	n/a
Sprouts Good Night Star	An interactive bed time routine app for preschool children based on a popular TV character.	Android	Ctrl and Click on the picture to download 	Free*
		Apple		Free*
Morning Routines for preschool kids	This app provides an interactive morning routine for preschool children who receive stars and rewards for successfully completing activities.	Android	Not Available	n/a
		Apple		Free*

Managing Feelings

<i>Name</i>	<i>What it's about</i>	<i>Download here</i>		<i>Price</i>
<i>Self Regulation Training Board</i>	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.	Android	<i>Not Available</i>	<i>n/a</i>
		Apple		<i>£3.99*</i>
<i>Positive Penguins</i>	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.	Android	Ctrl and Click on the picture to download 	<i>£1.18*</i>
		Apple		<i>£1.49*</i>
<i>Smiling Mind</i>	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.	Android	Ctrl and Click on the picture to download 	<i>Free*</i>
		Apple		<i>Free*</i>

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