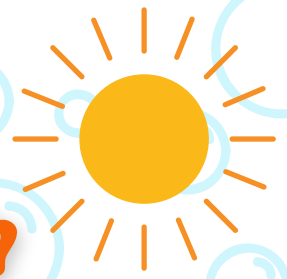


Fun Under the Sun

UNCG Summer 2023 Newsletter



riGROWUP
UNCG Infant Growth & Development Study



PB&J Sushi Rolls

Steps:

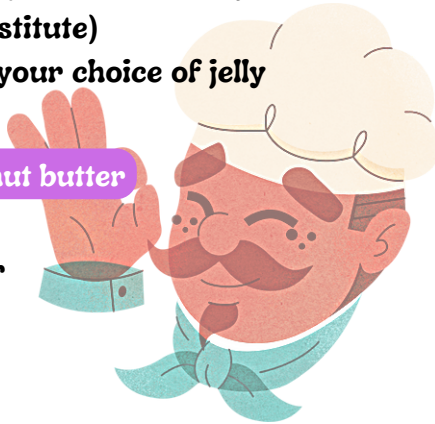
1. Remove crusts from bread. With a rolling pin or large soup can, completely flatten bread.
2. Spread 1 tablespoon of peanut butter (or PB substitute) and 1 tablespoon of jelly on each slice of bread.
3. Roll each slice into a tight spiral. Cut each spiral into 4 pieces.

Ingredients:

- 2 tablespoons of your choice of peanut butter (or PB substitute)
- 2 tablespoons of your choice of jelly
- 2 slices of bread

Substitutes for peanut butter

- Almond butter
- Sunflower butter
- Soy butter
- Pea butter
- Hazelnut butter



Contact Us:

(336) 334-5328

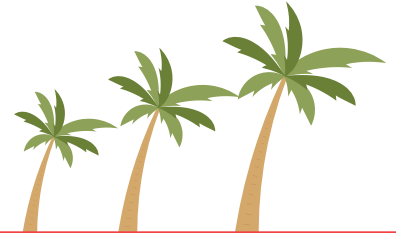
Giant Bubbles

Steps:

- a) Fill your tuff tray (or similar item) with water
- b) In a circular motion, add your dish soap
- c) Gently mix together and lay your hula hoop flat in the mixture
- d) Gently pull it up and spin!
- e) Or, make a human bubble! (your child can stand in the tray/pool and pull the hoop up around themselves)

You will need:

- Tuff Tray (or you can use the lid of a storage bin, kiddie pool, or similar item)
- Dish Soap
- Water
- A Hula Hoop



Fun Under the Sun

UNC Greensboro



Paper Bag Kites

Supplies:

Paper lunch bags, yarn, Popsicle sticks, Scissors, Tape
Streamers, and Embellishments

Directions:

- 1. Decorate-** Decorate paper bags. Use a variety of colors and your favorite embellishments. Stickers and wash tape work really well to add some fun prints and colors! Just make sure the paint is dry before moving on to the next step.
- 2. Cut-** Using a pair of scissors, snip a little hole in the bottom base of the bag. This will be used for the kite string.
- 3. String-** Cut a piece of yarn or string about 18-24 inches long. Tie one end to the middle of a popsicle stick and feed the other end through the hole in the bag. The popsicle stick will keep the kite string from pulling out when it's flying.
- 4. Connect-** Attach streamers to the open end of the bag using tape.
- 5. Fly-** Go fly your kite!



Photo Wall

Send us a photo of your baby/child in their iGrow bib, onesie, or with their toy/gift to be added to the Photo 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:

**iGrow Study UNCG, 319 College Ave.
248 Stone Building Greensboro, NC
27402-6170**

3 Year Milestones



Physical and Motor

- Climbs and runs well
- Can stand on tip-toes
- Uses spoon well
- Can ride tricycle
- Washes and dries hands
- Can concentrate on tasks for 8 or 9 minutes

Communication and Language

- Can remember simple rhymes or lyrics
- Uses "please" and "thank you"
- Names colors
- Names a friend
- Uses 3-word sentences

Cognitive

- Turns pages one at a time
- Plays make-believe
- Can turn door handles
- Can take turns
- Attempts to solve problems