Kid Friendly Recipe: **Caterpillar Kabobs**

**INGREDIENTS:**
- 1 large bag medium or large green grapes (72+ grapes) (may substitute fruit)
- 12 bamboo skewers
- 24 mini chocolate chips
- 1 container of white cake frosting

**INSTRUCTIONS:**
- Wash and dry grapes completely (leave no moisture)
- Gently place 6–8 grapes in a row, lengthwise, on each bamboo skewer
- Lay each skewer flat on a plate or baking sheet (horizontally)
- Using a small knife or toothpick, add a small amount of white cake frosting to the back of each mini chocolate chip and place them on the top center of the first grape on each skewer to make the face.
- Store in a horizontal position in the refrigerator to set. **Makes 12**

**Please cut grapes in quarters for children ages 5 and under**

**Please monitor children with skewers for safety, as they are pointy**

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**Teach your baby ASL (American Sign Language):**

ASL is proven to help babies with their learning and comprehension.

**Benefits:**
- When ASL is taught to babies it assists with their ability in developing a larger speaking vocabulary and ability to form longer sentences.
  - ASL can increase parent-child bonding
  - Helps babies communicate vital information earlier than they can speak (ex: If they are hungry or hurt)
    - This can help babies feel less frustrated because they can better tell you what’s wrong/what they need.

When and How to Get Started Teaching your Baby ASL:
- You can begin teaching your baby ASL at around 6-8 months
  - If you’ve missed this window, don’t worry! It’s never too late to integrate ASL into you and your baby’s routine.
  - Remember the earlier children learn new languages the better!

**Links/Website to get you started practicing with your little one:** [https://www.youtube.com/watch?v=YiYbopUNQFw](https://www.youtube.com/watch?v=YiYbopUNQFw)
**CRAFT PROJECT:** Smush Painting with No Mess

**MATERIALS:**
1. Washable project paint
2. Cardstock
3. Gallon Ziplock bag

**METHOD:**
- Take a sheet of paper and fold it in half or cut it to size (It needs to be able to fit inside a gallon Ziploc bag).
- Apply small dots of paint to your paper. Be careful not to use too much paint or it may take a long time to dry.
- Carefully place the paper inside a Ziploc gallon bag and close it tightly.
- Tape the bag to your work surface (table, floor, etc.)
- Let those little toddler fingers smush the paint around on the paper, creating beautiful abstract art!
- When your toddler is finished, take the paper out of the bag to dry.
- And there you have it! A no-mess masterpiece!

**Please follow/like us on Facebook at iGrow study.**

We are looking for new participants. If you know anyone who is currently pregnant and might be interested in participating in our study, please refer them to us. We look forward to hearing from them.

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**Add to our Baby Wall!**
Send us a photo of your baby in their iGrow bib, onesie or with their toy/gift to be added to the Baby Wall 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:

**Project Update!!!**

We have finished 204 prenatal visits, 133 two-month visits, 128 six-month visits, and 82 one-year visits, with many more to go! We are about to begin our 2-year visits soon!

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