Kid Friendly Recipe: Spring Fruit Pops

Materials needed:
* Popsicle Molds
* Popsicle Sticks

Ingredients:
* Kiwis
* Strawberries
* Raspberries
* Peaches
* Apple Juice
(can be substituted for preferred fruits)

Instructions:
* Peel and slice all fruits
* Fill each popsicle mold with an assortment of fruit
* Pour in apple juice (or juice of choice) while leaving space for expanding liquid
* Insert a popsicle stick into each mold
* Freeze overnight
* Release treat from molds by running under warm water

A Healthy Way to Keep Cool!

Spring Craft Idea for Your Baby to Enjoy: DIY Pinwheel

Materials needed:
* Paper (4-5 different colors)
* Scissors
* Pin needle or thumbtack
* Elmer’s Glue or hot glue

Instructions:
* Cut each color paper into a square
* Cut those 4 squares in half until you get 8 triangles
* Fold those 8 triangles in half
* Glue each sheet slightly overlapping each other and place on stick

Video Example:
https://www.youtube.com/watch?v=I715wHipIwE

A Spring Breeze Sings a Lullaby…

**AT 1 YEAR:**

**Your Baby Can:**
* Your baby can focus their vision, reach out, toddle, walk, and explore the things that are around them
* Know the names of people and things
* Make sounds and “babble” talk, or say “ma-ma” and “da-da”
* Pick up food with their fingers to eat and start to use spoons and forks

**Support Development By:**
* Answer when your baby makes sounds by repeating the sounds and adding words to encourage language
* Encourage your baby’s growing independence by letting them help dress or feed themselves
* Play matching games with your baby, like shape sorting and simple puzzles, or ask them to find objects for you or name body parts and objects
Spring Outdoor Activities for You and Your Family:

**Frolicking in Nature:** Whether your children are in a stroller, in a group, or on their own feet, you can all get outside and explore. Enjoy a picnic with family and friends in the sunshine, fly a kite in the breeze, design sidewalk chalk art then watch as the spring rain-showers create a fresh new canvas, or splish-splash in the puddles.

**Gardening:** You can get your baby moving and learning at the same time while Gardening. It helps teach patience, responsibility, and allows your child to engage with all 5 of their senses. If you don’t have your own garden, pots are an option. Get some mud, some saplings and let your kids fill the pots up themselves! Gardening is fun and rewarding when you watch all your hard work grow into something beautiful.

**Scavenger Hunt:** A Spring-themed scavenger hunt is another fun way to enjoy nature. Use the items your child finds for a fun educational project: What kind of tree did this flower come from? What kind of animal sings? Where are the decorated eggs?

*All the Flowers of All the Tomorrows Are in the Seeds of Today...*

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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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UNCG, PO Box 26170  
HDFS Department  
Greensboro, NC 27412-6170

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**Project Update!!!**

We have finished ___ prenatal visits, ___ two-month visits, ___ six-month visits, and ___ one-year 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!!!