FALL OUTDOOR ACTIVITIES FOR YOU AND YOUR FAMILY

SENSORY PLAY WITH LEAVES: Whether you’re jumping, running, crashing, crawling, or playing with the pretty fall leaves is a great way to get the whole family outside. After all the fun playing with the leaves working on your child’s gross motor skills take a minute to look at the different types of leaves and sort them by color, shape, or size. This time outside with the family could also provide lots of cute picture moments!

HIDE & SEEK: Let’s work on some thinking skills! While outside take some of your little one’s toys and hide them in the leaves. Give them little clues about where the toys are or just let them go for it and see if they can find all the toys. Watch their excitement grow with each new toy they find!

PICKING PUMPKINS: Visiting a pumpkin patch is a great way to get the whole family outside and active while having fun picking out pumpkins. This is another great moment for some fun family pictures. If you prefer not to carve a pumpkin and want to let your little one personalize their pumpkin safely turn it into a craft and let them paint their own design!

Pumpkin Cinnamon Rolls

**Ingredients**

- Can of cinnamon rolls
- Food coloring (orange & green)
- Baking dish, small bowl, & butter knife

**Directions**

1. Open the can of rolls and put each roll onto baking dish. Unroll the end of one roll about 1 ½” then bend it over on top of itself and pinch together to form stem of pumpkin. Repeat for each roll. Bake as directed on package.

2. While the rolls are baking remove 1tbs of frosting from the included container and add to separate small bowl. Add green food coloring to frosting in small bowl and orange food coloring to frosting left in container. Once done baking add green frosting to stem and orange to rest of roll.

3. Let cool and enjoy!

Marbled Fall Leaves

**Ingredients**

- Shaving cream
- White card stock
- Paint (fall colors)
- Scissors
- A small dish (can be disposable)
- Leaf templates
- Stick like object

**Directions**

1. Draw leaf shapes on card stock & cut out
2. Spray shaving cream in dish
3. Add drops of paint onto shaving cream
4. Use a stick to swirl paint drops around
5. Press leaf cut out into shaving cream
6. Scrap off excess shaving cream
7. Enjoy marbled leaves!
8. Stick on fridge, windows, or make a leaf banner
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 us.

Project Updates

We have completed 116 visits since we resumed visits in July with our COVID safety precautions.

We are happy to report that no participants or staff have become ill. Thank you to all of you for your willingness to continue in the study and your willingness to follow our new guidelines. All protections such as the health screenings, masks, face shields, no guests, frequent handwashing, and enhanced cleaning remain in effect.

We are preparing to resume prenatal visits in the near future. Be on the lookout for an email announcement from us. We will ask you to help us by telling women you know who are pregnant about our study.

We look forward to seeing you again soon!