

Spring 2024 Newsletter



Marshmallow Bunnies



Ingredients needed:

- 6 pink marshmallows
- 6 white marshmallows
- 9 pink mini marshmallows
- 9 white mini marshmallows
- Black and pink edible marker pens
- Tubes of pink and white writing icing

What to do:

- 1.) Draw a face on one of the pink marshmallows using either edible pen or icing.
- 2.) Cut the pink mini marshmallows in half to use as the bunny ears.
- 3.) Cut the white mini marshmallows to create the tail. Attach the tail and ears by using icing. Enjoy an easy and yummy treat!

At four your child can...

Comfort others and begin using other perspectives through play.

Develop fine motor skills and can begin holding crayons with thumb and fingers. Can serve food and drinks without adult supervision.

Begin using sentences with four or more words and talk about their day.



Library Nights – Triad Area



The Greensboro Public Library website has a list of free, toddler friendly events! At Vance Chavis Branch Library (900 S. Benbow RD, Greensboro, NC, 27406), every Wednesday night at 6:30 P.M. there is a nighttime books and bubbles event!

Really Really Free Market



Every month a Free Market is hosted at 2 locations. Come by and take what you want and drop off things you don't need! Find more info on Instagram [@gso_mutual_aid](#) or [GSO Mutual Aid Hub](#) on Facebook.

Puff Paint – Craft Activity



Using only a few ingredients, you and your preschooler can combine fun and science to create puffy paint!

What you need:

- 1 cup of flour
- 3 teaspoons of baking powder
- 1 teaspoon of salt
- 1/2 cup of water or until pancake consistency is reached
- Food coloring of your choice!

What to do:
Mix all the ingredients together. Get a few zip lock bags and tie off the ends. Cut the tip to easily paint!

All you have to do is let your child paint. Once they are done, pop the paper in the microwave for 30-45 seconds and watch the paint rise!

You could use cardstock or regular printer paper.

Contact Us

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Tell your friends

The iGrow Study @ UNC Greensboro is looking for more 2-year-olds and their moms to participate in our study! Help us learn about healthy growth and development in children. Mothers and children will participate for about 3 years, when their children are 2, 3.5 and 5 years old. Participants receive a total of \$450 for completing the entire study and small gifts for them and their children.

Tell your friends to call us at (336) 334-5328 or email igrow@uncg.edu to enroll or learn more!



Project Update!

We have finished all prenatal, 2 month, 6 month and 1 year visits. We have done XXX 2 year visits and will finish all of them this summer! We have completed X 3 year visits for iGrow Up and will start the 5 years visits soon.