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November 1, 2015

Everyday, countless parents commit the ultimate act of trust by putting the care



and safety of their children into someone else's hands. Parents hope the babysitter or nanny will be nurturing and attentive, but news story after news story reminds us that many caregivers can be negligent, or abusive toward our children.

Mother and psychiatrist Dr. Nivea Calico, MD witnessed an event between a nanny and baby that left her feeling concerned for the child's welfare. Though someone did intervene, as a mental health professional, Dr. Calico knew she had just witnessed a psychologically traumatic event. However, she felt helpless with no way to alert the child's parents to what she had seen. This inspired her to take action and develop the **HOW'S MY BABY?** Smartphone app.

With a simple text or call **HOW'S MY BABY?** Can help prevent abuse and neglect. GPS technology allows parents who download the app to keep up with their child's care and safety in real time. Here is how it works:

Parents download the app on their Smartphone and the Smartphone of their child's caregiver. Parents are then connected to a community of other parents in their area who also have the app. If a parent is nearby a nanny and child who are registered with the app, they could then submit a report (praise for, or



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grievance against) how the nanny cared for the child. Likewise, parents would receive real time reports on the care of their own child. Reports would include supporting documentation such as photos or video, and would be viewable to parents only. **HOW'S MY BABY?** Is free to download with additional premium packages available for purchase.



Through **HOW'S MY BABY?** Dr. Calico strives to give a voice to children too young to advocate for themselves, and give parents peace of mind and assurance that their child is receiving quality care. **HOW'S MY BABY** truly embodies the spirit of the ancient proverb "it takes a village".

Being a mental health professional and mother affords Dr. Calico unique insights into the nurturing and care of our children's mental and emotional well-being.

In an interview Dr. Calico can talk about:

- Being a working mom: How to "have it all" and stay sane.
- The event that inspired the app, and her hopes for its future.
- Mental health issues and motherhood.
- Caring for your child's emotional well-being.



**DR. NIVEA CALICO, MD** is the mother of a 2-year-old girl, and the founder and director of East Village Psychiatry in New York City. As a psychiatrist and psychotherapist Dr. Calico is a dedicated and caring physician who believes her role is not just that of a healer, but also a teacher. She lives with her daughter and husband in Manhattan.