

ABSTRACT

Ages 0–5 are a critical period in a child's growth and development, particularly in terms of physical development. However, not all parents have sufficient understanding or accessible tools to optimally monitor this aspect. This design aims to develop a parenting application prototype that helps parents track their child's physical development in a practical, structured, and informative way. A mobile application is chosen as the solution because it offers quick access, user-friendly interfaces, and the flexibility to meet users' specific needs. Data was collected through interviews with parents, consultations with experts, and literature studies related to child development at ages 0–5. The result of this research is a prototype application that features height and weight monitoring, growth charts, health check-up reminders, and relevant educational information. It is expected that this application can serve as a useful support tool in parenting and assist parents in understanding and monitoring their child's physical development more comprehensively.

Keywords: Child Physical Growth, Parenting, Application, User Interface, Design Thinking.