

## NEW PARENTS BLOG WRITTEN FOR A CLIENT

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### Smart Gadgets for New Parents to Make Life Easier

Caring for an infant or toddler can be overwhelming and exhausting. Add to that, the never-ending list of responsibilities: tracking feedings, diaper changes, baby's sleep schedule, and growth. Thankfully, help is here! [Internet of Things \(IoT\)](#) or smart devices make daily tasks easier and more efficient. Here's our guide to top IoT devices for new parents.

#### Monitor Your Baby's Sleep

[Mimo Baby Sleep Tracker](#): Monitor baby's breathing, temperature, body position, sleep, and movement with this clever smart device. A turtle shaped sensor attaches to your baby's onesie (included), and relays sleep stats, in real-time, through your home's Wi-Fi to the companion Mimo app on your smart device. The data can be shared between multiple caregivers. The unit also doubles as an audio baby monitor and seamlessly connects with Nest Cam and Nest Learning Thermostat. Note: This is not a medically approved device for SIDs prevention.

#### Analyze Your Baby's Feedings

[Blue Smart Mia](#): This smart baby feeding system tracks and analyzes your baby's feeding patterns. The smart sleeve device can be used with most baby bottles to record liquid temperature (too hot or too cold), amount, duration, angle, and number of feedings. Sync feeding data through Wi-Fi to the companion app on any smart device and share with multiple caregivers.

#### Keep an Eye on Your Baby

[Arlo Baby Monitor](#): This multi-functional, smart Wi-Fi baby monitoring camera has it all! Watch your baby remotely through HD quality video. Play soothing lullabies, white noise, or your own voice to help baby fall asleep. Monitor your baby with advanced night vision. Motion and sound alerts will prevent unnecessary trips to the nursery. Listen and talk to your baby through a two-way connection. Air sensors track air quality and temperature of your nursery. The monitor works with Amazon Alexa and Google Assistant.

#### Track Your Baby's Growth

[Hatch Baby Grow](#): A common concern for new parents: Is my baby eating enough? This smart changing pad with wireless scale tracks weight gain and feeding amounts. Weigh before and after feedings to confirm your baby's intake. Sync real-time growth data through your home Wi-Fi to the companion app, Hatch Baby, on your smart phone or tablet. You can track weight (up to 44 pounds) for multiple children. Share vital growth, weight, and feeding data with other caregivers and your pediatrician.

Being a new parent is hard enough. These smart devices will do some of the work, so you can focus on quality time with your little one. Always contact your pediatrician if you have concerns about your baby's health.

### Top Vitamins for Senior Bone Health

Are you keeping your bones healthy? Your bone health can mean the difference between a strong frame, free of aches and injuries, or a frail frame, prone to osteoporosis and fractures. The National Institutes of Health recommends 30-minutes of daily physical activity and a diet rich in bone-building vitamins. We offer recreational opportunities and garden-fresh meals to help you reach these daily goals. We recommend these essential vitamins for optimal senior bone health.

### Are You Getting Enough Calcium and Vitamin D?

Calcium and Vitamin D are essential for building strong bones. The recommended daily amounts for seniors are:

Senior women (ages 50-70): 1,200 mg of calcium, 600 IU of vitamin D

Senior men (ages 50-70): 1,000 mg of calcium, 600 IU of vitamin D

Seniors (age 70+): 1,200 mg of calcium, 800 IU of vitamin D

\*If you don't get enough daily sunlight, your vitamin D intake should be around 1,000 IUs.

### Top Calcium Sources

- Dairy products (milk, yogurt, cheese)
- Leafy greens (collards, kale, turnip greens, broccoli, brussels sprouts)
- Nuts, beans and legumes
- Fish with bones (canned salmon, sardines)
- Calcium fortified juice
- Plant-based milks (soy, almond)
- Tofu
- Oranges
- Almonds

### Vitamin D Rich Foods

- Fatty fishes (salmon, tuna, and mackerel)
- Herring and sardine
- Shellfish (Shrimp, Oysters)
- Vitamin D fortified foods (milk, orange juice, cereals and soymilk)
- Beef liver
- Mushrooms
- Egg yolk

### Bone-Building Vitamins

Don't forget to include these bone-building vitamins in your daily rotation.

- Vitamin C: Dried fruits, citrus fruits, broccoli, Brussels sprouts, peppers, and kale.

- Vitamin K: Leafy greens (spinach, kale and mustard greens)
- Potassium: Beans and legumes, fish, tomatoes and root vegetables
- Magnesium: Nuts and seeds, fish, beans and legumes and steel-cut oats

## **Bad-for-Your-Bones Foods**

Certain foods and beverages, if consumed in excess, can harm your bones. Limit your intake of:

- Alcohol
- Salt
- Caffeine
- Sodas

We want you to live the best life possible. In addition to our popular health and wellness services and amenities, we offer a robust activity calendar centered around good times and good friends. Schedule a tour to learn more!