



## Best iPhone Apps for Mums

### The Huggies Australia Ultimate List

Top Pregnancy iPhone Apps  
Top iPhone Apps for New Mums



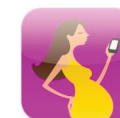
## Top Pregnancy iPhone Apps



Price: Free

### Pregnancy and Baby Care by Bounty

The Bounty iPhone app is a cool and compact app with unique features and an awesome design to boot! Includes areas for pregnancy, baby care, health and lifestyle and food and nutrition packed full of info. The news section compiles a list of all the latest baby-related news and the other tools such as tutorials, baby timeline, iPhone rattle and toy aeroplane make this one of the best free baby apps out there.



Price: \$0.99

### Pregnancy Companion

Trust us, this app is well worth the 99 cents. Check your baby bump, add appointments, view the pregnancy medical glossary, read up on pregnancy nutrition, track your weight, record Bub's kicks, search for baby names and even record contractions when you go into labour! One of the coolest bits is the hydration counter that makes sure you keep track of how many glasses of water you're drinking daily.



Price: \$0.99

### Foods to Avoid when Pregnant

The most extensive list of foods to avoid we've ever seen! Each item comes with an explanation as to why it should be avoided and whether it's okay to eat in moderation. Don't get too depressed by it, a large part of the list just suggests recommended intakes, as opposed to completely cutting those foods out.



Price: Free

### Baby Countdown ♥

A very cute app that counts down to your due date. You can set your own background and count down in regular units such as months and days OR you can change it to how many heartbeats, kisses or kicks to go. Once Bub is born you can then change the countdown to their next birthday. Also available in iPad version. Adorable!



Price: Free

### Huggies Australia Pregnancy and Baby Stages

The Huggies Australia iPhone app is the ultimate technical companion for mums during pregnancy and throughout the first year of Bub's life. Week by week illustrations paired with pregnancy and baby stages information means you'll be totally across your baby's development both in and out of the womb. Extra features such as to do lists, baby logs, tips and moments make the Huggies app an essential for mummies!



## Top Pregnancy iPhone Apps



Price: \$0.99

### iContraction

This is a good one, probably best left in the hands of hubby, partner, mum, sister or whoever is accompanying you to the hospital when you go into labour (as you'll probably be too busy to be playing with your iPhone!). It's a great way to track your contractions and map them out. Also handy to show the doctor when you arrive at the hospital to give birth to your little one.



Price: \$2.99

### Positive Pregnancy with Andrew Johnson

First time pregnancies are exciting and scary all at the same time. This app was designed to help mums-to-be relax and look forward to a positive pregnancy. You can expect a meditation program filled with relaxation techniques and positive affirmations. It may also help improve sleep and reduce stress.



Price: \$0.99

### Pimp My Ultrasound

This one is a little crazy and not really in line with what you'd normally expect from a pregnancy app, but it's great fun! All you need to do is get a pic of your ultrasound onto your phone and from there you can add accessories such as hats, glasses and bling to your bub. You can also add customisable humorous speech bubbles.



Price: \$0.99

### Baby Kicks

Feeling Bub kick is one of the most exciting things about being pregnant. This app is made for recording those kicks and making sure that your baby is still doing fine. Even generates an email report for you to take to your doctor if you suspect that something is wrong!



Price: \$1.99

### BabyFace - Baby Appearance Predictory

This cute little app lets you add your physical characteristics as well as your partner's and produces a cartoon of what your baby may look like. Of course this is not always going to be accurate, but it does take into account which genes are recessive/dominant in order to work it out.



Price: \$0.99

### Baby Pool

Quite possibly one of the most fun pregnancy apps around! Add your friends into the game to guess the name, gender, weight and date and time of birth of your bub. All participants can access the pool and see updates throughout your pregnancy and you can even send a baby pool winner announcement after the birth. Great to play with friends or co-workers and ideal for baby showers.



Price: \$2.99

### Yogamama

Yoga is a great way to exercise when you're pregnant and this app has been created especially for mums-to-be. The techniques are effective and safe for pregnant women and you'll be guided by the videos and instructor Cherie Lathey. Yoga has been found to reduce stress and fatigue, while promoting energy and overall wellbeing.



Price: \$10.49

### Pilates for Pregnancy

This is one of the more pricey apps, however, we've tested this one out and love it! The great reviews in the app store indicate that we're not the only ones. This app is broken down into three different workouts (one for each trimester) specifically tailored to pregnant women. Also includes to do lists for each trimester, which is a nice added bonus.



Price: Free

### Baby Names by Sevenlogics

There are a fair few baby names apps in the app store, but we liked this one the best as the interface is clean and easy to navigate. View popular names, choose by origin, meaning, gender or letter and start building a list of favourites for your little one on the way.

# Top iPhone Apps for New Mums



## Baby Checklist

Baby checklist is an easy to use list of the supplies you'll need to prepare for Bub's arrival. From bottles, nappies and clothes, to bedding, furniture and prams, you won't forget anything if you tick them off as you go!

Price: \$1.99



## Art Bellies

Turn your favourite pregnancy and family pics into beautiful artwork with this app. Great for sending unique cards and invitations, creating awesome Facebook profile pics, phone and desktop wallpaper and framing for the home.

Price: \$0.99



## Baby Checklist – Hospital Edition

An extension of the original Baby Checklist app, the hospital edition helps first time parents prepare for their stay in hospital before and after the birth of your little one. First time parents will love this one.

Price: \$1.99



## Total Baby

The Total Baby app is a comprehensive baby log offering timers for feeds, sleeps and baths. It also includes a diary for entering milestones and a chart to keep track of your baby's growth, doctor appointments and vaccinations. It's a good app, but the downside is that it's a little pricey when there are other apps that perform similar functions.

Price: \$5.49



## Eat Sleep: Simply Baby Tracking

Eat Sleep is a great way to record your baby's feeds, sleeps and nappy changes. The feeds feature is particularly useful as you can enter left or right breast, formula and pumped as options. These can all be viewed at a daily, weekly or monthly level.

Price: Free



## My Baby and Me by Philips Avent

Perhaps one of the best free baby tracker apps on the market right now, My Baby and Me has a clean interface and is incredibly easy to use. Create baby albums, read tips and advice and track height, weight, feeds, sleeps and nappy changes. The cool stats charts and graphs make it such a fun way to track Bub's progress!

Price: Free



## Baby Pack & Go

When you've got a baby to care for, getting out of the house becomes a considerably harder task. The Baby Pack & Go app is the ultimate baby organiser and helps you prepare for those outings. You can create your own packing lists for multiple children and it comes with a handy status bar to let you know how far you are from being ready.

Price: \$0.99



## The Wonder Weeks

There are plenty of apps that keep track of your baby's physical development, but this one tracks mental developments. Track when your baby should be reaching milestones in mental development and read about what they're going through. The graph of mental leaps is handy for predicting tantrums and other types of usually unexpected behaviour.

Price: \$0.99



## Baby Feeding Log

Very basic baby tracker if you're not looking for anything too fancy. It comes with a simple recorder for feeds, which includes left and right breast, as well as bottle. You can also record sleeps and nappy changes.

Price: Free

## Top Phone Apps for New Mums



Price: \$5.49

### Baby Connect

Baby Connect is one of the better non-free apps and was even featured by Apple as a top app for busy mums. It features growth tracking, timers, milestones as well as feeds, sleeps and nappy changes trackers. You can even record Bub's mood, activities and temperature. All of this information is graphed out into amazing charts, which you can also compare to other weeks in your baby's life. Also good for sending to the baby sitter when you're out.



Price: \$0.99

### Stork.cc

Stork.cc is a birth announcement app that allows you to add all of your friends to a contact list, snap a pic of your new bub, add the birth stats and create a really unique announcement in a front page newspaper style. Really easy to send and also lets you customise your own message.



Price: Free

### Baby Travel

Travelling with a little one can be hard work, but this app makes things a bit easier! You can enter individual trips with location, climate, length, and number of kids and adults travelling. Once you've entered your trip the app will create a climate-appropriate packing list for you based on this information. There is also a selection of soothing noises to play to bub when it's sleep time, or some fun ones to keep them busy.



Price: \$2.99

### Milk Maid

Designed to help mums keep track of their expressed breast milk, this app is about as comprehensive as it gets. Really the question is what doesn't it do? It records pumping sessions, keeps track of milk inventory in various locations, keeps track of stats so you'll know how much milk to leave with Bub's minder while you're away. You can export the data into an excel spreadsheet too, but this feature is probably just a little TOO much!



Price: Free

### iSitter

This is a great free baby monitor app that allows you to leave one compatible device in Bub's room and one with you. You can even set up a video camera from your baby's room so you always have your eye on them. A nice high-tech approach if you want to ditch the traditional baby monitors or if you're travelling.



Price: \$2.99

### Pregnancy & New Parenthood

This app takes parents from the conception stage right through to when your baby is born. You'll get a series of video tutorials on how to get pregnant, pregnancy health, preparing for bub, labour, feeding, nappy changing and more (there's 120 in total). You can also create a favourites list and track your progress by marking how many you've watched. Some of the commentary is a bit cheesy, but there are still some useful tips in here!



Price: Free

### Baby Log

There are some awesome graphs in the Baby Log app and one of the great things about it is that there is an iPad version, which makes it much better for checking out all of your bubba's stats. Record nappy changes, feedings, sleeps, baths, play and even poo! Also includes a diary and photo section.



Price: \$1.99

### Baby Weaning

Baby Weaning is a great way to get started when your baby is ready for solid foods. Divided into three stages, the handy recipes are tailored to what your bub is ready for. The recipes are tasty and healthy and the app even comes with a handy meal plan. Mmm...mango and banana puree...

