

{ Pregnancy }

B The Bump
Includes a planner to prepare for each doctor visit, 3D visualization of baby's growth, access to pregnancy articles, and real-time answers to all questions, plus the largest catalog of baby products and reviews

My Pregnancy and Baby Today
BabyCenter's pregnancy track and baby development calendar to guide expecting families through pregnancy, day by day, with tips and fetal development video for every stage of pregnancy. Also includes community groups for expecting and new moms, a photo diary, contraction timer, kick counter, feed guide with breastfeeding and formula tips, and more

OviaTracker
Provides a personalized approach to tracking baby's development, with daily and weekly updates on developmental progress, including illustrations with size comparisons. Additional tools include 2000+ articles on food safety, medications safety, and symptoms to stay safe and healthy throughout pregnancy, plus real-time health alerts when symptoms could be dangerous and need medical attention



The American Academy of Pediatrics guideline recommends no screen time under age 2. Recent research shows that language delays occur more often in children who watch more TV and start watching earlier. For preschoolers age 2 to 5, do not leave them alone in front of a screen. Help children understand what they seeing and how it applies to their world. Repeat what educational videos say and create an interaction between you and your child.

Research on early brain development shows that babies and toddlers have a critical need for direction interactions with parents and caregivers for healthy brain growth. TV does not replace the power of talking, reading, and singing to your child so they can positively grow and learn.



First 5 San Luis Obispo County
3220 S. Higuera Street #232
San Luis Obispo, CA 93401
805-781-4058

www.first5slo.org

Parenting in the Tech Age: App Guide for Raising a Healthy Child



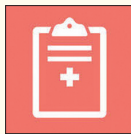
Your child's future forms before their memories. Be their first teacher with technology as a tool.





{ Child Health }

{ Development }



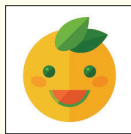
Kids Health Tracker

An easy and accurate way to keep track of your child's symptoms and medicines when sick. Tracks progressions of fevers, timing of medications, and stores record to show doctor detailed record of sickness



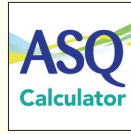
My Medula

Track breastfeeding and pumping progress, get immediate support and answers to breastfeeding questions including how to establish lactation, overcome pain, latch baby, and managing breast milk supply. Offers personalized content and proactive guidance and tips for positive breastfeeding experiences



Baby Meal Planner & Food Guide

Create personalized lists and meal plans based on baby's needs, learn about common allergens, seasonal foods and read the latest health guidelines and research. Features tools to search food ingredients, learn nutritional information and useful buying tips, track foods baby likes or refuses, and plan upcoming meals with the meal planning calendar to reduce stress and make feeding baby easy and healthy



ASQ Calculator

Easily determine the recommended questionnaire for ASQ-3 and ASQ:SE-2 to administer for baby or infant.

Ages & Stages questionnaires are the most used developmental and social-emotional screening tools for children 1 month to 72 months



Baby Sparks

Over 1,300 baby development activities and milestones for children 0-24 months. Provides a customized program

to support baby's specific developmental needs, develops personalized reports and offers access to expert-written articles related to current developmental stages



Kinedu

Fun and age-based daily developmental activities for children 0-2, including

pregnancy activities and articles. Activities are personalized to work on the right skills at the right time targeting four key areas: cognitive, linguistic, physical, and social/emotional development

{ Learning }



Daily Vroom

Science-driven brain building activity app that covers over 16 categories to spark brain building interaction.

Focuses on age-appropriate tips for multiple children and offers creative ways to make learning a part of everyday routines. Available in English and Spanish



My Smart Hands Baby Sign Language Dictionary

Sign language tool that parent and baby can use together. Teaches mommy and baby over 300 signs, across 16 categories, with detailed instruction to establish clear communication, making learning and bonding fun



ABC Alphabet Phonics

Multi-sensory and multi-language learning tool, combining audio, voice, and written words, dynamic game play adjust difficulty to keep engagement. Personalized features to add parent's voice so kids can learn by sight, sound, and touch. Recommended for children up to 6 years

