

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](http://www.babybuddyapp.co.uk)

For further information and our contact details, please visit: [www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk)

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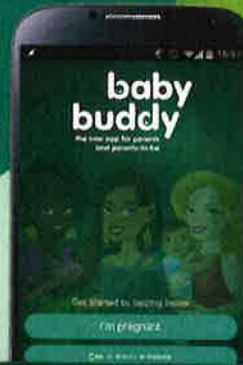


Charity No: 1120054 Company Number: 5866886

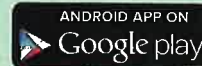
Download it today FREE!

# baby buddy™

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

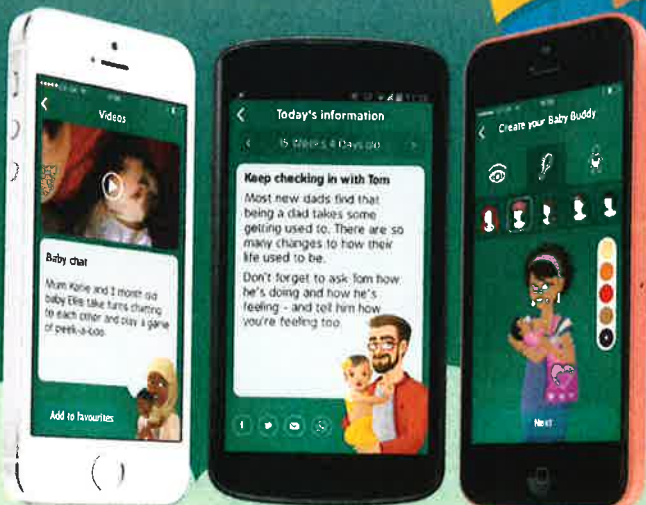


Available on:




**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)