



FINGER ON THE PULSE

Ever wish you had a good reference for developmental milestones right in the palm of your hand? Or emergency instructions for a burn or broken bone at your fingertips? How about an easy way to get kids interested in their own health within arm's reach?

Yep, there are apps for all that.



BEST FOR:

What to do
in case of
emergency

Red Cross First Aid

Cost: Free | Systems: iOS, Android

Accidents happen. And, in the heat of the moment, we're not always exactly sure what to do. The Red Cross's official First Aid app provides easy-to-read step-by-step instructions for handling emergencies. How to apply pressure on a bleeding wound, for example. Or what to do for heatstroke. It also includes preparedness checklists for all manner of natural and chemical disasters, and a handy hospital finder that requires just one click. (The Red Cross also has a Pet First Aid app for four-legged family members.)



BEST FOR:

Keeping tabs
on developmental
milestones

Developmental Milestones

Cost: \$2.99 | Systems: iOS, Android

Clean, clear, and concise, this helpful app gives pithy explanations for where children should be at each stage in terms of social, fine motor and vision, gross motor, speech and language, and dentition (or teeth) development. A 3-year-old with proper gross motor skills ought to be able to stand and hop on one foot, for example, while a socially on-track 4-year-old should "understand present, past, and future." A tab for red flag signs lets you know when there might be something to worry about.



BEST FOR:

New parents who need help keeping track of it all

Baby Bundle

Cost: Free | System: iOS

Created by a pediatrician and mom of three, this intuitive app enables parents to time feedings and naps, track diaper changes and head circumference growth (all growth data can be charted and compared against national norms), even log ounces of milk pumped and stored (fridge or freezer). It includes checkup and vaccination schedules, health information customized to your baby's stage, and a place to record multiple children's milestones—in notes or images. Bonus: It can turn your iPhone or iPad into a baby monitor, so you can keep an eye on your sleeping beauty from wherever you are.



BEST FOR:

Eliminating your bulging folder of medical records

Capzule PHR

Cost: \$0.99 | System: iOS

This personal-health-record storing app, which has a modern, easy-to-navigate interface, is designed to keep all your medical information in one place. It can be backed up to the cloud and synched with other devices, so it allows for easy access to, as well as smart safeguarding of, your whole family's data. That data can include illness histories, tests, scans, images, medications, appointments, emergency info, and more. Use this app to visually monitor variations in health conditions for multiple family members, send prescription refills, manage insurance and doctor info, track immunizations, and get medication reminders.



BEST FOR:

Getting kids moving without labeling it "exercise"

Jump Jump Froggy

Cost: Free | System: iOS

Adorable graphics featuring animated animals—and not just frogs—will charm young kids into trying this playful fitness app. Each of the four games included focuses on one basic fitness move: hopping side to side with the frog, jumping with the flies, sit-ups with the snake, push-ups with the ant. The player has to do the move to score points and advance to higher levels. Charming music and clever animation keep it feeling fun. Play alone or against a buddy.



BEST FOR:

Inspiring kids to learn about how their bodies work

The Human Body by Tinybop

Cost: \$3.99 | System: iOS

Gorgeous and witty illustrations, layers of detail, and clever interactions make this wonderfully unconventional anatomy app (for kids 4 and up) feel like anything but a lesson. Turn on labels for older kids to see which system they're poking around in, or leave them hidden for littler kids who just want to explore the gurgling sounds of the digestive tract, or the pumping action of the heart, or what happens to the teeth when we eat certain foods, or how the eardrum works when you say something, and so much more.