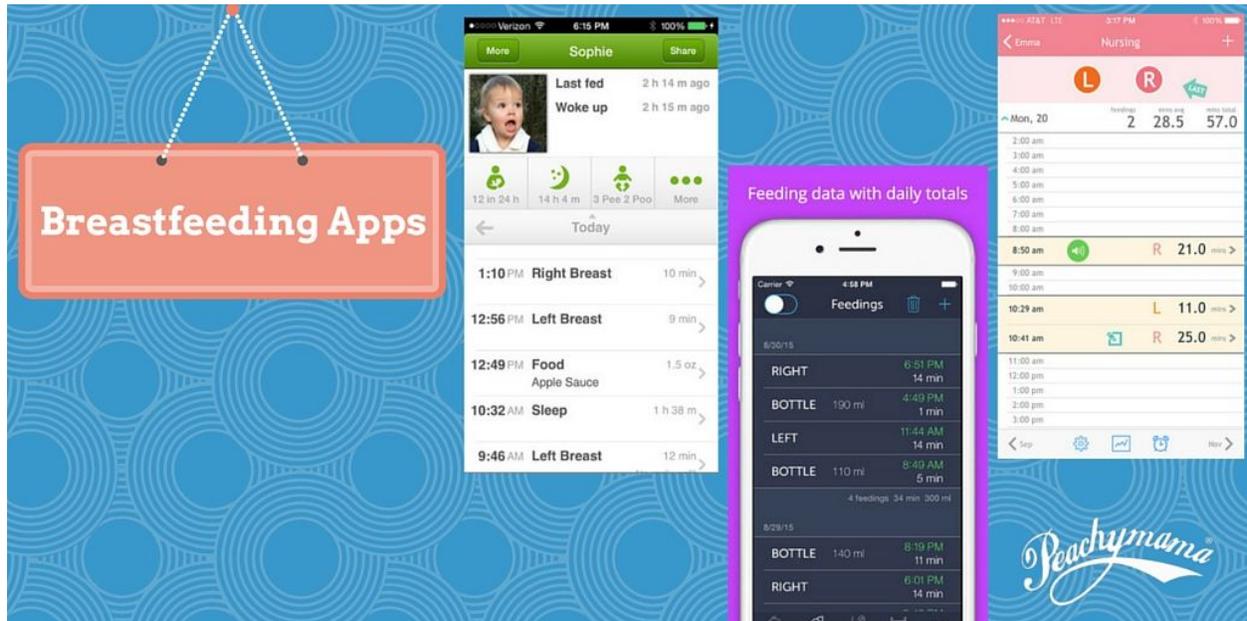


The Best Apps for Breastfeeding Mums



There's an app for just about everything these days, so it comes as no surprise that you can also download an app to assist with breastfeeding. Gone are the days where nursing mothers would fasten a safety pin to their bra to help remind them which side was due for a feed. We now have the ability to not only record the last side we nursed from, but also to observe a whole range of baby tracking stats.

At Peachymama, we're always trying to simplify things for new mothers, so we've compiled a list of the top three [breastfeeding apps](#) for iPhones to help you nurse more effectively (and they're all free!)

Baby Nursing

This [app](#) features a handy timer that allows you to keep track of how long you nurse on either side, and each day provides you with averages, cumulative totals, and most recent nursing times. As well as its main features, you can also keep track of nappy changes, doctor's appointments, and baby's growth. It's a great choice for an all-in-one mother's helper.



Baby by Smallnest

The self-proclaimed “baby brain proof” app, [Baby by Smallnest](#), covers all your possible bases for baby care. Reminders for feedings, sharing and syncing abilities with other devices, and a one-tap functionality throughout the app make this a very thorough tracking system for your baby’s feeding and sleeping schedules.

Baby Feeding Log

If simplicity is your style, the [Baby Feeding Log](#) is the choice for you. Unlike many of the other baby apps, this one focuses solely on nursing. With the ability to time feeds, enter how much milk was consumed (if bottle feeding), and export data to share with a doctor or caregiver, this app covers the essentials of nursing your little one.

Not only are these apps useful for keeping track of things while you’re in that baby brain haze, they’re also a great way for you to feel organised during a time that can otherwise feel so chaotic. Why not give one of these a try and save yourself the unnecessary brain power (and pin pricks!) that come with old school nursing techniques?

For other handy hints for new mums, check out our other recent [posts!](#)