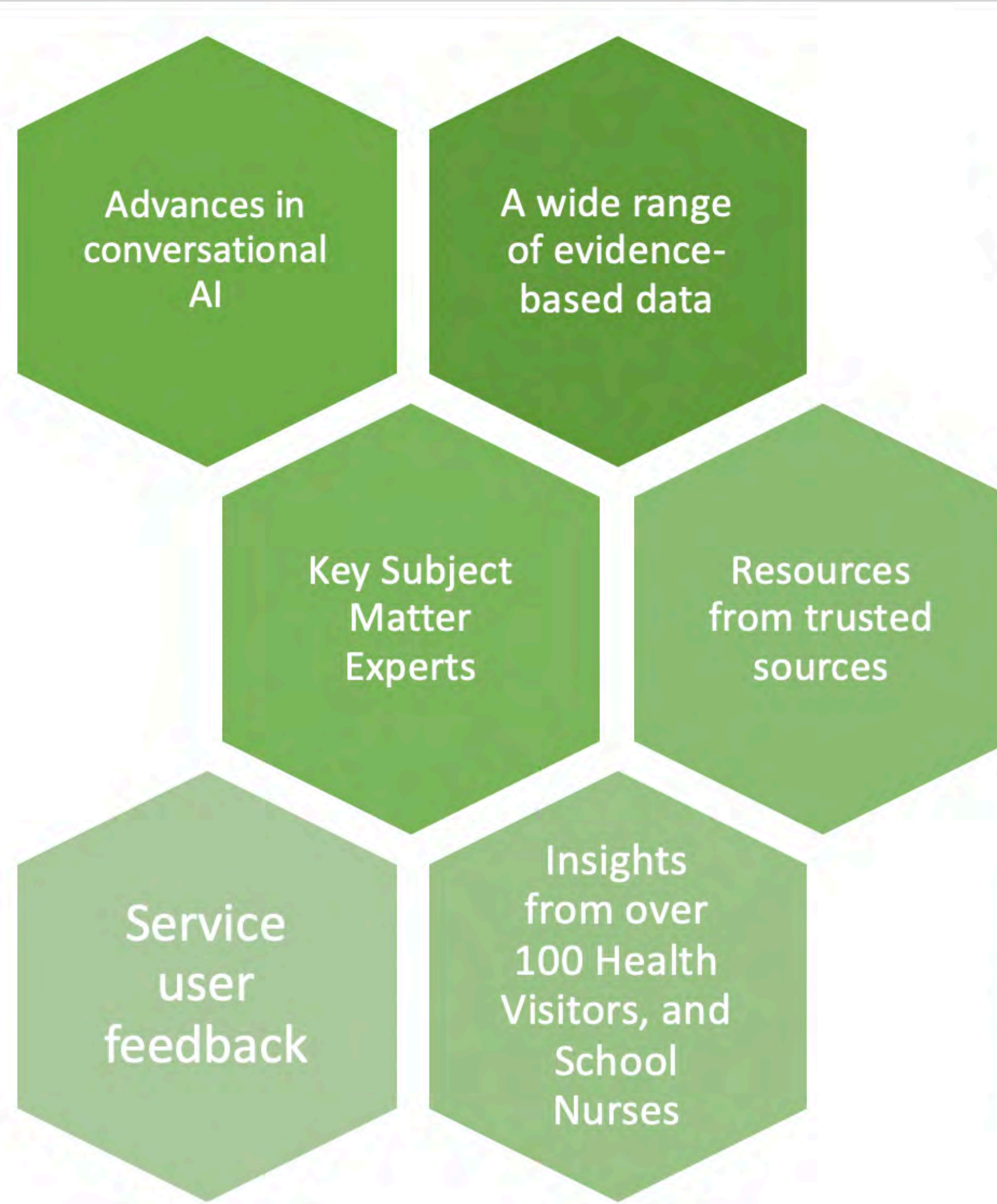


An AI powered mobile app supporting parents & guardians to give their child the best start to life.

This enables families on a population wide level to have 24/7 on demand access to an expert, thus mitigating against the need to search for unreliable help.

Joint quantitative and qualitative evaluation ongoing by Essex and Swansea Universities.



NICE
National Institute for Health and Care Excellence



Breast & Bottle Feeding

Giving The Healthiest Start

Weaning

Eating A Balanced Diet

Emotional Wellbeing

Oral Health

Recipes

Sleep, Play & Socialisation

Valuing Me

Active Families

Fussy Eating

Sustainable Eating

Making Food Fun

Teddi is a 0-5 robo-expert providing interactive, personalised, and evidence-based support across a range of key areas.

16:02

Teddi Online

30 Jun-2020, 16:01 PM

You can also ask me a question and I'll do my best to answer. I'm only a robot so if I can't help, please provide feedback by selecting the top right-hand corner.

30 Jun-2020, 16:02 PM

Breastfeeding makes me tired

30 Jun-2020, 16:02 PM

Breastfeeding is hard work and at times can feel like it takes all your energy. It is the best choice for both you and baby so try to stick with it. Let your partner, family or friends know that you are feeling really tired and ask for help around the house or with other children. Make sure you are eating and drinking regularly as this will help and when baby sleeps try to get some rest too, if you can.

30 Jun-2020, 16:02 PM

20:34

Teddi Online

13 Jul-2020, 20:34 PM

Does my toddler need vaccinations

13 Jul-2020, 20:34 PM

From the age of 2 your toddler will get an annual flu vaccination (as nasal drops not injection) until the end of primary school. They will also need a preschool booster and a second dose of MMR which is given at the age of 3 years and 4 months.

13 Jul-2020, 20:34 PM

Omg Teddi oh noooo my child misses a vaccinations

13 Jul-2020, 20:34 PM

You should arrange to have your child vaccinated as soon as possible with your general practice. Most vaccines can be given later than scheduled. However, the Rotavirus vaccine (which protects against a main source of diarrhoea and vomiting in children) cannot be given beyond 6 months of age.

13 Jul-2020, 20:34 PM

12:35

Teddi Online

11 Nov-2020, 12:35 PM

about eating a balanced diet. How has this been going for you, Kesh? 😊

11 Nov-2020, 12:35 PM

It's been going ok I guess I'm not really sure what to eat tho how do I know what foods are processed because I think I might be having a lot of those lol

11 Nov-2020, 12:35 PM

A processed food is one that has been altered some way during preparation. Some processed foods are a great addition to a healthy balanced diet such as frozen or canned fruits and vegetables. Rather than thinking about whether a food is processed it may be more useful to look at the ingredients list. If there are more than a handful of ingredients on the label, then try to find an alternative with a simpler list of ingredients which look more like a recipe you would cook in your kitchen.

11 Nov-2020, 12:35 PM

12:43

Teddi Online

06 Nov-2020, 16:35 PM

I feel like I've lost my identity what can I do

11 Nov-2020, 12:43 PM

Becoming a new parent is a huge change and takes some getting used to. Many parents share this feeling of loss for their old lives, the fact that you have recognised this is a great start. When you're busy meeting the demands of a family it can be easy to forget to do things that make you feel good, so it's worth considering how you can fit some 'me time' things in. For example, plan to have a long soak in a hot bath or reading a chapter of a book when your child is asleep. Do you have a trusted family member or friend who can look after your baby while you join a workout class? It's important to have some time to feel like the old you while adapting to your new life as a parent.

11 Nov-2020, 12:43 PM

Type your message

Type your message

Type your message

Type your message