

The Mother of All Checklists FAQ

1. The Mother of All Checklists. What's that exactly?

The Mother of All Checklists is a web app that helps you organise your life during pregnancy and the first few months after birth. Based on the experiences of all new mums or mums-to-be, it lets you draw up checklists of actions for whatever stage you're at, so you can focus on the important stuff.

2. How do I get the app?

You'll find the Mother of All Checklists here: <https://apps.smababy.co.uk/the-mother-of-all-checklists/>

It's best viewed on a smartphone, so it can always be close to hand. But a desktop or tablet is fine too. You won't find the Mother of All Checklists in app stores, but once opened on your mobile browser you can add it to your home screen so it's always there.

3. How much is the app?

Good news, it's free. You pay nothing. And that's it.

4. How do I download it?

The Mother of All Checklists is a web app available here:

<https://apps.smababy.co.uk/the-mother-of-all-checklists/>

It's best viewed on a smartphone, so it can always be close to hand. But a desktop or tablet is fine too. You won't find the Mother of All Checklists in app stores, but once opened on your mobile browser you can add it to your home screen so you can use it when you're offline.

5. What are the benefits of using The Mother of All Checklists?

The Mother of All Checklists is like having a friend to help you think clearly and stay on top of stuff. Because it's based on the experiences of other mums, it will let you create lists to help you focus on what's really important during pregnancy and the first few months after birth. The right information, just when you need it.

6. When do I need Mother of All Checklists?

It's designed to be helpful during all three trimesters. And those first two months with your baby. For example, use it to learn the best questions to ask during your first scan or check what you might need to get the nursery ready.

7. How do I sign-up for the Mother of All Checklists?

You can register within the app when you first use it or once you've created a checklist. There'll also be prompts to register. To do this, just tap the sign-up link or the profile button on the navigation bar to get to the sign-up page.

8. To use the Mother of All Checklists, do I need to be registered to SMA® Baby Club?

You don't need to be enrolled in the SMA® Baby Club to use the app and create checklists. But, to save them permanently you do need to register as an app user. This also gives you the option to receive special offers, new products, competitions and surveys. And the option not to receive them.

9. Can I create a checklist if I'm not signed-up to the Mother of All Checklists?

Yes, you can still create a checklist. It'll be saved until the end of your session. But if you register as an app user it'll be saved for as long as you want and always be there for you to check.

10. How do I create a checklist?

There are a couple of ways. If you'd like some ideas, there are ready-made lists, based on the most popular suggestions from other mums and mums-to-be. The other way is to create a brand-new list of your own. Tap on the '+' button in the navigation bar and select 'add checklist'.

11. How do I discover checklists?

Click the button in the bottom navigation bar to find the Explore section. This displays all the lists available to you, grouped in different stages – the three pregnancy trimesters and the first two months of your baby's life. As a head start, they're in order of how popular they are with other mums and mums-to-be.

12. I'd like to set a target date. How do I do that?

You can set your target dates when you create or edit a task on your list. Swipe left or tap on the three dots on the right of your screen to get the task menu. Then just tap 'set date'.

13. How do I delete a checklist?

Go to My Saved Lists and tap on the bookmark icon. A pop-up will ask you to confirm that you wish to delete. Don't worry if you accidentally confirm, a message will appear letting you undo the damage.

14. How can I make sure my lists are saved?

Just sign up to the app and your lists will be permanently saved in your account.

15. Can I share my checklist with other mums?

It's totally fine to share lists with other mums (or family or friends). Just click on the share symbol and choose your preferred way to share (Facebook, WhatsApp, email or copying the web address).

16. Who can see my checklists?

Once you've registered, your checklist is for your eyes only. Of course, if you want to share with other people, that's fine.

17. What is the privacy policy of the Mother of All Checklists?

The Privacy Policy is the standard SMA Policy which you can read here:

<https://www.smababy.ie/privacy-policy>