

# Pointers For Parents

## Six Essential Apps Parents Can't Live Without

(NAPSA)—Once you become a parent, life is *definitely* busier. But the good news is, if you know where to look, a few tools can make the day-to-day a bit easier. Liz Zack, suburban mom of two, is editorial director of Pregnancy & Parenting for iVillage.com, the largest community for women online. The site is the ultimate resource for women, moms and parents-to-be who are seeking to connect, share advice and find the life tools that will help them navigate parenthood. Here, Liz shares the six mobile apps that help her in her daily routine.

**Fooducate:** A food label may say the ingredients are “all natural” but what does that really mean? This app gives you the low-down on the foods gracing your grocery list and helps locate alternatives if you need them. Color-coded grades show how your shopping cart stacks up nutritionally.

**iTriage:** When you're away from home and someone in your family feels sick, it can be difficult to know how seriously to take the symptoms or who to turn to. Fortunately, the iTriage app provides information about potential causes and treatments as well as directions to the nearest ER, doctor or pharmacy.

**iVillage:** Need an answer right away? You can rely on this one-stop app for both expert info and real-mom answers to anything from “is this fever too high?” to “what foods *shouldn't* I feed my 10-month-old?” Essential for today's on-the-go moms and dads.

**Peapod:** From reading nutritional labels to conducting price comparisons, shopping via this app is just like being in the physi-



**Taking advantage of apps can make your daily life easier and help you juggle your enormous to-do list, says parenting expert Liz Zack.**

cal store, but without the cranky kids and the cart with the squeaky wheel. Scan the bar code of an empty shampoo bottle or use keywords to find the juice your kids are raving about and instantly add it to your order.

**Sit or Squat:** If you've ever been out with a toddler who needs to pee, you will know the value of this app, which helps you locate the nearest restroom.

**2Do: Tasks Done In Style:** Moms are known for multitasking, but that mental energy can come at a price. Enter this app, which will take a chunk of the stress out of juggling your responsibilities. It syncs the tasks and to-do's from existing management systems, plus it prioritizes your tasks. Your basic calendar can't advise you to go to the dry cleaner's before the grocery store, but this app will. Plus, it can remind you of that important conference call while you're on the road.

For more tips, you can visit [www.iVillage.com/pregnancy-parenting](http://www.iVillage.com/pregnancy-parenting).