**Node.js**

(first time) (creates package.json)

npm init

(in package.json scripts, add:)

"start": "node backend-index.js",

"debug": "node --inspect backend-index.js"

(then)

npm start

(or) npm run debug

**React:**

For development:

(first time) (creates package.json and other things)

npx create-react-app my-react-app

(in package.json scripts, add:)

"start": "react-scripts start"

(then)

npm start