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FREE!

baby buddy™

the multi-award winning free app
for parents and parents-to-be

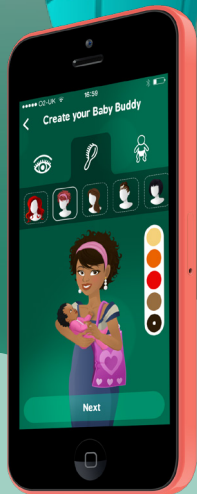
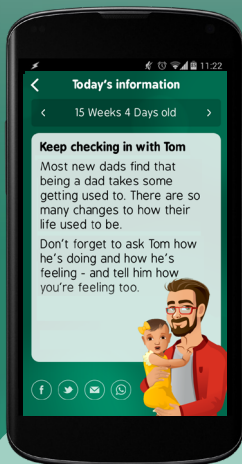
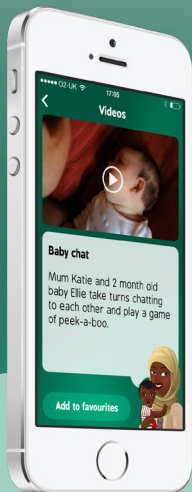


Available on:



Baby Buddy is your personal baby expert - a virtual friend who will guide you through your pregnancy and the early stages of your baby's life.

Once you have created your buddy, you will receive daily information about you and your baby that is right for your baby's age and personalised just for you. Your buddy will support you on your emotional, physical and social journey.



The free Baby Buddy app includes:



Today's information – a daily notification with personalised key messages relevant for each day of your journey



You can do it! – a tracker for your personal goals and achievements



Ask me – type in any question and your Buddy will answer with expert information



Your appointments – a handy reminder of the dates and times for your check-ups



Remember to ask – your reminder list for questions to ask at your next appointment



Videos – a growing range of clips to help you look after yourself and your baby



Bump Book™ and **Baby Book™** – a diary to record your thoughts, feelings and photos that you can share if you want to



Bump Around™ and **Baby Around™** – a map that helps you find great local services



Crisis Messenger – Text BABYBUDDY for free, 24/7 confidential text support when you're in emotional pain or a crisis (powered by Crisis Textline)

Baby Buddy was created by the national charity, Best Beginnings, and developed thanks to funding from the Big Lottery Fund, The Tedworth Charitable Trust and Guys and St Thomas' Charity.



Huge thanks to the many midwives, health visitors, doctors, speech and language therapists, and young parents who helped develop this informative, interactive and easy-to-use app.

Baby Buddy has a **top ten** rating on ORCHA - an independent and impartial health and care app review platform, and is endorsed by the following organisations:



Baby Buddy is featured on the NHS Apps Library. Download, or access the web version at: www.babybuddyapp.co.uk

For further information and our contact details, please visit: www.bestbeginnings.org.uk

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