Good News for Cookware

Traditional nonstick cookware (sold under brand names like Teflon) has suffered a serious blow- when scientists discovered it emitted toxic fumes of a chemical called perfluorooctanoic acid (PFOA) when heated. DuPont Company—along with seven other companies—agreed to remove PFOA from consumer products by 2015. It's not hard to see why: PFOA accumulates in our bodies and resists breaking down. Exposure to it has been linked to changes in fetal head size and lower birth weight as well as altered breast development, developmental effects, various cancers, liver harm, and immune and endocrine system damage. Nearly 100% of all Americans have PFOA in their bloodstreams. Makes you wonder how it ever got on the market in the first place. So is the nonstick cookware found on kitchen supply store shelves safe at last? The answer is yes and no.

While PFOA is now (nearly or already) out of the cookware picture, a key nonstick chemical called polytetrafluoroethylene (PTFE) remains in many pans. PTFE fumes are also created when cookware containing it is heated to high temperatures, which has its own risks. PTFE is a possible cause of cancer and animal studies have also suggested it damages the kidneys, elevates cholesterol, causes thyroid disease, and reduces fertility.

What's a family to use? Don't keep your old nonstick and only heat it to low temperatures; scratched surfaces can also release its chemical components into your food. These pans do scratch easily. Instead, look for cookware labeled "PTFE-free." There are a number of new "green" nonstick pans on the market. You have to find out what the material is and what is being used to replace the PFOA. As it turns out, the safest cookware options are also tried and true: cast iron, enamel coated cast iron, and stainless steel. You may need to add a little fat to the pan to keep your food from sticking. But by now the choice between olive oil vs. PFOA, PTFE, or unknown replacement chemicals should be amply clear (www.healthychild.org).

For more information about the Eco-Healthy Child Care program contact Kate at (585)654-4752 or k.mcardle@childcarecouncil.com

CHILD CARE COUNCIL Inc.
Your premier resource.

CARING MATTERS

July 2014 - Vol. 32 Issue 7

When Women Succeed, America Succeeds!

On June 1, 2014 our CEO, Barbara Ann Mattle, attended the kick off for the When Women Succeed America Succeeds bus tour at historic Seneca Falls, New York. Seneca Falls is where the first Women's Rights Convention was held in 1848. A Declaration of Sentiments was passed at that Convention, which was attended by Elizabeth Cady Stanton, Lucretia Mott, and Frederick Douglass, among others, which declared that all men and women are equal and should be afforded equal rights, including the right to vote. (Con't on pg 12)

President ChristopherYuskiw -**CEO** Barbara-Ann Mattle -**Editor** Jennifer Weykman

* * * * * LOCATIONS * * * * *

Livingston County Branch Office
3513 Thomas Dr. Suite 4
Lakeville, NY 14480-0670
Phone: (585) 346-6050
Fax: (585) 346-6058

Main Office
595 Blossom Rd. Suite 120
Rochester, NY 14610-1825
Phone: (585) 654-4720
Fax: (585) 654-4721

Wayne County Branch Office
510 West Union St., Suite 1
Newark, NY 14513-9201
Phone: (315) 331-5443
Fax: (315) 331-5271

Family Focus

Selecting a Summer Camp for your Child

By Renee Scholz, Referrals Services Coordinator

Summer is here and it may be time to think about some additional summer fun activities for your child. There are a multitude of camps available in New York State. Summer camps must have a state, city or county health department permit to operate legally. These permits are issued only if the camp is in compliance with the state's health regulations. The camp must be inspected twice a year by a health department representative. At least one inspection must be made during the time the camp is in operation.
Consider the following when choosing a summer camp:

Staff Credentials/Supervision

- ~ The New York State Health Code requires that the director of an overnight camp be at least 25 years old or hold a bachelor's degree.
- ~ A day camp director must be at least 21 years-old.
- ~ Camp directors' backgrounds are screened by the Office of Children and Family Services Central Register Database for reported incidents of child abuse and maltreatment. They are also screened by the Health Department for criminal convictions.
- ~ Counselors must have experience in camping and supervision of children or have completed an acceptable training course.
- ~ At overnight camps, 80 percent of the camps' counselors must be at least 18 years old.
- ~ There must at least one counselor for every 10 children aged 8 years and older, and one counselor for every 8 children younger than 8 years old.
- ~ At day camps, counselors must be 16 years or older and there must be a minimum of one counselor for every 12 children.
- ~ Camps that must provide at least 10 counselors may choose to use counselors-in-training (CITs). The CITs must be at least 16 years of age at an overnight camp and 15 years old at a day camp.

Health

- ~ All summer camps in New York State are required to have a health director and a written medical plan approved by the Health Department.

Continued on page 15

News You Can Use

Selecting a Summer Camp for your Child-con't

- ~ Camps must keep current medical history reports on file for all campers. Be sure to detail your child's history of immunization, illness, disability or allergy.
- ~ Is a doctor or nurse in residence or on call for campers at all times?

Camp Safety

- ~ The camp operator must develop a written plan to include supervision of campers, campsite hazards, emergency procedures and drills and safety and security procedures.
- ~ Each floor of every building needs to have fire exits in 2 different locations.
- ~ Functioning smoke detectors are required.
- ~ All waterfront activities at camps in New York State must be supervised by an experienced certified lifeguard or water safety instructor. One qualified lifeguard is required for every 25 swimmers. All aquatic staff are required to be trained in CPR.
- ~ Campers should be tested to determine their level of swimming ability.
- ~ Campers are required to wear life preservers when boating or canoeing.
- ~ All camp trips must be supervised by a trip leader who is at least 18 years old and competent in the activity.
- ~ Counselors that supervise and instruct archery, riflery and horseback riding are required to have special training in those areas.

Nutrition

- ~ Food must be prepared from inspected sources.
- ~ Good health practices should be observed including cleaning and sanitizing surfaces, hand washing, cleaning dishes and pots and pans.
- ~ Does the camp serve food your child likes?

The local health department can provide parents or guardians an opportunity to review inspections reports and required plans. If possible, visit the camp before and during the camping season. For further information about New York State health laws relating to summer camps, call the State Health Department's Bureau of Community Environmental Health and Food protection at (800) 458-1158.

Special Needs Loan Equipment Program

Are you a provider in Monroe County?

Our Special Needs Loan Equipment Program is funded by a grant from the Office of People with Developmental Disabilities, and allows us to purchase equipment for children with a developmental disability to use while they are enrolled in a child care program. Some examples include: A Ramp, Sign Language Materials, Books, DVDS, Puzzles, Electronics, Walkers, Sensory Materials, IPADs and more!

To determine eligibility for this program, parents or guardians must call OPWDD's Front Door line at 1-855-679-3335. Once the child is approved, we can purchase appropriate loan equipment for the child to use while they are enrolled in a child care program! It is just that easy!

Call Bethany (585)654-1287 for more information.

Circle Time: Working with toddlers, not against them!

By Rose Shufelt, Infant Toddler Specialist

The question of whether to have a "circle time" for toddlers is one that is asked a lot. The answer varies depending on what the teacher's goals are for their toddlers. Many circle experiences end up being one of frustration; both for the teachers and children. Why is that? It's because the expectations of circle time are skewed. When we think about circle time, most teachers assume that toddlers will behave like preschoolers, which is not the case. If you want to include circle time in your toddler program, you need to make sure that the goal is on the pleasurable aspects of group interaction, not on teaching concepts or group social skills. Many toddlers are still trying to manage interactions with just one person. Circle times that are designed especially for toddlers offer unique opportunities for them to enjoy being a part of a larger group where they can learn from each other. Circle time for toddlers should be implemented the same way any other activity would be implemented in a high quality toddler program: start the activity, make it look fun, and allow interested children to join. To do this, try the following:

- Have appropriate developmental expectations. Toddlers should not be expected to sit quietly for extended periods of time. Keep circle time short and allow toddlers to leave the area and engage in a quiet activity. Alter your practice to accommodate the needs of the children.
- Maintain flexible transitions. Begin circle time as soon as several toddlers are present. Allow other children to join as they are ready. Transitions from activity to activity must be planned so that children are not kept waiting with nothing to do. Respect each child and be sensitive to their feelings.
- Provide active, hands on activities that are relevant to the children. Young children learn through concrete experiences and active manipulation of materials. Facilitate learning that is grounded in children's daily lives and provide materials that children can use their senses to explore. Allow for physical activity as well.

All teachers have a genuine desire to help children learn. Positive attitudes and practices can form the foundation for an appropriate approach to planned, toddler group activities.

Nurse Notes

Think Twice about Benadryl® for Sleep

By Emily Leone RN, C-PNP Health Services Coordinator

With allergy season in full swing, I thought it might be timely to address the potential risks and benefits of using the common antihistamine Benadryl®.

Our society has a tendency to look to medication as a cure for illness and symptoms, often disregarding the potential or even common side effects, even to the extent that we take additional medications to treat the side effects. While medication can cure illness or make us feel better, it is important to remember that all medication has side effects. Medications that are available without a prescription are generally safe if taken as directed.

Benadryl®, the drug diphenhydramine, is an antihistamine that is effective for treating allergic reactions. Benadryl also has the side effect of being a strong sedative with hallucinogenic properties. The sedating effects are so strong that the drug diphenhydramine is used in sleep aids like Unisom® or Tylenol PM®. Research has shown that the sedative effect of Benadryl is as strong as having 2-3 alcoholic beverages in an hour and impacts thinking and reaction time in a similar manner.

While Benadryl is a safe medication when taken as directed, I am aware that parents and caregivers pass on the information that Benadryl can help children sleep. Pediatricians may recommend this strategy to help a very sleep deprived parent or for a cross country flight with a 3 year old, but these are intended as a one time or short term tool, not to be used regularly. It is not known what the long term effects of Benadryl/diphenhydramine are on development and learning because it has not been studied in children. Recent research has shown that diphenhydramine was not effective at reducing night-time awakenings or improving parent happiness with sleep for infants 6 to 15 months of age.

Benadryl dosing information for children under 6 years of age recommends consulting a physician for proper dose. For some younger children, Benadryl/diphenhydramine can cause irritability and excitability rather than sleepiness. For children of any age, consider the possible negative effect of sedation on learning and development with long term use. Then use this information to help guide your decision making on whether to use this drug or not for mild symptoms of allergies or for non-recommended uses such as helping children to sleep.

If you would like additional safety information on this or other common over-the-counter medications call Child Care Council's Registered Nurses at 585-654-4720.

CCC Membership Benefits and Application

Individual-Non-Child Care Membership—$35.00/yr

Benefits

- Loan privileges at the Early Childhood Professional Libraries
- My First Library loan privileges for your own children between the ages of 6 wks thru 5 yrs
- Free Notary Public Services
- Council Pin, Lanyard, Tote Bag or Carabineer Key Tag

Child Care Center Staff Member, Registered Family Child Care Provider or Legally Exempt Child Care Provider Membership-$50/yr

All Benefits Above Plus

- 50% discount on Business Center Services
- 10% membership discount every Tuesday on Recycle Shop purchases
- Access to group rate Health and Dental Insurance
- Substantial member savings on Council offered classes and events

Non-Child Care Organization Membership—$75/yr

All Benefits Above Plus

- $5.00 discount on individual staff memberships in the Child Care Council

Single Site Group Family Child Care Provider—$75/yr

All Benefits Above Plus

- Substantial member discount on in-service training at your location
- Substantial discount on Council classes and events for provider and assistants

Child Care Center, Nursery School, School-Age, Multi-Site Group Family Child Care Membership

$150.00/yr (1-10 staff members) $250.00/yr (21-30 staff members)
$200.00/yr (11-20 staff members) $300.00/yr (31+ staff members)

All Benefits Above Plus

- Substantial Discount on Individualized Training Program and In-Service Sessions
- All staff members eligible for substantial member savings on Council classes and events

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CCC Annual Membership Application

Mail form & payment to:
Child Care Council Membership
595 Blossom Road, Suite 120
Rochester, NY 14610

Membership Fees are non-refundable

- □ Individual Membership ($35)
- □ Center Staff Member Membership ($50)
- □ Family Provider Membership ($50)
- □ Single Site Group Family Child Care Membership ($75)
- □ Non-Child Care Organization Membership ($75)
- □ CACFP Family Provider ($25)
- □ CACFP Group Provider ($37.50)
- □ Center □ Nursery School □ School-Age □ Multiple Site □ Group Family
  - □ 1 - 10 Staff Members ($150) □ 21-30 Staff members ($250)
  - □ 11-20 Staff members ($200) □ 31+ Staff members ($300)

Please √ one
___ New Membership
___Renewal Memb. Membership #_____

Name_____Home Phone ( )_____

Home Address_____City_____Zip_____

Center Name_____Center Phone ( )_____

Center Address_____City_____Zip_____

Total $:_____ MC/Visa#_____Exp. Date_____ V#_____
(3 digit # on back of credit card)

Amount Enclosed:_____- Check #_____ Signature:_____

Please check one: □ Council Pin □ Lanyard □ Carabiner Key Tag

When Women Succeed, America Succeeds!

The House Democratic women are hitting the road to hear what hard-working women across the country have to say about the obstacles they face and the policies they need to succeed. Congresswomen Jackie Speier, Rosa DeLauro, Doris Matsui, and Nydia Velazquez joined Nancy Pelosi and Louise Slaughter in Seneca Falls to kick off the women on the bus tour. America's hardworking women face constant challenges when it comes to earning the economic security and opportunity they deserve. The solution? An economic agenda that will unleash the power of women across the country.

Take a look at how the economic agenda for women and families will help provide solutions to today's problems. Because we know--when women succeed, America succeeds.

They are holding "When Women Succeed, America Succeeds" events all across the country! They are supporting an economic agenda that will strengthen working families and unleash the power of women.

10 Ways to Get Wet Without a Pool!

By Gina Barber, Legally Exempt Enrollment Specialist

1) **Backyard Laser Tag**: Set up filling stations in your yard. Give the kids water squirters and let them play laser tag! See who can stay dry the longest!
2) **Spring Cleaning**: Use soapy water and sponges to clean your favorite outside play equipment inside and out. Let the kids take turns rinsing with the hose.
3) **Washing Tubs**: Turn your water table into a bathtub for the dolls, a sink for all the dirty play dishes or a carwash.
4) **Paint with Ice**: Fill an ice cube tray with colored water (food coloring) and use a popsicle stick for a handle. When frozen, take outside and paint! Paint the sidewalk, a large piece of paper or even yourself!
5) **Ice Blocks**: Freeze large blocks of ice and place different items inside (toys, nature items, blocks, treasure coins etc). Use play tools to chip away at the ice and get the trapped treasures or explore ways to make the ice melt to get to the inside!
6) **Paint with Water**: Get out all of your painting equipment (fresh and clean!). Use paint trays, buckets, rollers, paint brushes and fill with water. Have the kids help paint the garage, or side of the house with water!
7) **Water Balloon Fun**: Play hot-potato, do a water balloon hunt, make water-balloon yo-yos by attaching a rubber band to the end and see who can yo-yo their balloon the longest!
8) **Sponge Toss**: Fill buckets with water and set a sponge inside, toss to a partner and increase the distance each time it is thrown—refill often!
9) **Water Limbo**: Have an adult spray the hose across an area, lowering it a little each round, and children have to limbo underneath without getting wet.
10) **Don't Get Wet!**: Set up a number of sprinklers between a starting line and finish line. Children have to run from one side to the other without getting wet! Have someone at the faucet turning the water on and off at random for more fun!

As always use caution and direct, competent supervision around water and make sure all containers are emptied and put away when finished. Have a great time making summer memories!

Food For Thought

farm2preschool

By Darla Ferrante, Farm2Preschool Coordinator

Child Care Council has received a grant for Farm to Preschool. Farm to Preschool is a USDA approved program that aims to increase access to locally sourced fruit and vegetables for low-income families in the city of Rochester. The goal of Farm to Preschool (F2P) is to connect preschool children in child care and their parents/caregivers with local farmers and their products. The two components of F2P are efforts to increase the consumption of locally grown fruits and vegetables by providing convenience and access to purchasing fresh produce, and guidance on how to use it. The project involves an educational component consisting of food tastings and demonstrations on how to use the produce that is for sale.

I will be at the following locations with the local farmers. These Farmers Markets are open to the community and run until September12th.

Join us in July at one of the three locations:

Monday's at Wilson Commencement Park 251 Joseph Ave
3:00—5:30 PM

Tuesday's at YMCA 53 Lewis St
3:00—5:30 PM

Thursday's at VOA 214 Lake Ave
3:00—5:30PM

Class Schedule

Classes are 6:30pm—9:00pm unless otherwise noted

NYS Required Categories are listed in parenthesis ( ) following the date.

July

Rochester Office:

7/1-Child Day Care Orientation 9:30-Noon
7/1-8/7(✸) Starting Your Own Child Care Business 101
7/2 & 9-(2,4,7) MAT Training 10am-3pm
7/9-(2,3,5) Building a Healthy Plate
7/10-Child Day Care Orientation
7/12-(2,4)CPR & First Aid-Sat. 9am-2pm
7/14-(1,3) Grieving in Children
7/15-MAT Skills Competency Demonstration 9:30am-12:30pm
7/16-CDA 79 Starting 6:00pm-9pm
7/29-(2,4,7) MAT Independent Study 6pm-9pm
7/29-Being Successful in CACFP
7/30-MAT Skills Competency Demonstration 6pm-9pm

Lakeville:

7/16-(2,4,7) MAT Independent Study 6pm-9pm

Newark:

7/7-Provider Professional Development Group 6:30pm-8:30pm
7/8-8/14 (✸) Starting Your Own Child Care Business 101
7/12 & 19-(2,4,7) MAT Training Sat. 9am-2pm

NEW CDA # 79 starts on July 16, 2014. Call Yolanda for details!

August

Rochester Office:

8/4-9/15(✸) Starting Your Own Child Care Business 101
8/5-Know Your Regulations-Child Care Centers
8/6-(2,4,7) MAT Independent Study 10am-1pm
8/7-Child Day Care Orientation 9:30-Noon
8/7-(2,3,5) Emergency Preparedness
8/9 & 16-(2,4,7) MAT Training Sat. 9am-2pm
8/9-(2,3,5) Building a Healthy Plate Sat. 9am -11:30am
8/9-(2,4) CPR & First Aid-Sat. 9am-2pm
8/12-(2,4,7) MAT Independent Study 6pm-9pm
8/12-8/26-(2,3) School Age Series
8/14-Child Day Care Orientation
8/19-(6,8) Learn to Prevent Child Abuse by Bivona 6:30pm-8:30pm
8/21-MAT Skills Competency Demonstration 6pm-9pm
8/28-(1,3,4) Television, Xbox, Internet, Oh My!

Lakeville:

8/2-CPR & First Aid-Sat. 9am-2pm
8/4-MAT Skills Competency Demonstration 6pm-9pm
8/5-(2,4,5) Asthma 101
8/18-9/29(✸) Starting Your Own Child Care Business 101

Newark:

8/4-Provider Professional Development Group 6:30pm-8:30pm
8/5-Being Successful in CACFP
8/23-CPR & First Aid-Sat. 9am-2pm

See the Jul-Dec Course Calendar for more details and a full list of courses.
Child Care Council courses, and links to SUNY videoconference information and EIP applications are available at www.childcarecouncil.com

✸ **The Starting Your Own Child Care Business 101 Series covers all Family Child Care categories and includes:**

- Health & Safety
- CPR & First Aid
- Introduction to CACFP
- Business Class
- Developing Your Program
- Tax Class

Child Care Council

Office Schedule and Calendar of Events

Monroe County-Rochester
Hours are Mon-Fri 9am-5pm. Other hours available by appointment.

Livingston County-Lakeville & Wayne County-Newark
Hours are Mon-Fri 9am-5pm closed from 1pm to 2pm.
Other hours available by appointment.

July

- *4th-Closed for Holiday*
- *30th-Child Care Council Staff Meeting-Rochester, closed 10am-12pm*

Check out our social media pages!

Twitter	https://twitter.com/ChildCareCoun
Facebook	https://www.facebook.com/pages/Child-Care-Council-Inc/140064946010719
Pinterest	http://pinterest.com/cccouncilinc/
YouTube	http://www.youtube.com/user/ChildCareCouncilinc

Meet the Staff of Child Care Council

Introducing Rose Shufelt, Infant Toddler Specialist

Hi! My name is Rose Shufelt and I am an Infant Toddler Specialist at Child Care Council. I joined the Council team in February, 2004 and am celebrating 10 years with the company. I have always worked in the early childhood field, first as an elementary school teacher and then as a Program Director of a child care center. I am extremely fortunate to be able to continue my passion for early childhood in my role here at the Council by teaching classes and mentoring/ coaching other early childhood professionals. My time at the Council has taught me that you need to love what you do and you need to surround yourself with others who share your same vision. I enjoy working with my colleagues to ensure that our children receive the best possible start in life that they can. I look forward to seeing you in my classes or at your child care program. Always remember:

"Children are not a distraction from more important work. They are the most important work." CS Lewis

A Closer Look

Summer Safety Tips

By Jennifer Perkins, FDC and SACC Inspector

Summer is upon us. Summer is one of my favorite seasons, how about you? All winter you and the kids have been stuck inside due to cold weather and snow. This Spring there's been rain and mud. But now, the sun is shining and the warm weather is here! You and the kids can't wait to go outside and play! There are lots of fun things to do while playing outside but before you open the door and everyone runs out to play, here are some Summer Safety and Helpful Tips from Discovery Health for everyone to have a fun, yet safe Summer:

10. Use repellent to minimize bug bites. You should never apply repellent to infants and check DEET levels before applying to young children. DEET can be toxic and should not be put on faces or hands. Best practice is to use DEET free repellents.
9. Be diligent when checking for ticks. They can be on clothing, in hair or on pets. Ticks are prevalent in wooded or grassy areas.
8. NEVER leave kids alone in or around the pool. If you have a pool, do you have a pool plan that's been approved by OCFS? Do you have parent permission forms? Pools can be a great place to play and cool off but they can also be a hazard. If you have questions about pools, call your Licensor or Registrar.
7. Playground Safety– always check equipment before using. Make sure it's not hot, broken or there is groundcover under climbing equipment.
6. Children should wear helmets while riding bikes. Also ensure a bike is the right fit for a child. A bike that is too big is sure to lead to an accident!
5. Have you checked your yard for Poison Ivy and other poisonous plants?
4. Picnics are a great way to be outside and still feed the children, but food poisoning is a risk if you feed children spoiled food. Make sure food is kept cold and fruits and veggies have been washed.
3. It's hot out! Watch for signs of heat exhaustion: feeling thirsty, fatigue and cramps which can lead to heatstroke. Symptoms include: dizziness, trouble breathing, headaches, rapid heartbeat, nausea, vomiting, confusion and changes in blood pressure. Skin may be flushed and feel hot and dry (not sweaty).
2. Keep kids hydrated with water or sports drinks (with electrolytes).
1. Don't forget the sunscreen!!

For more info about these tips go to http://health.howstuffworks.com/pregnancy-and-parenting/parenting/10-summer-safety-tips-for-kids.htm)

CDA 2.0 Tips and Updates

Benefits of The Child Development Associate (CDA) Credential™

- ~ Advance your career
- ~ Meet job requirements
- ~ Reinforce your commitment to early childhood education
- ~ Provide parents with peace of mind
- ~ Understand developmentally appropriate practice
- ~ Increase your confidence

NEW CDA # 79 starts on July 16, 2014. Call Yolanda for details!

THE RECYCLE SHOP
ITEM OF THE MONTH IS:

Large rolls of Xerox paper, 34 inches tall. The wider rolls are $5.00 and the narrow rolls are $3.00.

NEWS FROM CPSC

The U.S. Consumer Product Safety Commission is charged with protecting the public from unreasonable risks of injury or death from thousands of types of consumer products under the agency's jurisdiction. The CPSC is committed to protecting consumers and families from products that pose a fire, electrical, chemical, or mechanical hazard or can injure children.

Following is one of the important recalls to be found on the CPSC website at www.cpsc.gov. On the site you can sign up to receive alerts through many avenues including email, youtube, and twitter.

Recall Summary

Name of product: Lakeshore Bristle Builders® for Toddlers

Description: The recall includes the Bristle Builders® for Toddlers sets sold with 52 plastic pieces consisting of building pieces and three animal figures. The animal figures include a yellow duck with a purple round base, a brown horse with a blue round base and a pink pig with a round green base. The building pieces include circle, rectangle, square and triangle-shaped pieces in different colors with a green 8" by 4.5" rectangle base. Pieces are covered with plastic bristle pegs which allow all the pieces to connect. Production number EC559597 is printed on the smooth side of the green baseplate. The base of the three animal figures can detach, posing a choking hazard to young children.

Remedy: Consumers should immediately take the three animal figures away from children and contact the company to receive a free replacement set of the three animal figures. Sold exclusively at Lakeshore retail stores, Lakeshore Learning Materials' Early Childhood catalog and online at www.lakeshorelearning.com from December 2013 to April 2014 for about $30.