

# Parenting Resource Apps

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## Family Scheduling Apps

### Cozi



Cozi has been around for many years and is still the go-to family organizational tool for many parents. It boasts a host of features such as family calendars, to-do lists, recipe sections, shopping lists and even a space for a family journal. Because there are so many features within Cozi, some parents find it overly complicated, but it's still a favorite for many. With over 20 million users, Cozi is cross-platform and definitely worth checking out. The ad-supported version is free, but an ad-free version is also available as a paid upgrade.

### OurHome



An in-depth organizer app that allows parents to reward kids for their work on chores, OurHome is free to use with no ads. The app allows parents to assign and schedule tasks and chores, view personal progress and activities, add items to a shared grocery list, enter events into a family calendar, send messages and reminders, and stay in sync across multiple unlimited devices.

Each family member has the ability to create and edit to-do lists, add new tasks, assign deadlines, and assign the task to a family member. Reviewers love it for its ability to keep large families organized and its “completely customizable” features.

## Mindfulness Apps

### Mindfulness Daily



Mindfulness Daily is an iOS and Android app available for free (although there are extended practices available for purchase). It aims to help you establish a daily mindfulness practice by urging you to practice mindfulness for a few minutes in the morning, a few minutes in the middle of the day, and a few minutes at night.

It also tracks how many days in a row you have stuck to your mindfulness routine. The Mindfulness Daily app is a great solution for someone who wants to begin practicing mindfulness but does not know where to start since it offers a structured guided routine to

stick to. This app is enjoyed by thousands and has a 4.7 average rating based on nearly 8,000 reviews on the Apple app store.

### Headspace



The Headspace app is an iOS and Android app that includes hundreds of themed meditation sessions designed to help you distress, rid yourself of anxiety, improve your focus, and even get to sleep (or get back to sleep) quicker which guides you through daily meditation 10 minutes at a time.

Headspace aims to be your mindfulness “personal trainer” in helping you establish a daily meditation practice. It is arguably the most popular meditation app, with a 4.9 rating in the app store based on over 600,000 reviews. It is also backed by several scientific studies, making this app a good bet.

Headspace offers some of their basic content for free, as well as offering a free trial; however, after the first two weeks, you will automatically be enrolled in the annual plan. You also have the option to pay on a monthly basis if the year plan is too big of a commitment for you, although you only get one free week with that plan. While the fact that you eventually have to pay for a subscription might turn some people off, you have nothing to lose by trying it for free.

### Calm



Calm is a free iOS and Android app that offers guided mindfulness meditation and touts itself as “the #1 app for meditation and sleep.” It’s free to download, although the free content is limited. The app initially offers a “7 Days of Calm” course which introduces you to mindfulness meditation, as well as some guided and unguided meditation sessions.

You can subscribe to Calm to unlock all the content (more multi-day courses, a “Daily Calm” course, and many, many more guided meditations) for either a monthly, annual, or lifetime subscription. Calm is a good solution for people who want multi-day courses they can follow rather than less-organized individual sessions. Calm is another good option with tons of positive reviews; over 700,000 reviewers have given it an average rating of 4.8.

## Optimism, Positive Mindset, Motivation

### ThinkUp: Positive Affirmations



Trying to convince yourself that you have the stamina to get through that work project? Hearing yourself say “I got this” enough times may prove more helpful than that third cup of joe. ThinkUp lets you record and listen to positive

affirmations in your own voice. Create your own mantras or choose from a list of pre-written (read: generic) ones, like "I am wonderful exactly as I am." The app lets you schedule alerts to prompt your favorite affirmation, making a positive mindset as easy as opening the push-alert. The affirmations are organized into categories ranging from "mental health" to "good morning." The "recommended" category at the top of the browse page is a good place to start, featuring the most popular affirmations like: "The more I focus my mind upon the good, the more good comes into my life." Your recordings automatically play over cheesy, inspirational music unless you spring for the Premium version. Free or Premium for \$3.99, Android and iOS.

### **I am – Positive Affirmations**



How many negative thoughts have been endlessly repeating in your mind? Daily affirmations help rewire our brains, build self esteem and change negative thought patterns. Empower yourself by verbally affirming your dreams and ambitions. Choose from many daily intentions and set reminders to be delivered throughout the day.

Positive affirmations not only do they help make major shifts in your mindset they also serve as prompts and daily reminders on what you are truly capable of, making sure you have an amazing day, everyday. An affirmation is a simple but powerful statement that helps to strengthen the connection between your unconscious mind and your conscious mind. The more you strengthen this connection the more resilient you will be when difficult or challenging circumstances.