Crawl into Fall

Fall 2019

At 2 months:

YOUR BABY CAN:

- BEGIN TO RECOGNIZE FACES,
- HOLD OBJECTS AND SHAKE THEM
- BEGIN TO HOLD HER HEAD UP FOR SHORT PERIODS OF TIME
- START TO SMILE AT YOU AND MAKE BABY TALK

SUPPORT DEVELOPMENT BY:

- READING TO YOUR BABY. HE WILL LEARN FROM LISTENING
- REPLYING TO YOUR BABY'S SOUNDS AS SHE STARTS TO MAKE MORE
- GIVING YOUR BABY PLENTY OF TUMMY TIME TO HELP BUILD NECK, ARM, AND SHOULDER MUSCLES
- PLAYING YOUR BABY MUSIC AND INTRODUCING HIM TO LOTS OF NEW SOUNDS

Fall Craft Idea:
Pine Cone Hedgehogs

Materials needed:

1. Pine Cones
2. Colored felt (black, brown, pale beige)
3. Glue gun or white glue
4. Googly eyes

* Instructions:
* Cut the face in the shape of a triangle with the corners rounded, then cut circular noses of black felt.
* Glue the nose and googly eyes on the felt face before gluing on to the hedgehog.
* Glue the face onto the front of a pinecone.

A Kid-Friendly Recipe:
Gold fish Tomato Soup with Grilled Cheese

A fast and easy way to sneak vegetables into kids food.

Ingredients:

- 1 can of Tomato soup
- 1 cup cooked, mashed sweet potatoes
- 2 slices of bread
- 1-2 slices of cheese
- Goldfish

Instructions:

1. Pour soup into large bowl. Add mashed sweet potato and mix well.
2. Heat in the microwave or on the stove.
3. Heat bread in pan with butter or oil and add cheese in-between.
4. Ladle soup into bowls, and top with goldfish or any other crackers of your choice.

At 6 Months:

YOUR BABY CAN:

- SEE ACROSS A ROOM AND FOCUS ON OBJECTS WITHOUT GETTING CROSS-EYED
- MAYBE ROLL OVER BOTH DIRECTIONS AND SIT UP ON A SURFACE WITHOUT FALLING OVER
- RECOGNIZE HER NAME AND SOME SIMPLE WORDS, AND RESPOND TO THEM
- SHOW MARKED PREFERENCE FOR CERTAIN CAREGIVERS AND BECOME WARY OF STRANGERS

SUPPORT DEVELOPMENT BY:

- READING, SINGING, AND TALKING TO YOUR BABY TO HELP HEALTHY BRAIN DEVELOPMENT
- TALKING TO YOUR BABY WITH EMOTION TO HELP HIM BEGIN TO DEVELOP SOCIAL AND EMOTIONAL SKILLS
- STARTING TO INTRODUCE SOLID FOODS

Fall Fitness Activities

Exercising during pregnancy and postpartum can be a great way to reduce some pregnancy symptoms like back pain, constipation and bloating. It can also increase mood and energy during labor and postpartum months. Exercise doesn't always have to be done in the gym or cost much money, here are some ways to get moving during the fall and fun ways to get young children involved as well.

- **Picking Pumpkins** Visiting a pumpkin patch is a great way to increase activity and is a fun way to get younger kids involved and outside.
- **Picking/Raking Leaves** A fun way you and your little ones can spend active time outside, and can be turned into an art project by tracing leaves or making collages.
- **Scavenger Hunts** A fall-themed scavenger hunt is another fun way to spend some time outside. Use the items your child finds for a fun educational project: What kind of tree did this leaf come from? What kind of animal eats acorns? Which items did you find that are red?

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Add to our Baby Wall!

Send us a photo of your baby in their iGrow bib or onesie to be added to the Baby Wall in our next newsletter, and on our iGrow website. No names will be used, just your baby's adorable face! Email your photos to iGrow@uncg.edu or mail them to:

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Project Update!!

We have finished 110 prenatal visits, 58 two month visits, and 12 six month visits, with many more to go!

Many thanks to each of you for helping us with this exciting study! We look forward to seeing you again soon!