

Hello Fall

Join our Baby Wall

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 or mail them to us.



At 2 years old

Your toddler is able to:

- Make their own decisions (say no)
- Run, climb, and pull things behind them
- Scribble, open/close containers, and stack blocks
- Recognize shapes, colors, objects, people, and pictures
- Imitate seen behaviors/phrases
- Begin imagining and repeating seen behaviors
- Start the diaper to potty transition

You can support development by:

- Providing them with options & avoiding open ended questions
- Practice labeling and sorting different objects
- Engaging in pretend play to build creative imagination
- Praise them with positive feedback and redirect when needed



Fall Recipe

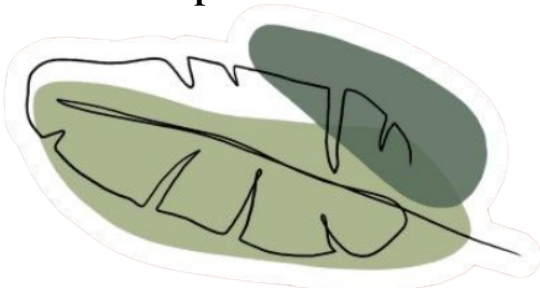
"Candy Corn" Fruit Parfait

Ingredients Needed:

- Fresh or canned Mandarin Orange Slices and Pineapple Chunks
- 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.



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.



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!



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