# Apps for NICU Families

*Please note: this list is information sharing for our centers, is not intended to be comprehensive and FPQC is not endorsing any of these apps.*

## Skin to Skin Care

**The Zacky:** <https://thezaky.com/pages/thezakyapp>

The Zaky application contains a user-centered graphical interface and provides the parents with information on the importance of kangaroo care, enabling them to be active participants in improving the practice, communicate and share with others to win Kangaroo-a-thons!

## Apps Most Popular with Families

**Peekaboo Preemie App - Supporting Babies in the NICU**

<http://www.peekabooicu.com/App>

The FREE Peekaboo ICU PREEMIE App is an invaluable tool made specifically for parents of preemies. Designed to inform, inspire, and engage parents as they navigate their way through the NICU. Peekaboo ICU PREEMIE offers parents an empowering and educational guide to prematurity, helping to reshape the preemie parent experience from day one.

**My NICU Baby® App - March of Dimes**

<https://www.marchofdimes.org/nicufamilysupport/my-nicu-baby-app.aspx>

<https://nacersano.marchofdimes.org/quienes-somos/aplicacion-mi-bebe-en-la-nicu.aspx>

The March of Dimes My NICU Baby ® App provides answers, tools and support, so you can focus on your baby during what is often a difficult time. Learn about NICU staff, policies, equipment, and terminology on your own schedule. The app has been developed and designed by experts to help you advocate for the best care for your baby. This app is available in English and Spanish.

## Networking, peer-to-peer apps

**The MyPreemie App for Preemie Parents**

<https://grahamsfoundation.org/mypreemie-app/>

MyPreemie App was created by experts and parents through Graham’s Foundation, and is designed to inform, comfort, organize, and engage preemie families to promote parent well-being and engagement in the NICU and beyond.

**Hand to Hold https://handtohold.org/**

The Hand to Hold mobile app provides convenience, compassion and connection to help support NICU parents' emotional needs during their journey. "Creating a mobile app is essential to help eliminate barriers to support for all NICU parents," said Kelli Kelley, Hand to Hold Founder and CEO and NICU parent.

**Preterm Connect:** <https://www.pretermconnect.org/>

PretermConnect is a free mobile app that provides information on caring for a preterm baby, self-care, and local resources. App users can also connect with others going through similar experiences through the community forums. The app was developed by a team of researchers at Stanford University as part of ongoing research to better understand the risk factors for preterm birth.

## General Information

**NicuNest**: <https://nicunest.medicine.iu.edu/>

The NICU Companion provides easy and accessible information to families about common NICU procedures and equipment and includes the parent perspective. The NICU Companion can be used online or on a mobile device.

**PreeMe+You:** <https://preemeandyou.com/>

PreeMe+You empowers parents by harmonizing NICU care and communication to produce your preemie’s best health outcomes. PreeMe+You is a social benefit health startup working to improve premature infant health and developmental outcomes.

We create neonatal interaction and communication tools that positively shape parent-infant relationships and parent-medical team partnerships for improving long-term health and quality of life outcomes for preemies and their families.

# Apps for Family Integrated Care

*The following apps are specific to organizations and are provided as information.*

**South Shore Health**

<https://www.southshorehealth.org/services-care/neonatal-intensive-care/family-integrated-care-nicu-app>

South Shore Health is the first hospital or health system in New England to offer a Family Integrated Care (FICare) mobile app to serve as a comprehensive guide for your child’s entire family as you navigate the journey from birth, hospitalization, home, and beyond. The FICare app hosts educational videos and quizzes for parents as they learn skills from our caregivers as part of the FICare program at South Shore Hospital

**Imperial College Healthcare NHS Trust**: Integrated Family Delivered Neonatal Care – IFDC

<https://apps.apple.com/us/app/integrated-family-delivered-neonatal-care-ifdc/id1196284490>

IFDNC is an innovative smartphone app only available via apple, that helps parents through their NICU journey in the ethos of family integrated care. The app offers an up to date and comprehensive educational material, developmental timeline and different diary functions to document the neonatal journey and memories. The overarching goal of family integrated care is to support parents in becoming equal members of the neonatal team and participate in providing active care for their infant with the help of a competency-based training.

This App and educational material was designed for our Integrated Family Delivered Care project, but even if parents are not able to participate in this new care model it can help them a lot on their way.

**Brigham Health**: <https://apps.apple.com/us/app/my-brigham-baby/id1467985987>

My Brigham Baby app allows NICU parents the ability to remain engaged in their child’s care, find links to helpful information on a variety of topics related to parenting a baby in a NICU, as well as track their infant’s progress. Additionally, parents can see who their baby’s doctors are, keep a journal, and remain connected as their infant transitions to home.