

# Your Child's Development: Websites and Apps

Explore these websites and apps (smart device applications) to learn what to expect as your child changes over time. To access these resources, click the link or scan the QR code.

## Websites

### [Pathways.org](https://www.pathways.org)

Learn about how to support your child's development from birth to 6 years.



### [HealthLinkBC.ca](https://www.healthlinkbc.ca) (Search "growth and development milestones")

Learn what you can expect of your child from 2 to 18 years.

### [BabyCenter.ca](https://www.babycenter.ca)

(Select "BABY", then "Your baby's development" under "Top resources")

Find information about what to expect as your child grows.



## Apps for parents of children from birth to 6 years



### [Kinedu.com](https://www.kinedu.com)

Learn how playing can help your child develop from birth to 6 years.

Find the best playtime activities for your child.

### My Baby Today at [BabyCenter.ca/mobile-apps](https://www.babycenter.ca/mobile-apps)

Learn what to expect in your baby's first year. Connect with other parents.

Find advice from experts.



### Beginning With Babble at [bwbapp.org](https://www.bwbapp.org)

Learn different ways to help your child communicate based on age, from birth to 4 years.

### Breathr at [keltymentalhealth.ca/breathr](https://www.keltymentalhealth.ca/breathr)

Learn ways to get started with mindfulness.

Read more about this app at [keltymentalhealth.ca/breathr](https://www.keltymentalhealth.ca/breathr).



### Websites for parents of babies in the neonatal intensive care unit (also called "NICU")



Canadian Premature Baby Foundation at [cpbf-fbpc.org](https://cpbf-fbpc.org)

Find information about your premature baby, as well as connect with other families and programs to support you in your family's journey.

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Quantum Caring for Parents

Learn about parenting your baby in a NICU.

Read more about this app at [tinyurl.com/qcpandroid](https://tinyurl.com/qcpandroid) for Android users, or [tinyurl.com/qcpappstore](https://tinyurl.com/qcpappstore) for Apple users.



Android



Apple



MyPreemie at [grahamsfoundation.org/mypreemie-app](https://grahamsfoundation.org/mypreemie-app)

Explore how parents of premature babies can improve their well-being to help feel more healthy and happy.

Learn what to expect in the NICU.

NICU Companion at [tinyurl.com/nicucompanion](https://tinyurl.com/nicucompanion)

Learn about procedures and equipment you can expect in the NICU.  
Read what other parents have said.



Android



Apple

Integrated Family Delivered Neonatal Care

Explore different ways to take an active role in your baby's care in the NICU.

Read more about this app at [tinyurl.com/IFDCandroid](https://tinyurl.com/IFDCandroid) for Android users, or [tinyurl.com/IFDCappstore](https://tinyurl.com/IFDCappstore) for Apple users.

You might find another website or app that works for you. We list these resources for your convenience.  
This means this is not a complete list, nor do we endorse these resources.