



# BLOSSOM INTO THE SPRING WITH IGROW

## Spring Recipe

### CHOCOLATE-COVERED BANANA POPS



**Step 1:** Grab 2 bananas, peel them and cut them in half.

**Step 2:** Melt Chocolate either in the microwave or on the stove, stirring frequently.

**Step 3:** Pour chocolate over cut bananas and ENJOY! You can add toppings like granola or coconut! If you don't eat them all you can store them in the freezer for later.

Please allow at least 2-3 minutes for the chocolate to cool!

## At Home Activities: Bubbles

### Bubble Recipe



Water + Soap + Glycerine

- **Step 1:** Pour Water into Bowl
- **Step 2:** Add a tablespoon of dish soap
- **Step 3:** Add a tablespoon of Corn Starch
- **Step 4:** Stir Ingredients and Enjoy!

## Coffee Filter Flowers



- **STEP 1:** GRAB YOUR COFFEE FILTERS AND CUT THEM INTO YOUR DESIRED FLOWER SHAPE.
- **STEP 2:** PICK YOUR DESIRED COLOR AND POUR INTO A CUP.
- **STEP 3:** PICK YOUR DESIRED COLOR AND ADD IT TO THE WATER CUP.
- **STEP 4:** YOU CAN USE EITHER A PAINT BRUSH OR A DROPPER TO THEN PAINT YOUR CUT OUT FLOWERS.





# Introducing

# iGROWUP

UNCG Infant Growth & Development Study

**We are excited to announce that we received an additional grant from the National Institute of Health to follow participating children. We will be in touch to invite you to continue your participation when your child is about 3.5 and 5 years old.**



## SPOTLIGHT : MALEEK HOLMES

**Maleek Holmes started as a Research Assistant on iGrow and he is now in the Clinical Psychology PhD program at Eastern Michigan University. His research interests include how caregivers' social and emotional skills influence children's social and emotional development in different cultures and caregiving contexts. He is also interested in applying his research interests to therapeutic interventions. We wish Maleek success and happiness as he pursues his career goals!**

