



Smartphone Apps for Moms, Moms-to-Be, and Obstetric Providers



[Happify](#) – Overcome negative thoughts, stress, and life’s challenges! How you feel matters! Whether you're feeling sad, anxious, or stressed,

Happify brings you effective tools and programs to help you take control of your feelings and thoughts. Available on Android AND iPhone. (FREE)



[PowerMom](#) – Working Towards Healthier Pregnancies – and Healthier Babies. Join our community of pregnant people collecting and contributing important

pregnancy-related health information through app-based surveys and wearable sensors. Together, we are working to reduce health disparities and learning more about what leads to healthy pregnancies and healthy babies for every pregnant person. Available on Android AND iPhone. (FREE)



[Lifeline4Moms](#) - Lifeline4Moms is a provider-facing app to provide decision-support to obstetric providers as they address maternal mental health

needs of their perinatal patients. The app has 5 distinct sections that include: Screening; Assessment; Treatment; Medication Chart; and Risks and Benefits of Meds. Available on iPhone. (FREE)



[Pregnancy+](#) – Be Supported. With daily pregnancy info, diet, exercise and labor info, color and scan images reflective of baby development, and week-by-week

info, Pregnancy+ supports parents throughout their journey. Available on Android AND iPhone. (FREE)



[We Moms](#) – Moms helping moms. Let's be clear about it, becoming a mother is a wonderful but challenging adventure: pregnancy, childbirth, breastfeeding, baby

bottles, diapers, crying, sleep, illness, first teeth... without forgetting the balance between life as a mother, a woman, maybe a wife and a working mom. Available on Android AND iPhone. (FREE)



[2houses](#) – 2houses is a set of tools that helps parents to communicate better and get organized for the happiness of their children. This neutral platform

offers exclusive tools to manage your child’s custody arrangements and shared expenses, according to your needs, while also reducing conflict and emotional stress. Available on Android AND iPhone. (\$12.50 for the whole family)

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