

NAYA SELECTED AS A GOOD HOUSEKEEPING 2026 PARENTING AWARDS WINNER

DENVER, CO, UNITED STATES, August 6, 2026 /EINPresswire.com/ -- [Naya](#), announced today that its free, AI- and MD-powered web app for fourth trimester support was named a winner in Good Housekeeping's 2026 Parenting Awards. The full list of awards can be found on goodhousekeeping.com/parenting2026.

Naya is designed to provide parents with personalized, expert-backed support throughout the fourth trimester and early parenthood. Created and curated by physicians, maternal health experts, and pelvic physical therapists, Naya is the first MD developed AI platform built specifically for parents seeking clinically grounded guidance for both maternal recovery and newborn care.



"We're so excited that our Naya AI-and MD-powered web app has been named a Good Housekeeping 2026 Parenting Awards winner," said Dr. Sonal Patel, Pediatrician, Fourth Trimester Expert, and Founder of Naya. "It is important that parents have access to trusted, physician-trained LLMs in this uncharted world of AI reliance."

The launch of Naya and this recognition from Good Housekeeping reflects a growing demand for more clinically-responsible AI solutions in healthcare particularly in maternal and infant wellness, where misinformation and fragmented support continue to create challenges for families nationwide.

How to Get Started:

- Visit Naya's official website at <https://www.naya-app.ai/>
- Create a free account using your email and PIN
- Start chatting with Naya immediately

For more information and to access the free web app, please visit <https://www.naya-app.ai/>.



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Dr. Sonal Patel, Founder of Naya

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About Naya

Naya is a virtual newborn and maternal specialty care clinic providing personalized support for mothers and babies during pregnancy and the critical fourth trimester. Through digital tools, expert guidance, and accessible resources, Naya helps families monitor health, navigate postpartum recovery, and ensure safe, informed care during the most vulnerable early months of motherhood. For more information visit <https://nayacare.org/> and follow Naya on Instagram and Facebook.

About Dr. Sonal Patel

Dr. Sonal Patel is a board certified pediatrician, neonatologist, and breastfeeding specialist whose 20+ year medical career has focused on infant nutrition, postpartum care, and maternal well-being in the fourth trimester. She is the founder of Naya and co-founder of the Center for 4th Trimester Care, a physician-led nonprofit advancing maternal healthcare. Dr. Patel is also a TEDx speaker, published writer, author, and advocate for better support for mothers and families.

Samantha Breen
Opportunity PR
+1 949-290-2834
[email us here](#)

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