

MINDFULNESS APPS & RESOURCES FOR MOMS & KIDS

MINDFULNESS FOR BIPOC MOMS

Liberate Black Meditation App: www.liberatemeditation.com
A safe space for the Black community to develop a daily meditation habit.

Ethel's Club: www.ethelsclub.com
Ethel Lucas was a matriarch figure in a tight-knit Black community whose home offered warmth, laughter, and care. Ethel's Club creates healing spaces that center and celebrate people of color through conversation, wellness and creativity

Baby Center: Black Mothers Birthing: www.babycenter.com/expert-black-women-birthing-justice

MINDFULNESS FOR MOMS

The Insight Timer: App to meditate with people worldwide with guided meditation.

Aura: App with short three minute meditations. A new one each day.

Headspace: App for teaching meditation for beginners. Designed for kids and adults (headspace for kids).

Calm: App for music, sleep stories and visualization. Short practices.

Postpartum International: www.postpartum.net

MINDFULNESS FOR KIDS

Breathe, Think, Do with Sesame: App to help the monster practice breathing and thinking to calm and problem solve.

Stop, Breathe, and Think Kids: App for kids to check feelings, thoughts and explore a personal mission to practice calming.

Dreamy Kid: App offers kid friendly affirmations, meditation, visualization.

Smiling Mind: App teaches children what is happening in their bodies, including body scan meditation.

