

# Hello Fall

## Join our Baby Wall

iGrow UP!

We are pleased to announce that we are receiving a new grant from the National Institutes of Health to see participating children again when they are 3 to 4 years old! We are so excited to continue this journey with you. We will begin contacting families to schedule these visits in January.

Send us a photo of your baby in their iGrow bib, onesie, or with a toy or gift we've given you 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.

## Sensory Activity

Supplies Needed:

- Construction Paper
- Glue
- Scissors
- Markers

Begin by tracing child's hand and drawing acorn cap onto the construction paper with markers or a pencil. Cut out the handprint and cap in addition to two large white circles and two small black circles for the eyes, and two small pink ovals for the cheeks. Assemble parts together and adhere with glue. Be sure to draw in other important details such as the eyes, mouth, and pattern on the acorn cap.



# Fall Recipe

## “Candy Corn” Fruit Parfait

### Ingredients Needed:

- Mandarin Orange Slices (fresh or canned)
- Pineapple Chunks (fresh or canned)
- Whipped Cream or Yogurt of your choice
- Colored sprinkles for topping

Grab a clear glass or plastic cup. Start by adding Mandarin orange slices to the bottom of the cup. Next, begin to add in pineapple chunks for the Second layer. Finally, assist your child in adding the whipped cream or yogurt on the top along with a few fall colored sprinkles.



## Project Updates

A total of 299 families agreed to participate in iGrow--just 1 short of our goal! All prenatal and 2 month visits have been completed. The 6 month visits will be done soon. We appreciate you sticking with us because we know life is busy. Although we hope you can participate in all planned parts of the study, if you are ever too busy, please talk to our staff. We want to accomodate your needs!



Phone Number: (336)-334-5328  
Email: [igrow@uncg.edu](mailto:igrow@uncg.edu)  
Website: <https://igrow.uncg.edu/>  
Address: iGrow Study  
UNCG, PO Box 26170  
HDFS Department  
Greensboro, NC 27412-6270