

Coffee Filter Butterflies

Materials: coffee filters, spray bottle with water, markers, pipe cleaners

Steps:

1. Use markers to color 2 flattened coffee filters. *

2. Mist coffee filters with water from a spray bottle.

3. Fan-fold coffee filters and stack them on top of each other.

4. Fold pipe Cleaner stem in half and place coffee filters in between.

5. Twist pipe cleaner above and below the coffee filters. Spread out the coffee filters and curl antennae.

*If you don't have coffee filters, cut paper towels or tissues (or tissue paper) into circles and use them instead.



iGrow Study
UNCG, PO Box 26170
HDFS Department
Greensboro, NC 27412-6270

Sock Inchworms

Materials: sock, cotton, 4 rubber bands, pipe

cleaner, googly eyes

Steps:

1. Fill the bottom of the sock with cotton and add

a rubber band.

2. Do this again and make three more balls with the cotton. You should use a total of 4 rubber

bands.

3. Wrap the pipe cleaner around the head and twirl the ends to make the antenna.

4. Draw a smile on the inchworm.

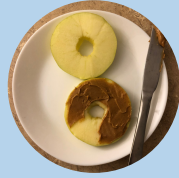
5. Glue on craft googly eyes if you have them, or paint or draw eyes on.

TRY THESE CRAFTS!



TRY THESE RECIPES!

Apple Ring Doughnuts



Steps:

1. Core an apple and slice
2. Spread nut butter, nutella, or yogurt on apple slices
3. Sprinkle cereal, chocolate chips, sprinkles on top
4. Enjoy!

Banana Sushi

Steps:

1. Spread peanut butter and Nutella on a tortilla
2. Place Banana on top of Peanut butter and Nutella
3. Roll the tortilla around the banana
4. Slice the roll into 1 inch rounds
5. Enjoy!



iGrow Update

Visits Completed!

Prenatal:
 2 Month:
 6 Month:
 1 Year:
 2 Year:
 In Total:

Recruitment Update

Total number of participants:

We will be recruiting new participants through April 2022 if you know of any expecting moms with due dates by the end of April who may be interested!

Future Plans for iGrow to Grow Up

Although our original grant only provided funds for us to follow children until they were 2, we have submitted several new grants requesting funds to see how participating children continue to grow and develop into elementary school. It will be a while until we find out if we were successful and we will update you when we learn more.

Where Are They Now?

Aran

Aran Garnett-Deakin started as an undergraduate independent study student, moved to an intern, and then ended up staying a year as a part time staff member. She is now in the MS/PhD program at Virginia Tech in the Human Development & Family Studies department. Her research interests are in masculinity, transition to fatherhood, and racial socialization.



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