

## PPOD: PARENTS AND PEDIATRICIANS OPTIMIZING DEVELOPMENT

PPOD is an app designed to help parents track their child's development (ages newborn to 3 years) as well as providing guidance for parents to foster age appropriate developmental milestones. The PPOD was designed so that the developmental information can be shared at pediatric well child visits. PPOD was created by Brenda Hussey-Gardner, Ph.D., Associate Professor of Pediatrics at the University of Maryland Children's Hospital. This parenting tool is available on the iPhone, iPad and online browsers.

[www.myppod.com](http://www.myppod.com)