Use markers to color 2 flattened coffee filters. *

Mist coffee filters with water from a spray bottle.

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

Fold pipe cleaner stem in half and place coffee filters in between.

Twist pipe cleaner above and below the coffee filters.

Spread out the coffee filters and curl antennae.

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

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.
6. 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.

Try These Crafts!

Coffee Filter Butterflies

Butterflies

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

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.
6. 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.

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

4. Draw a smile on the inchworm.

3. Wrap the pipe cleaner around the head and bands.

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

1. Fill the bottom of the sock with cotton and add the cotton. You should use a total of 4 rubber bands.

Materials: sock, cotton, 4 rubber bands, pipe cleaner, googly eyes

Steps:
1. Fill the bottom of the sock with cotton and add the cotton. You should use a total of 4 rubber bands.
2. Add rubber bands. 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 bands.
4. Draw a smile on the inchworm.
5. Glue on craft googly eyes if you have them, or paint or draw eyes on.

Materials:
sock, cotton, 4 rubber bands, pipe cleaner, googly eyes
**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.

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**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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