



APP IN A MINUTE a practical tool for parents and caregivers - anytime, anywhere!

The Parenting at Mealtime and Playtime (PMP) mobile app provides an on-the-go, practical approach to children's health. Filled with pediatrician-written guidance for nutrition, parenting, and physical activity, the PMP app is designed to support parents and caregivers at every age and stage. Plus, sign-up to receive quarterly email newsletters about emerging and relevant health news and trends that you should know about – in your pocket, always accessible.

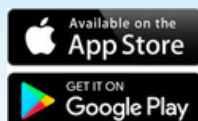
About Ohio AAP & PMP

The Ohio Chapter, American Academy of Pediatrics (Ohio AAP) is the state's largest network of pediatric providers, with over 3,500 members. Working with hospitals, community groups, and advocates, Ohio AAP addresses critical child health issues like vaccines, lead poisoning, and mental wellness. Its Parenting at Mealtime and Playtime (PMP) program, now in its 15th year, helps prevent and manage childhood obesity by focusing on nutrition, physical activity, and parenting. Reaching all levels of prevention, primary, secondary, and tertiary, the PMP program offers education direct to families, providers, and legislators to empower them to impact the health of the children in their lives.

App Development & Updates

The PMP mobile app, first launched in 2015, provides families with easy access to health information for children 10 and under through handouts, videos, and practical tips. In 2023, Ohio AAP redesigned the app with input from parents, teens, children with disabilities, and expert pediatricians to ensure it is inclusive, user-friendly, and evidence-based.

Download the PMP App today!
Access the app by searching
"Parenting at Meal and Playtime"



Whether you're focused on tummy time, picky eating, screen time, or teen anxiety, we've got the tips and tools you need!



Age-specific advice on nutrition and movement



Practical tips for real-life parenting



Monthly health newsletters with simple, healthy recipes and seasonal tips and tricks



Information about urgent public health concerns

