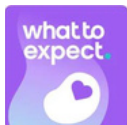


APPS AND WEBSITES FOR

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

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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

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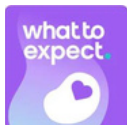
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This project is funded under an agreement with the State of Tennessee.

Embarazo y Posparto

¿Por qué es importante?

Las aplicaciones y los sitios web pueden brindar información útil y apoyo a las mujeres que experimentan incertidumbre y sentimientos de soledad durante el período prenatal y posparto. ¡Aquí hay algunas ideas de recursos en línea que se puede compartir con sus clientes para utilizarlos a lo largo de su viaje!



WTE (What to Expect)

Esta aplicación compara el tamaño del bebé con elementos como frutas para cada semana de gestación. Incluye información sobre el desarrollo anatómico, los cambios corporales de la madre, síntomas comunes relacionados con el embarazo y reseñas sobre productos para bebés y embarazo. Tiene un componente de red social especialmente sólido, con grupos separados para usuarios que van a tener sus bebés en el mismo mes.



MyTN App

Esta aplicación del Estado de Tennessee incluye información para niños y familias, empleo, salud y bienestar, y muchos más recursos estatales. Si se dirige a la sección "Bienvenido bebé" y hace clic en "Servicio de visitas", podrá ver información sobre seguridad infantil, bienestar del bebé, apoyo para cuidadores y recursos para niños.



Solid Starts

Esta aplicación ofrece orientación para los padres que están empezando a dar alimentos sólidos a sus bebés. Describe cómo preparar y servir alimentos sólidos de forma segura a los bebés y niños pequeños, y también incluye información sobre los alérgenos comunes y los peligros de asfixia asociados con cada alimento. La aplicación sugiere una edad para introducir cada alimento y tiene una sección para registrar los alimentos cuando se han probado.



Safe Pregnancy and Birth

Esta aplicación está disponible en inglés y español. Brinda consejos de seguridad para el embarazo, el parto y el posparto. Hay recursos de accesibilidad para mujeres con discapacidades, recursos para mujeres que enfrentan violencia de pareja (IPV/ Intimate Partner Violence) y sugerencias para aliviar los síntomas comunes del embarazo.



Safe Kids Worldwide

Este sitio web tiene listas de consideraciones y consejos de seguridad organizados por grupo de edad para bebés y adolescentes. Los temas van desde prácticas seguras para dormir hasta de seguridad de los asientos de seguridad en el carro y riesgos de asfixia. También proporcionan listas de verificación y recursos descargables para padres y cuidadores.



Imagination Library

Utilice este enlace para inscribir a un niño en la Fundación de Alfabetización Temprana del Gobernador. La Biblioteca de imaginación de Dolly Parton enviará a cada niño de Tennessee un libro gratuito todos los meses desde el nacimiento hasta los 5 años.

<https://governorsfoundation.org/enroll/>

Las aplicaciones perinatales son fantásticas compañeras durante el embarazo, ya que brindan información y conexión. Estos recursos están diseñados para complementar, no reemplazar, la atención médica profesional y las organizaciones de apoyo maternal, sino para ofrecer recursos además de las visitas de atención de rutina.

Este proyecto está financiado mediante un acuerdo con el Estado de Tennessee.

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