



Pregnancy through a baby's first couple years of life can be a very busy time. Many expectant and new parents opt to use apps to keep track of their health, their baby's milestones, medical appointments, and other information. In this piece, we'll cover a few apps that parents have chosen to use in conjunction with their standard medical care. Please note that we have not verified the accuracy of the information provided by these apps.



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# Pregnancy Apps

**Full-Term:** This app is very simple. You press a single button to record the start and end of each of your contractions. The app tracks the time, duration, and frequency of contractions, and it then allows you to easily email this information to your medical professional. It also includes a baby kick counter and a pregnancy reference section.

**Totally Pregnant:** With the Totally Pregnant app, you can watch video blogs from other expectant parents around the world and engage with them in discussion groups. You can also watch 3D videos showing a typical baby's development, take online prenatal and postnatal classes, find healthcare providers near you, and shop for everything from maternity jeans to baby baths.

**Kegel Trainer:** This app is focused on exercises to strengthen your pelvic floor muscles, which can help you maintain bladder control during and after pregnancy, among other benefits. The exercises are between 30 seconds and three minutes long, and the app will discreetly remind



you when it is time to do them.

**Pregnancy Workout Today:** Wondering what types of exercise you can safely do while pregnant? This app has workouts designed for every stage of pregnancy, as well as information on when you should avoid exercise.

**The Pregnancy Companion by OBGYN:** The Pregnancy Companion app was created by board-certified OBGYNs. You can use this app to check whether your medications are safe for a developing fetus, to make sure you are sufficiently hydrated, to create a birth plan, and more. You can even get advice from OB physicians using their “Ask the Docs” feature.

**Pregnant Eating App:** Figuring out what to and what not to eat while pregnant can be complicated. This app simplifies things. Foods marked as green are safe to eat, foods marked as yellow are ok to eat as long as you follow precautions, and foods marked as red should be avoided. You can also use a barcode scanner to quickly check foods while grocery shopping.

# Child Development Apps

**Ovia Baby Development Tracker:** With this app, you gain access to over a thousand articles on childhood development and parenting. You can also track your child’s growth with customizable milestones, pose questions to a community of other parents, and privately share photos, videos, and notes with your friends and family.

**WebMD Baby:** The WebMD Baby app provides parents with trackers to record and review their baby’s feeding schedule, sleeping patterns, digestive health, and growth. It also includes a baby book, where you can capture important moments and share them with your friends and family.

**Baby Major Steps:** This app can help parents keep tabs on their child’s developmental stages,



from birth up to age six. It includes information on at what ages kids typically reach certain milestones, a diary in which you can record information on your own child's development, a list of warning signs that prompt you to seek medical advice, and a forum where you can discuss your experiences with other parents.

[Kinedu Baby Development](#): With this app, you can learn not only about typical infant milestones, but also about the science behind each one. It also provides a catalogue of more than 1,000 activities to do with your baby, and more than 300 articles and slideshows from education experts.

