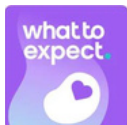


# APPS AND WEBSITES FOR

# Pregnancy and Post-Partum

## Why it Matters?

Apps and websites can provide helpful information and support to women experiencing uncertainty and feelings of loneliness during the prenatal and post-partum period. Here are some ideas for online resources you can share with your clients to utilize throughout their journey!



### WTE (What to Expect)

This app compares the baby's size to items like fruits for each gestational week. It includes information on anatomical development, the mother's body changes, common symptoms related to pregnancy, and reviews on baby and pregnancy products. It has an especially robust social network component, with separate groups for users who are having their babies within the same month.



### MyTN App

This app from the state of TN includes information for children and families, employment, health and wellness, and many more state-wide resources. By going to the "Welcome Baby" section and clicking on "visit service", you can view information on infant safety, baby well-being, caregiver supports, and child resources.



### Solid Starts

This app has guidance for parents who are beginning to give their infants solid foods. It describes how to safely prepare and serve solid foods to babies and toddlers, and it also includes information on common allergens and choking hazards associated with each food. The app suggests an age to introduce each food, and has a section to log foods when they have been tried.



### Safe Pregnancy and Birth

This app is available in English and Spanish. It gives safety tips for pregnancy, birth, and after birth. There are accessibility resources for women with disabilities, resources for women facing IPV (intimate partner violence), and suggestions to relieve common pregnancy symptoms.



### Safe Kids Worldwide

This Website has lists of safety considerations and tips organized by age group for infants-teens. The topics range from safe sleep practices to car seat safety and preventing choking hazards. They also provide downloadable checklists and resources for parents and caregivers.



### Imagination Library

Use this link to enroll a child in the Governor's Early Literacy Foundation. Dolly Parton's Imagination Library will send every child in TN a free book every month from birth to age 5.  
<https://governorsfoundation.org/enroll/>

\*Perinatal apps are fantastic companions during the pregnancy journey, providing information and connection. These resources are designed to complement, not replace, professional medical care and maternal support organizations, but to offer resources in addition to routine care visits.

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