



New Year Family Wellness GUIDE





Family wellness isn't about *doing more*, it's about operating ***better together***.

This guide brings together brands and tools we trust and use ourselves to help families feel healthier, get organized, and strengthen connection in 2026.





Family Wellness Guide Categories

Home & Household

Nutrition & Physical Wellbeing

Mental & Emotional Wellbeing

Family Support & Care Systems

Learning, Growth & Screen-Smart Enrichment

Personal & Intimate Health (Adults)

HOME & HOUSEHOLD



Entryway & Backpack Organization

Get drop zones organized with wall hooks, shoe trays, and labeled baskets. You don't have to spend big to create an easy system for backpacks, shoes, and daily gear, which helps families reduce clutter and start mornings calmer.

Clean Safe Products – Green Mitt Kit

The New Year is a great time to start a new cleaning routine. A favorite of Maple teammate Holly, this set keeps your home clean without harsh chemicals. Reusable, chemical-free tools make everyday cleaning simple, effective, and safe.

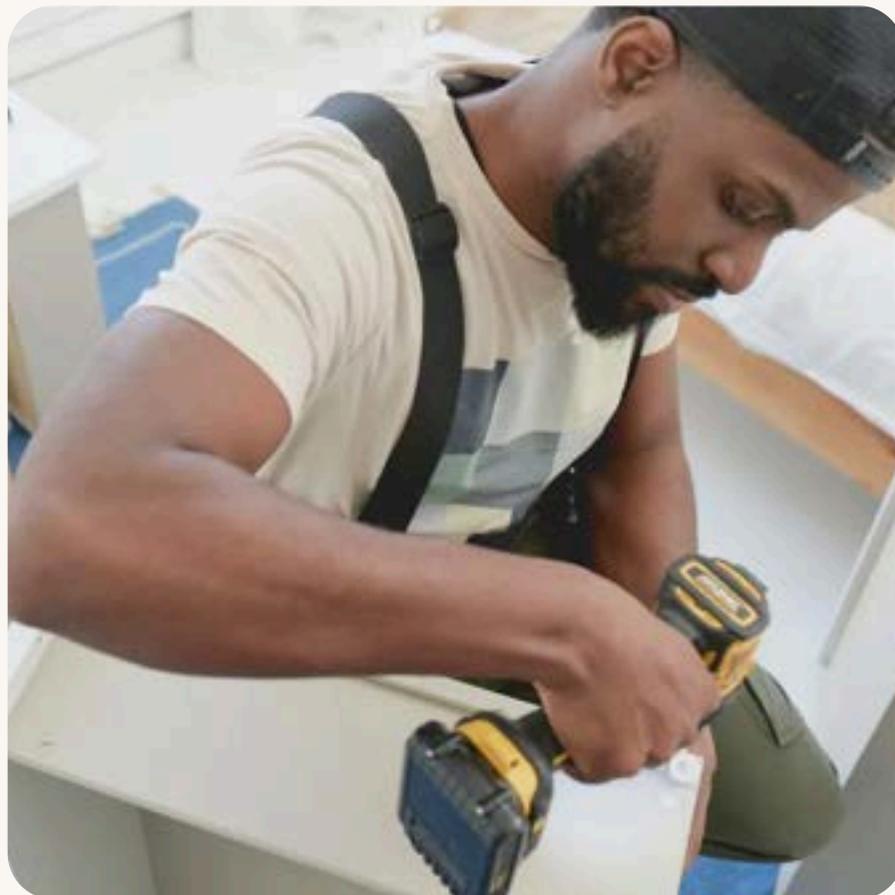


Maple team favorite

HOME & HOUSEHOLD

Taskrabbit

On-demand help for the household to-do list. From furniture assembly and small home fixes to organizing projects and seasonal resets, Taskrabbit helps families get things done faster, freeing up time and reducing everyday stress at home.



Molekule

Design-forward air purifiers that help improve indoor air quality, supporting sleep, focus, and overall home comfort. A Mom's Choice Award winner.

HOME & HOUSEHOLD

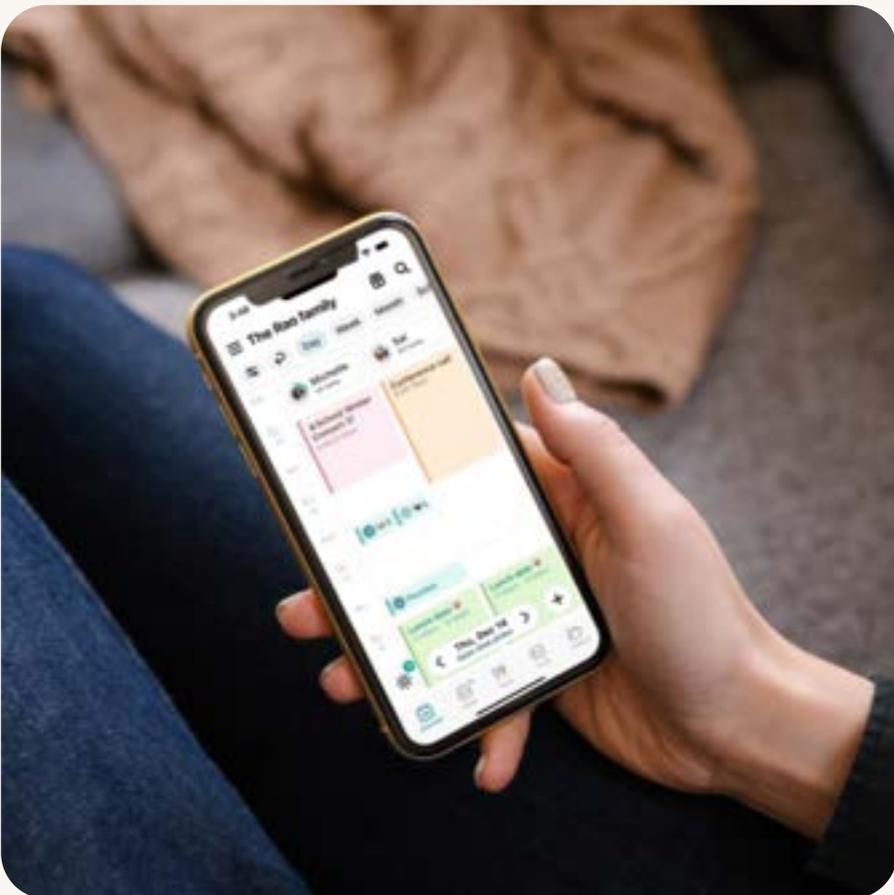
Ahmi

A dedicated in-home tablet designed to help kids manage chores and responsibilities through visual prompts and routines, making follow-through easier and reducing parent reminders.



Maple Family App

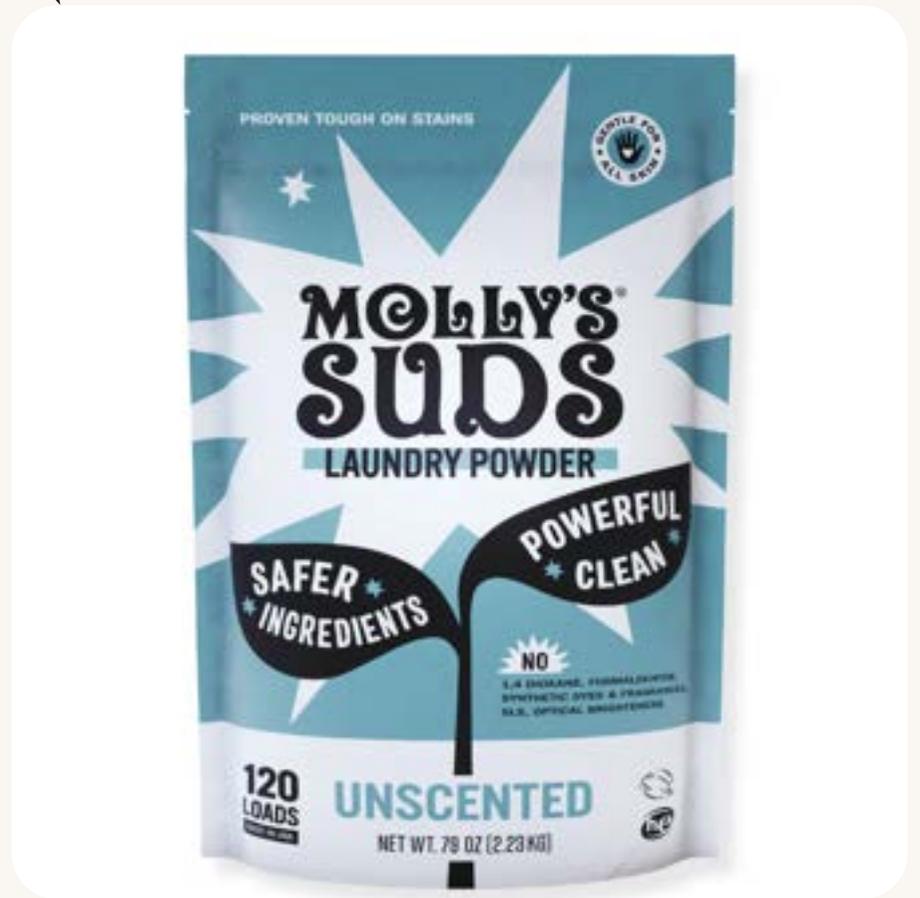
We have to mention Maple! The most powerful way for parents to run their household. This family system works across mobile, tablet, and desktop to manage schedules, tasks, routines, meals, shopping and important information, keeping everyone aligned wherever life happens.



HOME & HOUSEHOLD

Molly's Suds

Laundry touches your family every day, which is why simple, non-toxic ingredients matter. We like Molly's Suds for sensitive skin which makes an everyday household task safer for everyone.



NatPat

Plant-based stickers and patches designed to support protection from everyday irritants, offering families a gentle, non-invasive approach to common household challenges.

NUTRITION & PHYSICAL WELL-BEING

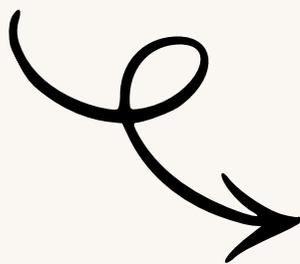
Family Walks

One of the simplest ways Maple parents stay active is by building a daily walk into their routine.

Whether it's after school drop off, between meetings, or as a family wind-down in the evening, consistent walking adds up and supports both physical and mental health.

Maple teammate Lauren's favorite walking shoes:

[Nike Motiva Walking Shoes](#)

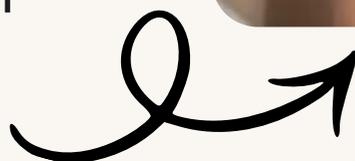


NUTRITION & PHYSICAL WELL-BEING

Healthy Eating Made Easier

These small steps make healthy meals manageable for busy families...

- Plan your week's meals to simplify grocery shopping.
- Prep veggies, proteins, or snacks ahead to save time on busy days.
- Keep a few "go-to" family-friendly recipes for quick dinners.
- Involve kids in meal prep to make cooking fun and educational.
- Rotate seasonal produce to keep meals varied and nutritious.
- Maple's free meal planning tools organize recipes, grocery lists and your meal planner all in one place.



NUTRITION & PHYSICAL WELL-BEING

Begin Health

Science-backed prebiotic supplements made with Human Milk Oligosaccharides (HMOs) to support kids' gut health, digestion, and immune systems designed specifically for young, developing bodies.



Child Life Essentials

Pediatrician-trusted vitamins and supplements formulated to support immune health, development, and overall wellness for infants and children.

NUTRITION & PHYSICAL WELL-BEING

Grüns

Grüns offers comprehensive superfood gummy bears to adults & kids age 2-13 in delicious daily snack packs perfect for a mess-free, on-the-go & worry-free health habit the whole family will love. Backed by science, packed with nutrients and the tastiest habit you'll love to keep.



WeNatal

Clinically informed prenatal and postnatal supplements for both him and her, designed to support fertility, pregnancy, postpartum recovery, and long-term parental health.



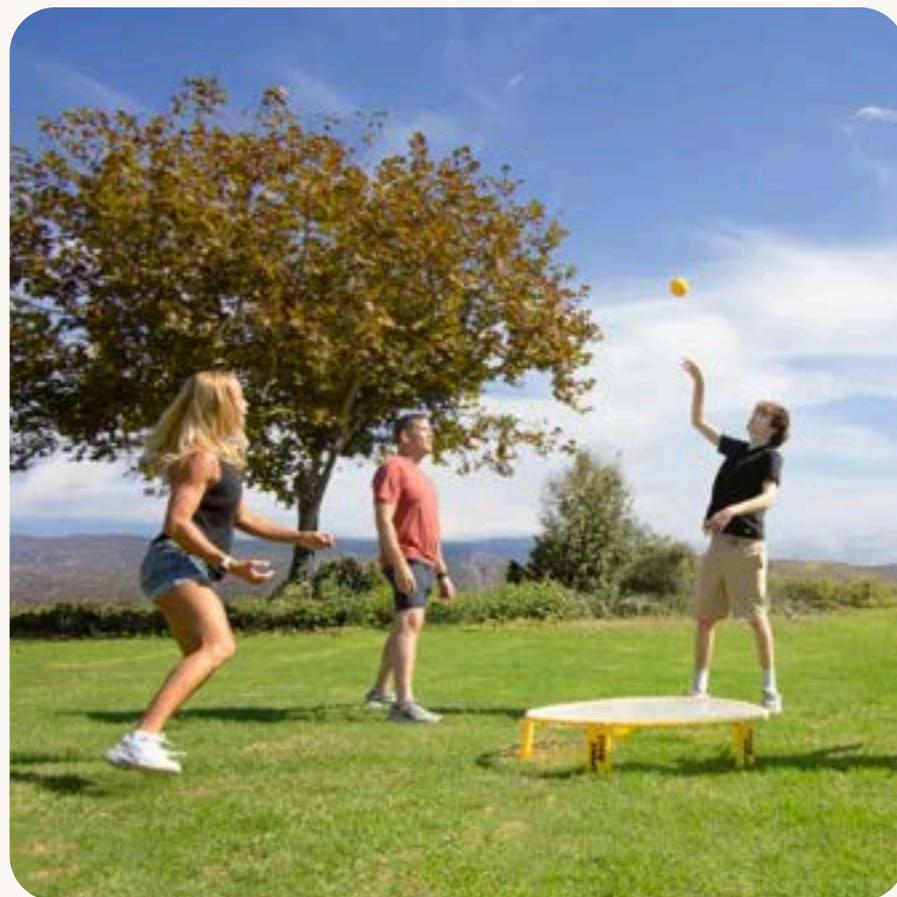
✨ ✨ *Maple team favorite*

NUTRITION & PHYSICAL WELL-BEING



Spikeball Family Set

An outdoor game that gets the whole family moving together. Spikeball encourages quick movement, teamwork, and laughter and works just as well in the backyard as it does at the park or beach.



Better Sleep for family

Calm and Calm Kids offer sleep stories, guided meditations, and gentle soundscapes for both parents and children—helping everyone wind down, establish calming bedtime routines, and make nights more restful for the entire household.

MENTAL HEALTH & EMOTIONAL WELLBEING



Weekly Family Meeting

Set aside a short time each week to connect, plan, and check in as a family.

Involve kids in sharing wins, challenges, and upcoming priorities, it helps everyone feel heard and reduces stress.

- Pick a consistent time each week—15–20 minutes is enough.
- Let kids help set the agenda or lead part of the discussion.
- Celebrate wins and review schedules, tasks, and upcoming priorities.
- Keep it short, positive, and focused on connection.



MENTAL HEALTH & EMOTIONAL WELLBEING



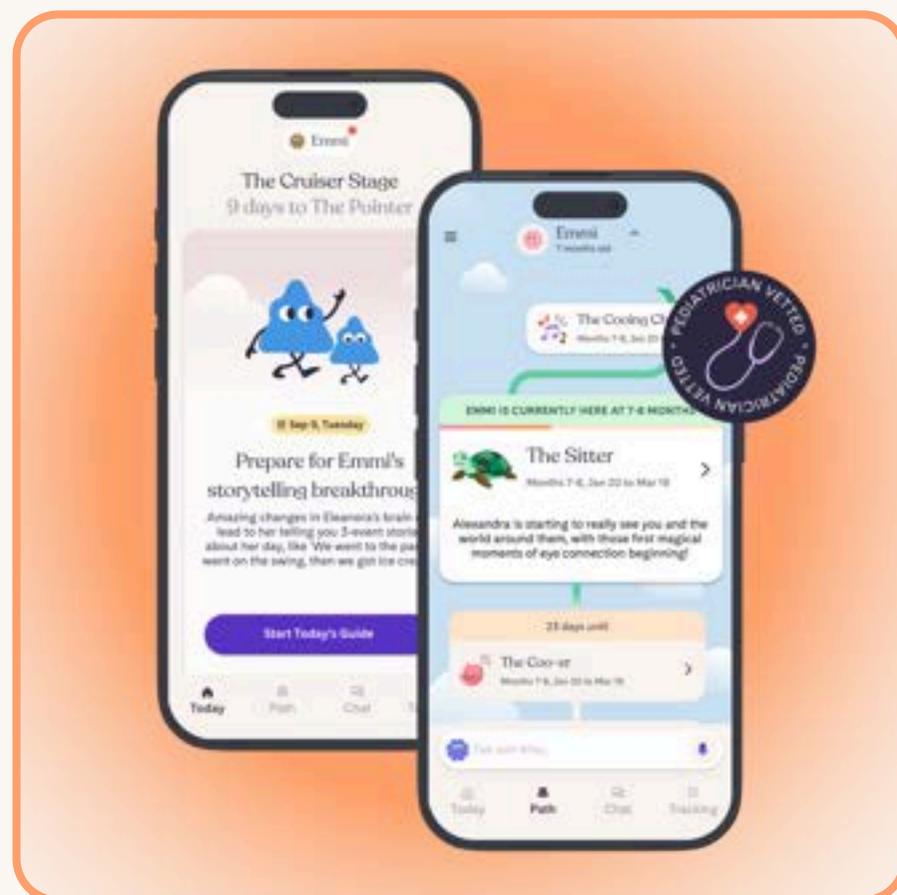
Good Inside

Evidence-based parenting support created by clinical psychologists, offering practical tools and guidance to help parents navigate big feelings, everyday challenges, and family dynamics with confidence.



Riley App

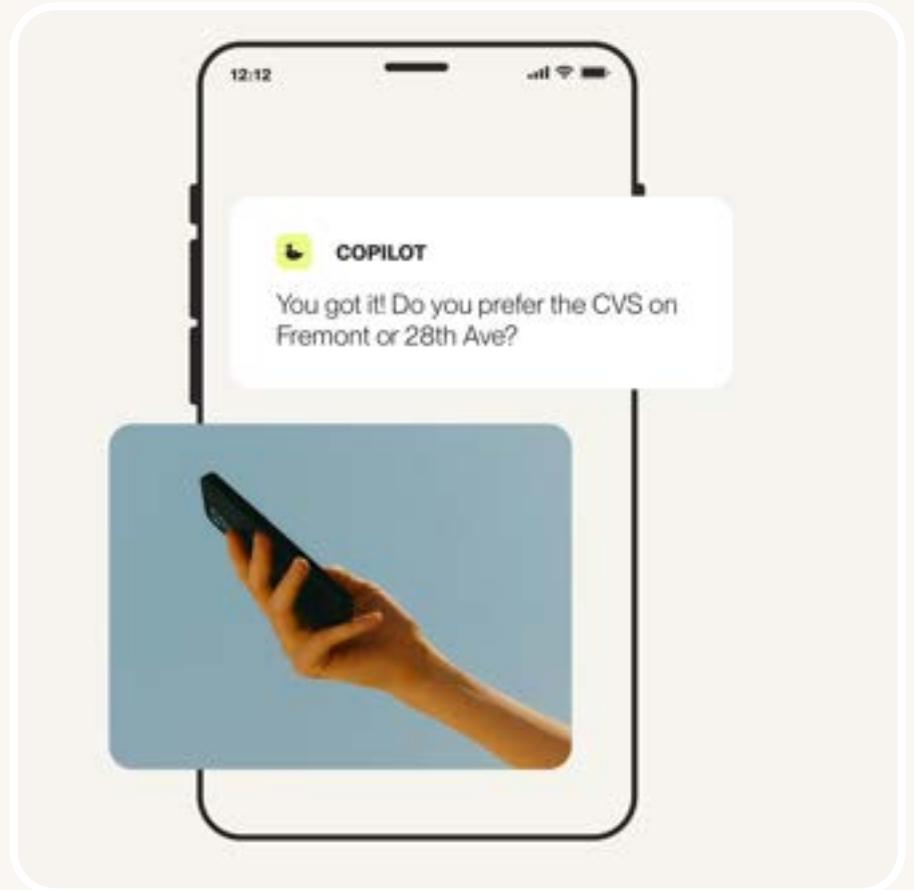
Expert-backed guidance that helps parents understand child development, behaviors, and milestones, offering clarity and reassurance through each stage of childhood.



FAMILY SUPPORT & CARE SYSTEMS

Duckbill

A personal assistant service for life admin — helping families handle scheduling, research, planning, and logistics so parents can focus on what actually matters.



Hello Nanny

The right caregiver can make all the difference. Hello Nanny supports families in finding and hiring trusted nannies, family assistants, and household managers, offering flexible options so every family can build the right support system for 2026.



FAMILY SUPPORT & CARE SYSTEMS

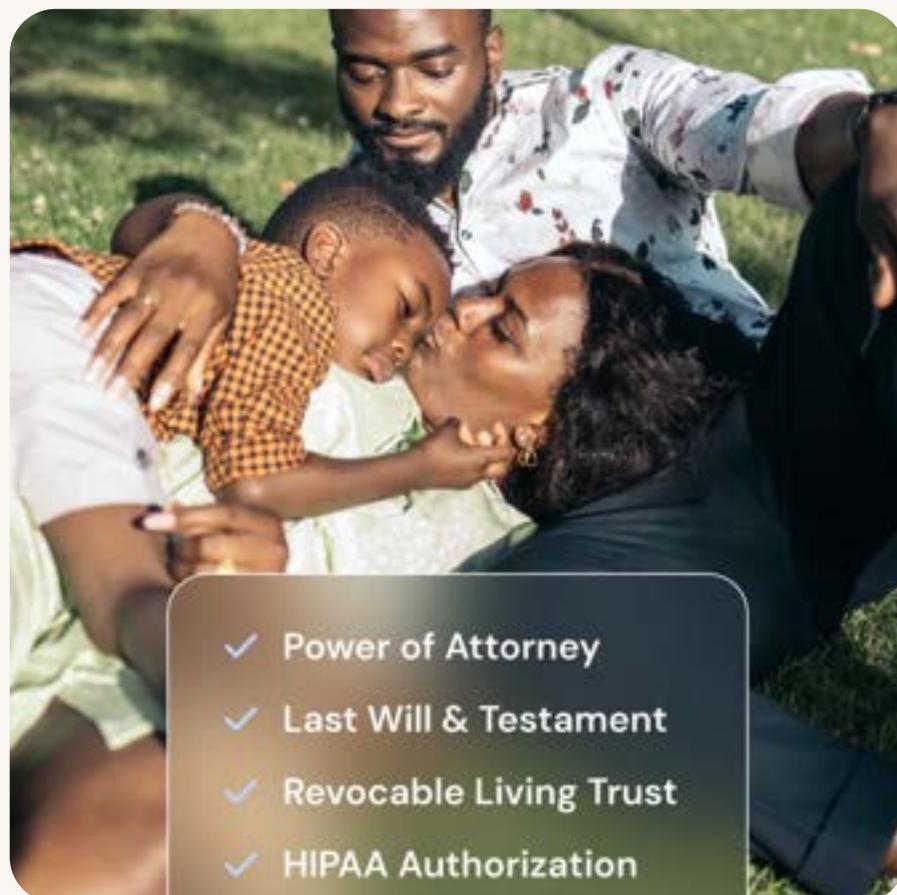


Poppins Payroll

Poppins makes household payroll simple. They help families pay nannies, caregivers, and household employees the right way — handling payroll, taxes, and required paperwork with care and clarity.

Trust & Will

Make sure your family is protected and prepared in 2026. Trust & Will helps parents create legally binding wills, trusts, and guardianship plans quickly and easily—giving families peace of mind and reducing stress around the unexpected.



- ✓ Power of Attorney
- ✓ Last Will & Testament
- ✓ Revocable Living Trust
- ✓ HIPAA Authorization





Outschool

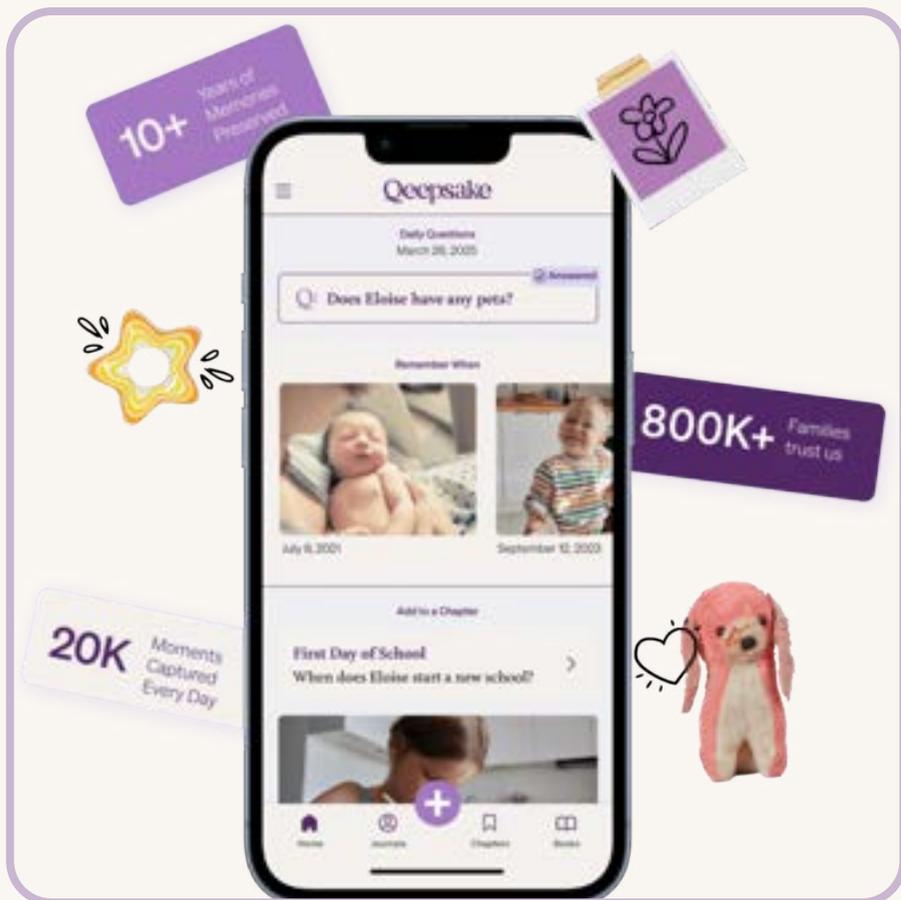
Live, interactive online classes for kids and teens across hundreds of subjects, allowing families to tailor learning to their child's interests, schedule, and pace.



Artkive

A simple way to preserve children's artwork by turning piles of creations into beautifully bound keepsake books — reducing clutter while keeping memories.

LEARNING, GROWTH & SCREEN-SMART ENRICHMENT



Qeepsake

Family journaling has never been so easy. Text-message prompts capture everyday moments and turn them into meaningful keepsakes over time. A Maple favorite!

Tinybeans

A private family sharing platform that helps parents document milestones, photos, and memories while staying connected with loved ones.



PERSONAL & INTIMATE HEALTH (ADULTS)



Tabu

Wellness-focused intimacy essentials that support women through hormonal changes, from childbirth to menopause or medications, helping maintain comfort, confidence, and overall intimate health.



Eli Health

An at-home hormone monitoring system that gives real-time insights into hormone levels so adults can better understand how stress, energy, sleep, and mood are connected and take more informed steps toward overall wellbeing.





As we step into 2026, families deserve tools and systems of support that help them stay healthy, organized, and connected. This guide highlights brands and tips that deliver real value for every household.



Featured in

