

Child Care Chronicle

Winter 2015

From Child Care Resource & Referral
A Program of Community Action of Orleans & Genesee

CCR&R Staff:

- ◆ Judy Martino- CC Specialist
- ◆ Taryn Moyle, CC Specialist
- ◆ Kari Powers- Trainer
- ◆ Cheryl Cotton- Health Care Consultant
- ◆ Bonnie Malakie- Director of Children & Youth Services

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News from the Director

HAPPY 2015 to ALL !!!!!

We are already 21 days into January and you have all had to deal with snow, below zero temperatures, and illness. Even with all of the above, you have continued to provide service to children/families and have helped them learn and grow everyday! I'm sure you do this with a smile, and a hug, no matter what the circumstances are! So, I want to personally thank you for all you do each day!

You were all informed that Lisa Friesen is no longer here as of December 10. All of the current staff have agreed to pick up additional duties right now so that we can continue to serve all of you and our

parents. We are working together and will let you know as we make any changes/additions. I do want to share a few things with you:

- 1) Thanks to all of you who filled out the Provider Survey. We will be tabulating the results soon!
- 2) I know that some of you have indicated you would like to see some changes in the newsletter. Please give feedback to us as soon as you can, as we will be making some changes before our spring edition.
- 3) We are working with some staff at the Head Start Regional Office about the Early Head Start/Child Care grant we applied for in July. There has not been an (continued on page 6)



"Welcome to Winter 2015!"

Photo Courtesy of Jennifer Hughes' Jen's Precious Gems

Kari's Korner



Do You Wanna Build a Snowman?

Winter is here, and despite the cold weather, there are many fun projects and activities you can do with your children. Here are a couple of my favorites to inspire you when the weather outside is frightful!



Footprint Snowmen

Paint feet white and stamp onto blue card. Cut around the print and wait to

dry. Stick onto white card and add arms (pipe cleaners or just paint on), black top hat and eyes, nose, buttons etc.



name snowmen



This is a perfect activity to help children practice their name. Each letter in their name gets a snowball, add a head, scarf, hat and face, and you have

an adorable snowman kids will surely be proud of!

Kari's Korner



Photo Courtesy of Batavia ABCD



Make Snowcream!

All you need per serving is about 4 cups of clean snow.
 1/2 tsp vanilla
 1/2 cup sugar (o, let them live a little)
 1/2 cup milk. I used 2% milk.
 Let the kiddos Mix it all up and then let them eat it...

Mmmmmmm!!!!

Hot Chocolate Math

For this activity, you need to precut mugs out of white



paper, and add a little brown paper to the top to suggest hot chocolate. Laminate with contact paper and you're ready to go! You can then write numbers or basic math equations on the mugs, and children can add the correct number of marshmallows to show their answer. What a great way to introduce early math skills and one to one correspondence!



Penguins, Penguins Everywhere!!!

1. Trace outline of penguin on piece of paper. If you think your child can do it, let her do it. Just draw a tall hump with a half circle on the bottom for the feet.
2. Add a simple line behind the penguin's body, just a few inches above the penguin's foot to make it look like the penguin is standing on the ground.
3. Tear white and black con-

struction paper into strips, and then into squares.

4. Apply glue with glue stick to small areas of the blue paper, using your tracing as a guide. Start building the "ground" first, pressing white paper scraps in place.
5. Work in small areas so glue doesn't dry before you get to it & press on all the black paper areas. Finish with the white area in the center of the penguin.

6. Tear or cut out a triangle beak from the orange paper and glue on to the face. Use black marker to add eyes. Tear or cut out a bow from pink paper and glue it on top of penguins head (for a boy place it under the neck like a tie).



FROZEN!!!

Does it seem like lately all the children in your program want to talk about is anything to do with the Disney movie "Frozen"? Here are a couple activities to try with your Frozen fans!

Frozen Play-Doh

- 1 cup of flour
- 1/2 cup of salt
- 2 tbs of cream of tartar
- 1 tbs of oil
- Blue food coloring
- 1 cup of boiling water
- Blue and/or silver glitter

Directions

1. Mix flour, salt, cream of tartar and oil into a large mixing bowl.
2. Add 5 - 10 drops of the

blue food coloring to 1 cup of boiling water

3. Add the boiling water and mix well.
4. Add as much glitter as you like! The more the better!



5. Stir well until the mixture is well combined

6. Roll it out on a flat surface and you are ready

for some Frozen playdoh FUN!

Frozen Sensory Bin

I love sensory bins, and this one is great for children to play with throughout the day. Here are some things you may want to consider for your sensory bin.

- Shallow storage container
- White rice
- Safe Mirrored tiles (dollar store)
- Assorted ribbons
- Plastic snowflakes
- Beads,
- Plastic, glittery reindeer
- Tinsel Garland
- Cotton Balls
- Spoons, scoops, etc.
- Anna, Elsa, Olaf figures

Bonus!!! Click the following link for a FREE Frozen Printable Pack perfect for toddlers and preschoolers in your program!
<http://www.totschooling.net/2014/11/free-frozen-learning-pack-toddlers-preschoolers.html>

Here's another link to a great Olaf Printable!
<http://www.thepurplepumpkinblog.co.uk/2014/12/free-olaf-printable.html>

And Finally, an adorable Olaf Valentine! Enjoy!

<http://onecreativemommy.com/frozen-olaf-valentines/>

"You're never too old, too wacky, too wild, to pick up a book and read to a child."
 - Dr. Seuss
 More great quotes at supersimplelearning.com



Welcome to the Infant Toddler Corner

Brought to you by the WNY Infant Toddler Resource Network

Showing Resilience and Bouncing Back

Many feel post holiday stress and anxiety. This stress, anxiety and even depression can affect the quality of services offered to children and families, as well as our own families. As caregivers, we need to show resilience and bounce back from all the craziness to focus on supporting the children in our care, but how do we do this? Make sure you are caring for yourself during busy times to enable you to offer quality care to others.

Grow in Gratitude: Author Rabbi Harold Kushner states it best; “If you concentrate on finding whatever is good in every situation you will discover that your life will suddenly be filled with gratitude – a feeling that nurtures the soul”. A simple thing like gratitude can help contribute to our resilience and bounce – not only during good times, but also during stressful times. Be grateful, even when things are not going well.

Laugh Out Loud: Take time to laugh. Humor is good for physical as well as emotional health. Laugh with the children in your care. Always find something to laugh about.

Ask for Help: It is a sign of strength to say “I need help with this”. What good is it to try and do it all yourself and stress out to only lose your smile and your joy.

Set Realistic Expectations: Set expectations to balance life, in your career, family and personal life. Set priorities for the day. Don’t over plan yourself.

Make Time for Yourself: Stop and do something for yourself, even for five minutes. Take a walk, go to the gym, do what makes you happy. There is no joy in being too tired, too stressed, and too overwhelmed to participate in life. “Taking five” will benefit you, the children you care for, parents and your family.

Practice Self Calming: Do something to help keep you centered;

count to ten, take deep breathes, squeeze a stress ball. Tell yourself, “do not let this get on my nerves!” Make sure to do this during your most stressful times. This will help you relax and calm.

Rest: Be sure to get plenty of rest. The more rest you get the more alert you will be and you will feel less stress and anxiety.

Sources

Devereux: Center for Resilient Children created a webinar on 7 Tips for Bouncing Back



For more information on infant and toddler care, please contact the:
 WNY Infant Toddler Resource Network
 1000 Hertel Avenue
 Buffalo, NY 14216
 1-866-281-4739 x 3065
www.wnyinfanttoddlersolutions.com



Judy's Jamboree



Snow Activities

- Make targets in the snow with hula hoops. Have a snowball tossing contest to see who can score the most points
- Host a scavenger hunt. Hide a ball or a carrot or something brightly-colored in the snow. Give the kids clues to find it.
- Paint the snow using food coloring and water in spray bottles.
- Make a snow mini golf course. Bury plastic cups and see if you can get a hole in one. If you don't have a golf club, or if hitting the ball is too hard try rolling the ball in.
- Bring out shovels and pails from the summer and make snow castles.
- Speaking of summer gear, take out the tubes and boogie boards. See who can slide the furthest on the slick surface
- You've played pin the tail on the donkey, now try to put the nose on the snowman!
- Play tic tac toe. Draw the board in the snow with a stick and use pine cones and rocks for the x's and o's
- Take your kids outside with a magnifying glass to examine snowflakes, and then talk about the differences and uniqueness of each one.

Torn Paper Pictures

- If the children are young have them make the picture posted on the right. If the children are older have them

make a more detailed picture.

- Trace a large circle and a small circle onto blue construction paper with a pencil. Have children tear pieces of white construction paper and glue them into the circle like shown. Tear pieces of black construction paper for the hat. Add small black pom poms for the eyes and large pom poms for the buttons. Cut an orange triangle out or tear one for the nose. Glue brown pipe cleaners on for the arms.



Photo Courtesy of
YMCA



From

fun.familyeducation.
com

TARYN'S THINGAMAJIGS



If you have little ones who are fascinated with colors and fireworks, this simple experiment is for you (and your children). And you most likely have everything you already need for these fireworks in a jar!

Materials

- ◆ Oil
- ◆ Water
- ◆ Food Coloring

The How To!

1. Fill your jar 3/4 of the way full with warm water.
2. In a separate bowl, mix a 3-4 tablespoons of oil and several drops of different colors of food coloring
3. Use a fork to gently mix the oil and food coloring together.
4. Gently pour the oil mixture into the jar.
5. Watch what happens—the food

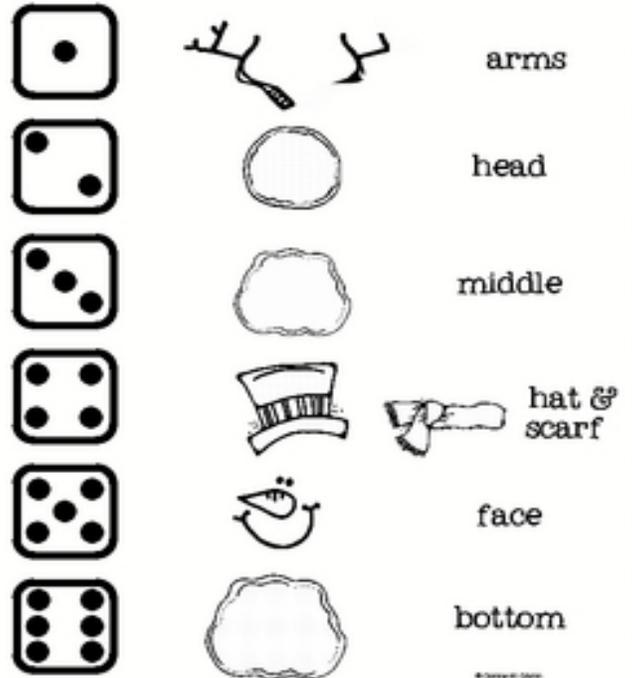
coloring will slowly sink out of the oil and into the water. When this happens, it will expand and begin to mix with the other colors.

The Science Behind It:

Food coloring dissolves in water but not in oil. Because the oil is less dense than the water, it will float at the top. The colored droplets will begin to sink because they are heavier than the oil. Once they sink into the water, they will begin dissolving into the water (which looks like a tiny explosion).

S o u r c e :
<http://www.icanteachmychild.com/fireworks-in-a-jar/>

Roll a Snowman



Object of the Game:

Be the first person to draw all the pieces of your snowman.

Set Up:

Give each child a piece of paper and pencil. The youngest person will start and play continues clockwise.

How to Play:

1. Roll the die and collect the piece of snowman for the number you roll: 6- Bottom, 5- Face, 4- Hat & Scarf, 3- Middle, 2- Head, 1- Arms
 If you roll a number for a part you already have, play passes to the next player.
Variations: - Make it more difficult by requiring each player to roll a 6, 3 and 2 to get a full body before they can collect any pieces.

A Quick Laugh

Q: Why was the math book sad?
 A: It had too many problems!

Knock Knock
 Who's there?
 A Broken pencil
 A broken pencil who?
 Never mind it is
 POINTLESS!



News from the Director

award made yet, but we hope to have some "good news" to share very soon! We will send separate information once something is definite. We remain very excited about the possibility of this new program and how it would help children, parents and providers.

4) I will be scheduling a CCR&R Advisory Board meeting in February or early March. This group has provider representatives from both counties and different modalities, as well as some current parents and community connections. Currently Marsha Coy, Staci Williams and Sabrina Campbell are part of this group along with a Community Action

Board member and some community people. I am looking for a few additional members. If you would like to be part of this group, please contact me at bmalakie@caoginc.org or 589-5683.

5) Kari Powers and Cheryl Cotton have started implementing the CHOMPERs dental health training for both counties. Special thanks to Staci Williams who allowed us to "try it out" with staff at her site! I think that all of you who have an opportunity to be part of this should.....it is a great program!

6) I have not yet advertised for a new Coordinator. Once the position is posted we will send it to the providers by email and

it will be advertised in the papers and on our website. The staff and I are reviewing what the job entails. If you have any thoughts about what you would like from a new Coordinator please contact me.

Again, to provide input on any of the above, contact me: bmalakie@caoginc.org or (585)589-5683. If you leave a message please let me know when is the best time to reach you!

Stay warm and be well!

Bonnie Malakie

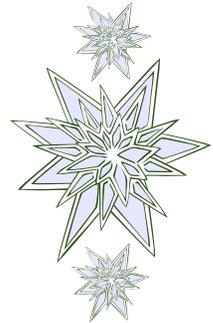


"The more that you read, the more things you will know. The more that you learn, the more places you'll go." -Dr Seuss

A Few More Games-

HAT TRICK -

Building a snowman is a favorite among most children, so why not make a game out of it? Have everyone help make the snowman, complete with a carrot nose and button eyes, but don't put a hat on him-that's where the game comes in. Once your snowman is built, have everyone line up about 5 - 10 feet away. Next, choose your hat. Take turns trying to land your hat on the snowman's head by throwing it Frisbee style. The player who lands the hat on the snowman's head wins.



SCAVENGER HUNT

Freeze colored ice cubes and scatter them around the yard (while no one else is looking, of course!). Send everyone off to retrieve them in a fun scavenger hunt.

TIC - TAC - SNOW -

Go outside and smooth a section of snow, the back side of a shovel will work. Then again, using the blade if the shovel, make a Tic-Tac-Toe board. Divide the class into teams have each team make lots of snowballs, with a set time limit. Then have a member of each team throw a snowball onto the board. Which ever team gets three in a row wins.

Hint: You may want to color code the snowballs to be sure you know which team won. Get food coloring - red and blue - and squirt the snowballs being played.



Safety Tips from Weather Disasters (Please read!!)



Photo Courtesy of
GCC

Snow and ICE

National Fuel Gas Distribution Corporation (National Fuel) reminds all homeowners that snow and ice pose a variety of safety and performance issues to their heating systems. National Fuel advises all homeowners to be extra vigilant and pay careful attention to their furnaces and vents before, during and after any snowstorm.

Keep Vents Clear

Natural gas furnaces and fireplaces each have a vent pipe or flue that sends out exhaust and gaseous byproducts to the outdoors. Depending on the type of furnace, venting takes place through a pipe on the outside of the house or through the chimney. These furnace exhaust vents can easily become clogged with debris, ice or snow. When snow piles up and blocks furnace vents, your furnace could shut off as a safety measure. Other times, it can cause furnaces to operate inefficiently or stop running altogether and break down. Blocked vents can lead to a



build-up of carbon monoxide gas. Homeowners should make sure that their furnace vents are clear of snow, ice, debris or other obstructions. The same applies to your dryer vent; if it is blocked, your dryer may not operate as efficiently as it should.

Keep Outdoor Gases Clear

Keep the area around and above the outdoor gas meter free of snow and ice. Remember to use caution when shoveling, plowing or snow blowing around the meter. Use a broom to remove snow from the meter itself. To avoid accidental damage by a third party, inform anyone who works near your meter (such as a snow removal service) of its location.

Flooding

Rising temperatures and melting snow happen following a lake-effect snow storm. National Fuel offers customers the following information should they experience flooding in their basements:

DO NOT Relight the Furnace

If flooding has affected customers' natural gas appliances (furnaces, hot water tanks, etc.), they should not attempt to relight the pilot lights on that equipment. If furnace or hot water tank controls were submerged, the floodwater may have caused damage that could affect the safe operation of the equipment. A qualified contractor should be called to inspect the appliances.

DO NOT adjust Gas Equipment

While the basement is flooded, customers should NOT attempt to adjust any gas equipment or their gas meters.

As always, if a gas odor is present, the customer should open a window for ventilation, leave the premises and call 911 and your Gas Carrier immediately. Do not use any appliances or operate any electrical switches if a gas odor is present.

IF YOU SMELL GAS GET OUT

Need Help at Your Facility?

Do you have a screaming child, a disgruntled parent, or a curriculum that just isn't working for you?

This is just a sample of problems that you may face at your child care facility. Call CCR&R and Kari or Taryn will come to your site, observe, assess and plan with you a course of action.

This action may include multiple observations, trainings, assessments, a quality improvement plan or other on-site technical support to solve your issue (s). Most Important, to get you where you want to be! CCR&R staff will be respectful, courteous and efficient.

Call CCR&R today to make the first appointment and get the process started!



How to Avoid the Winter Blues

Winter is in full force. As the days get shorter and the nights get colder, even the best of us can get a little down. The "winter blues" are characterized by the mild depression, lack of motivation, and low energy that many people experience during this cold season. Luckily, there's a lot you can do to both prevent the blues from coming on and get yourself back to normal if they're already here.

1. Exercise

As if we needed another reason to get fit! Exercise isn't only for maintaining your weight and staying healthy. It's great for relieving the stresses of life. Plus, the effects of a good workout can last for several hours after you hit the showers. You'll have more energy throughout the day, and your metabolism will stay elevated too.

2. Eat a Healthy Diet

What and when you eat has a great affect on your mood and energy. Avoid refined and processed foods (like white breads, rice, and sugar). Try to incorporate more complex carbohydrates (whole wheat breads, brown rice, veggies, fruit) and get your daily 8 cups of water. These healthy foods provide your body (and mind) with nutrients, and stabilize your blood sugar and your energy levels.

3. Get Some Sun

Most people know that sunlight provides us with Vitamin D. But did you know that it also improves your mood? Winter days are shorter and darker than oth-

er months, and because of the cold weather, a lot of people spend less and less time outdoors. Lack of sunlight can cause many people to become depressed—without knowing why! Sit near windows in restaurants and at home. A little sun every day will help improve your mood.

4. Act on your Resolutions

A recent study from the CDC showed a strong link between healthy behaviors and depression. Women who exhibited healthy behaviors (like exercising, not smoking, etc.) had less sad and depressed days than those whose behaviors were less than healthy.

5. Treat Yourself

Having something to look forward to can keep anyone motivated. Winter seems endless! But if you plan something exciting, your mood improves when you're anticipating it and when the event actually comes. Plan something that's exciting to you—a weekend trip, a day at the spa, or a party .

6. Relax!

You're busy! Work, class, family, friends, appointments, meetings—even if you enjoy being busy, everyone needs some time off. Don't be afraid to say "No" to extra work time . Try to spend a few minutes each day doing nothing! Read a book or magazine, sleep in on the weekend, go to bed early or take a yoga class. Relaxation, can alleviate

stress and leave you with a calm energy.

7. Embrace the Season

Instead of always avoiding the cold and the snow—look for the best that it has to offer! Take up a winter sport like ice skating, snowboarding, hockey, or even sledding! Enjoy these opportunities while they last—after all, they're only here a few months per year.

8. Get Social Support

Don't underestimate the power of friends, family, mentors, co-workers, and neighbors. Who can you turn to when you're down and need a pick-me-up? Something as simple as a phone call, a chat over coffee, or a nice email or letter can brighten your mood.

9. Catch some Zzzz's

People naturally want to sleep a little bit more during the winter. But with all we have going on, sometimes sleep is the first thing to go. With a little time management, and some self-discipline, you can meet your shut-eye needs. Aim for 7-8 hours each night, and try to keep your bedtime and waking time consistent .
Good Luck!



Photo Courtesy of
P.Raising Kids
Child Care Center



First Aid and CPR



WHO: Child care providers in both Orleans and Genesee County

WHAT: Free OCFS First Aid & CPR

WHERE: 113 East State Street Albion 14411, CCR&R Orleans County

WHEN: March 4th and 5th from 6PM-9:30PM

Must attend both nights; received completion certificates at the end of the second class



OCFS Training Topics

1. Principles of Early Childhood Development
2. Nutrition & Health Needs of Infants & Children
3. Child Day Care Program Development
4. Safety & Security Procedures
5. Business Record Maintenance & Management
6. Child Abuse & Maltreatment Identification & Prevention
7. Statutes & Regulations Pertaining to Child Abuse & Maltreatment
8. Statutes & Regulations Pertaining to Child Day Care
9. Identification & Prevention of Shaken Baby Syndrome

SUNY Video Conferences

The SUNY videoconferences for the year 2015 will be coming soon

To find out more about the 2015 SUNY Video Conferences, please contact SUNY:

Online: www.tsg.suny.edu

Fax: 1-518-472-5999

Mail: SUNY Training Strategies Group

State University Plaza
Albany, NY 12246

Genesee County Location:

Genesee ARC Community Center, 38 Woodrow Rd. Batavia

Orleans County Location:

CCR&R 113 East State Street, Albion NY

Before attending a SUNY Video Conference, please watch **R News** (Channels 9 or 14), **Buffalo News** (Channel 7) or listen to **WBTA** for cancellations!

Child Care Chronicle

Winter Training Schedule

Fees: \$5- 0-3 hours;

\$10- 3.5 to 10 hours (snack provided);

\$20- 10.5 hours or over (prepaid, meal provided)

Times: 6:30- 8:30 (unless otherwise specified)

Locations: (A) =113 East State Street, Albion

(B)= 5073 Clinton St Rd, Batavia

January 27 (B), February 5 (A)

6:30-8:30

Family Child Care Series Course 1: Creating Partnerships with Families (3,4,5,7)

Participants learn skills to help them develop the foundations of a quality home child care program. Focus will include: building trust and respectful relationships with children and families, communication skills, and positive guidance

February 10 (B), February 17 (A)

6:30-8:30

Special Needs Course 1: Intro to Working with Children with Special Needs (1,3,4)

This training is designed to help child care providers be better equipped to meet the needs of all the children in their early childhood setting. A general overview of a number of different disabilities including Autism, ADHD, and visual impairment will be discussed as well. Topics include introduction to inclusion, and the Americans with Disabilities Act (ADA).

February 24 (B), March 3 (A)

6:30-8:30

Materials on a Budget (3,5)

In today's high demand/low budget environment, meeting needs is more challenging than ever. In this workshop, participants will learn how they can use materials that can be gathered in their home and from the dollar store to make ends meet. We will discuss how to make simple and useful items to help cut down on your operational costs.

March 10 (B), March 18 (A)

6:30-8:30

History, Headlines, and Hotlines: Current Practices for Mandated Reporters (6, 8, 9)

In this course you will review current regulations and practices for mandated reporters and learn how specific events throughout history shaped our laws, regulations and practices. We will also look at some cases of Child Abuse and Maltreatment that have made recent headlines in the news, and how we can, as mandated reporters advocate for an increase in prevention and awareness. This course is for those who have already taken an introductory course in mandated reporting.

Health & Safety: Competencies for Becoming a New Family or Group Family Provider

March 23, 24, 25

4:00PM -9:00 PM

Batavia CCR&R



*****IMPORTANT
INFORMATION**

Submitting Your **EIP**
Application:

If your course starts between
January 1 and June 30,
You must submit your applica-
tion *no later than June 1st*

If your courses start between
July 1 and December 31,
you must submit your
application between
May 15th and December 1st
of that year!

Applications received before or
after these dates will be re-
turned!

**However, the sooner the
applications are submitted, the
better the chances of receiving
the scholarship!!!!**

COMMUNITY ACTION OF ORLEANS & GENESEE

Batavia Office
5073 Clinton St Rd, Batavia NY
Phone: (585) 343-7798

Orleans Office
113 East State St, Albion NY
Phone: (585) 589-5605

Community Action of Orleans & Genesee operates a multi-purpose human service agency. Community Action brings together local citizens, including low-income persons, to provide their community with a voice regarding the opportunities that will best help all of their members to be self-sufficient, productive and to contribute to community life. We work in collaboration with a number of human service agencies to provide our community and its residents with programs that help local citizens become self sufficient.



www.caoginc.org

CHILD CARE RESOURCE & REFERRAL

Batavia Office
5073 Clinton St Rd, Batavia NY
Phone: (585) 343-7727
Fax: (585) 343-4063
Email: crrgen@caoginc.org

Orleans Office
113 East State St, Albion NY
Phone: (585) 589-5088
Fax: (585) 589-5321
Email: crrorl@caoginc.org

Child Care Resource & Referral will assist in establishing and enhancing the **quality** of child care, while increasing, parents, families, and community partners' knowledge of these local opportunities.



Recalls from the U.S. Consumer Product Safety Division



Giggles International Animated Sing Along Monkey: The battery

compartment can reach temperatures up to 230 degrees Fahrenheit, posing a burn hazard.

Dream On Me Play Yards: The play yard's rails



can collapse, presenting a strangulation hazard to young children
Aspen, Breeze, Capri, Cirrus, Glider, Kite, LiteRider,



Sierra, Solara, Sterling and Travel-Mate Model Strollers and Travel Systems: The

folding hinge on the sides of the stroller can pinch a child's finger, posing a laceration or amputation hazard.

Comfort Research Bean Bag Chair in Black: The zippers on the bean bag chairs can be opened by children who can then crawl inside, become entrapped, suffocate or choke on the bean bag chair's foam beads

Just Like Home Toy Toaster Sets: The plastic toast, under pressure, can crack and break into small pieces creating sharp edges and posing a choking hazard.



"Hello Kitty® Birthday



Lollipop" Whistles: Components inside of the whistle can detach, posing choking and aspiration hazards to young children. (Sold at McDonalds)

For more information on recalls go the website:

www.cpsc.gov