

## Family Foundations Home Visiting iPad App Suggestions

### Bright Futures

#### American Academy of Pediatrics

This app allows providers to track their patients' well visit needs. The app offers quick access to up-to-date information for pediatric preventive care, including the recommended well-child visit schedule, immunization schedules, a BMI calculator, and a selection of information sheets on family support, child development, health and mental health, and injury prevention.

Link: <https://itunes.apple.com/us/app/bright-futures-visitplanner/id664584173?mt=8>

### CDC Vaccine Schedules

#### Centers for Disease Control and Prevention

This app offers quick access to ACIP-recommended immunization schedules, complete with footnotes, especially intended for healthcare professionals recommending and administering vaccines to infants, children, adolescents, and adults.

Link: <https://itunes.apple.com/us/app/cdc-vaccine-schedules/id875273858?mt=8>

### Head Start Resources

#### Office of Head Start

This app offers resources and materials to support Head Start programs. Discover techniques and strategies to prepare children for school and support family well-being. The app is geared towards the performance standards and policies, but there are also professional development videos available.

Link: <https://itunes.apple.com/us/app/head-start-resources/id872564932?mt=8>

There is also a separate Teaching Strategies GOLD app for Head Start programs that use the GOLD curriculum: <https://itunes.apple.com/us/app/teaching-strategies-gold-documentation/id571518837?mt=8>

### **Make Safe Happen**

#### **Nationwide Children’s Hospitals and Safe Kids**

This app is designed to help keep children from being injured at home. The app aims to address the #1 cause of childhood deaths—preventable accidents. The app features include room-by-room advice by child age, safety checklists, and seasonal safety reminders.

Link: <https://itunes.apple.com/us/app/makesafehappen/id957375295?mt=8>

### **My 9 Months**

#### **March of Dimes**

This app is an interactive version of March of Dimes’ “My 9 Months” magazine for women who are pregnant or thinking about becoming pregnant and offers reliable and comprehensive information about healthy pregnancy at the fingertips of moms-to-be.

Link: <https://itunes.apple.com/us/app/my-9-months/id528623198?mt=8>

### **Mis 9 Meses**

#### **March of Dimes**

Link: <https://itunes.apple.com/us/app/mis-9-meses/id525758679?mt=8>

## **Pediatric Growth Charts by Boston Children's Hospital Boston Children's Hospital**

This app features allows parents and providers to track children's' growth over time and display the data points on any of the included WHO and CDC growth charts, including height, weight, head circumference and BMI. The app will determine the corresponding percentiles. Comments suggest that parents can upload their children's photos into their profiles.

Link: <https://itunes.apple.com/us/app/pediatric-growth-charts-by/id617601789?mt=8>

## **Text4baby**

### **Voxiva and Zero to Three**

This app offers pregnant women or new moms up-to-date health information.

Text4baby features:

- 1) An app with timely text messages tailored to gestational/infant age, health and safety information about how the baby is growing each week, progress and medical updates, and fun quizzes
- 2) Text-based appointment reminders
- 3) Web-based health and safety information and videos

Languages: English and Spanish

Link: <https://itunes.apple.com/us/app/text4baby/id894749779?mt=8>

## Families and Media

The booklet (link below) is recommended by Chip Donahue, PhD, Dean of Distance Learning and Continuing Education & TEC Center Director, and Senior Fellow & Advisor, Fred Rogers Center for Early Learning and Children's Media. Chip was a speaker at the collaborative Media Mentoring training offered in Eau Claire this fall.

The booklet conveys good sense and infant mental health principles related to family use of media.

On page 14 of the booklet, Joan offers suggestions for where/how to access family-friendly apps.

### Joan Ganz Cooney Family Time with Apps: A Guide to Using Apps with Your Kids

Link: [http://www.joanganzcooneycenter.org/wp-content/uploads/2015/08/jgcc\\_familytimewithapps.pdf](http://www.joanganzcooneycenter.org/wp-content/uploads/2015/08/jgcc_familytimewithapps.pdf)