

**Project Title: NESTCARE - A HEALTH MONITORING APPLICATION FOR NEWBORN AND PARENTS**

**ABSTRACT**

Parents, especially new mothers, often face many challenges in taking care of their health during pregnancy and managing their newborn's well-being. Most existing apps focus on specific tasks like vaccination reminders, or health tracking, making parents switch between multiple platforms. This can lead to missed appointments, delayed vaccinations, and difficulties in keeping track of important health details. To solve this, NestCare provides an all in-one mobile app that combines all the essential features for maternal and newborn health in one easy-to-use platform. For newborns, the app helps parents track vaccinations with reminders sent 10 days in advance, ensuring no doses are missed. It monitors the baby's growth by logging weight and height. The app also includes interactive games to support the baby's cognitive development. Medical records can be securely stored and accessed at any time, making it easy to share with doctors during checkups. For parents, NestCare offers features to track their own health, such as enabling mothers to log symptoms and pain level for appointments, fitness and diet plans, and a sleep tracker. There's also an emergency alert system to notify family members quickly in critical situations. While family members cannot log in to the app directly, they receive important notifications, such as vaccination reminders keeping them informed and involved, even if the app is not installed. By combining all these features into one app, NestCare removes the hassle of using multiple platforms, making it easier and less stressful for families to manage their health and caregiving needs from pregnancy to early childhood.