

Pregnancy to parenthood: NZ apps for growing whānau

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Pregnancy



Bountiful Pregnancy

An app with tools and information on changes during pregnancy and looking after yourself, including nutrition, pelvic floor exercises and preparing for birth.



Tuku Iho

A bilingual app (English and Te reo Māori) that shares intergenerational wisdom on māmā and pēpi wellbeing, grounded in Māori culture.



Just a thought - pregnancy wellbeing

An online course for pregnant people with low mood or anxiety, to help them manage their symptoms by using CBT techniques in their everyday lives.



Just a thought - postnatal wellbeing

An online CBT course to support wāhine who may be experiencing low mood, anxiety or postnatal depression, to better understand their condition.

Breastfeeding & baby care



Mama Aroha

Offers practical, culturally responsive breastfeeding advice for whānau and health professionals.



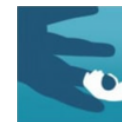
Breastfed NZ

Gives step-by-step breastfeeding guidance and support for parents in Aotearoa.



Feed Safe NZ

Helps breastfeeding parents check alcohol safety for feeding their baby.



Babble NZ Neonatal Family App

Supports whānau with babies in hospital neonatal care through information and connection.



Parentland

Offers parenting tips, tools and a community to support raising children.