

# FALLING FOR

Fall 2021 Newsletter

# iGROW

## IGROW AT A GLANCE

*Families, old and new, we miss you! Please continue to tell expectant mothers you know about our study! We are so grateful for each and every one of you! We could not do what we do without you! Happy Fall!*

## 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](mailto:iGrow@uncg.edu) or mail them to us!*

## KID FRIENDLY RECIPE: APPLE PIE IN A CUP



### What you'll need:

- Graham crackers
- Apple (Diced)
- Applesauce
- Whipped Cream

Start by crushing up the graham crackers and layering them at the bottom of the cup. Dice your apples to accommodate your child's dietary needs and layer those on top of the graham crackers. Put a couple spoonfuls of apple sauce on top and finish off with some whipped cream! This is a fun-sized fall staple to enjoy with your children!



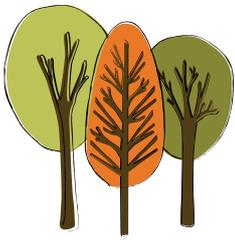
## CUT OUT THIS FALL FUN BUCKET LIST TO COMPLETE WITH YOUR CHILD



- Go pick out the prettiest pumpkin
- Go on a walk through a local trail
- Gather treasure from nature to use for crafts
- Paint leaves from outside
- Jump in a pile of leaves
- Make apple cider



*All of these activities are great for you and your children to complete during this autumn season. Creating memories will never go out of season!*



# Fall SENSORY FUN

## **SENSORY BAGS**

Sensory play is one of the most engaging activities you can do for your developing child. It is inexpensive and a lot of times you have the supplies already in your home.

**THINGS TO INCLUDE IN YOUR ZIPLOC SENSORY BAG:** water, cooking oil, leaves, glitter, food coloring, beads, sequins, and other interesting craft materials. Tape over the seal to prevent leaks and avoid messes.



Sensory activities can be modified to your child's developmental stage.  
Add materials to a sealed Ziploc bag for infants and tape it to a window to stimulate their sight.

## **SENSORY BINS**

Accommodating your older children for sensory activities may look like dumping materials of different shapes and textures into an empty bin and allowing them to explore and play while also learning!

Because sensory play incorporates use of fine motor skills, it can benefit your developing child in many ways!



20 Babies born since  
August 2021



726 total visits completed!



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