

5 OF THE BEST

# APPS FOR NEW MUMS

by **ANNETTE KELLOW**

**B**eing a new mum can often mean wishing you had several extra hours in the day and a set of octopus hands. So when time is precious, the last thing you want is to be fishing around on complicated websites for instant information! Enter the world of time-saving apps – parent hacks at your fingertips, that every new mum needs. From sleeping aids to new mum meet ups or quickly finding a changing place when you're out and about, these apps will give you more time and less stress.

## 1. SOUND SLEEPER: WHITE NOISE APP

**Best for Helping Baby Sleep**

**How it works:** White Noise is a great tool to soothe fussing babies. Popular sounds include a whirring fan, a heart-beat to mimic the affect of being in the womb or the ever-reliable 'ssh'. If you've ever used Youtube for a free white noise playlist, you'll know when an advert suddenly plays mid-sleep, it's game over! For a less bright screen, use Sound Sleeper. renditions.

## 2. PEANUT

**Best for Meeting new Mums**

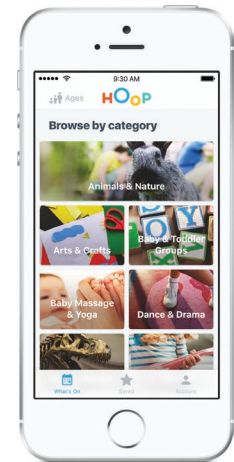
**How it works:** Dubbed the Tinder for Mums, Peanut is the favourite to meet other mums near you. With a filter for baby's age and Mum's interests, it swiftly matches you with other 'Peanuts' close by. An app made for connecting within the community - you'll soon be laughing, crying and comparing each other's sleepless nights over a double shot espresso in your local café.



## 3. CLOUD BABY MONITOR

**Best for: Monitoring Baby when sleeping**

**How it works:** Cloud Baby Monitor needs no extra technology as you simply download the app, which works on an ipad and iphone. You link the two for an instant baby monitor wherever you are. Keep one device with your baby and watch live video with crystal clear audio on your other. It can be used at home or as a perfect holiday accessory as you get real time notifications about your baby's noises and movements.



## 4. HOOP

**Best for: Baby and Children Activities near you**

**How it Works:** Stuck for fun things to do with your little one? Then Hoop is the easy access app for you. Find and book activities from newborns to 11 year olds within your local area. You'll never have to watch a re-run of Peppa Pig again!

## 5. NCT BABY CHANGE

**Best for: Finding the nearest Baby Changing Station**

**How it works:** We've all been there, you're having the perfect outing then there is a sudden 'explosion!' Fortunately NCT Baby Change, the emergency godsend, locates the nearest changing facility throughout the U.K which you can quickly and easily access, without a fuss in sight. 