

Apps for Parents & Caregivers

SKIP tips

Tips for parenting under 5 year olds. Covers a range of scenarios from bedtime to supermarket shopping. Supports parents to check in with themselves and whether their mood or situation could be affecting their child's behaviour. Parents can also save and share tips that work for them.

Tiny adventures

Tiny adventures contains quick, simple, low cost ideas for families to have fun together. You can select from a range of quick under 5 minute activities or activities that will take up to an hour.

Raising children

Provides advice on parenting strategies, health and wellbeing, nutrition, sleeping and early learning. Contains videos with a written summary and some top tips.

Stop, breathe and think

A meditation and mindfulness app. Allows you to check in with your emotions and recommends short guided meditations, yoga and acupuncture videos depending on how you are feeling.

Calm

Contains guided meditation/mindfulness sessions covering a range of topics including relationships, happiness and gratitude and contains multiple sleep stories for both adults and children.

Headspace

Daily mindfulness app. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise and physical health.

Mind shift

Support for people experiencing anxiety concerns. Supports people to learn how to relax and be mindful, develop more effective ways of thinking and use active steps to take charge of feelings of anxiety.

Aunty Dee

This is an app that helps you to problem solve by helping you to generate ideas and find solutions to the problem.

Virtual hope box

Provides activities to help distract from current stressors, relaxation and mindfulness strategies, inspiration and helps you create your own coping cards and plan activities.

What's up

Mental health app, includes strategies to help in the moment. Ideas around coping strategies to help manage worries, challenge thinking patterns and positive steps to start feeling better. Information regarding mental health concerns and ways to manage the symptoms of these.