



Parent-Child Mother Goose

Farewell 2020, Hello Challenges of 2021!

As we begin the new year, I am sure you all join me in breathing a sigh of relief. The year we've all been through has been unforgettable, and unparalleled in the challenges it has thrown our way. We are all hoping for a better year ahead, with the possibility of reducing the threat of COVID-19.

Throughout the difficulties of the past year, I have been inspired by the resilience and commitment that Parent-Child Mother Goose teachers across the country have demonstrated. We know that families depend on the connections and support they receive from PCMG, and teachers from coast to coast have gone the extra mile to ensure that despite closures of most community agencies, families and children still experienced the joy of rhymes, songs and stories in their lives.

Some teachers posted their rhymes and songs as videos for families to enjoy on Facebook. Some doubled down on phoning families to check-in. And many moved their programs online through Zoom or other virtual conferencing apps.

While virtual programs do not provide everything that in-person programs can, we are learning that they have some unique benefits:

- Because families can participate without leaving home, evening programs are blossoming as never before. The challenges of getting to an evening program (leaving work, picking up children, feeding the family, leaving again to get the program on time) disappear when parents are already home and all they need to do is login to a Zoom call.
- This has meant that often the entire family takes part in the program. When two or more adults and children of school age as well as younger ones are all learning the rhymes, it means they will be used more as the week goes on. Everyone can put their heads together to remember the story, which is fun in itself and helps to make all of them into storytellers!
- Parents and children with medical issues for whom attending in-person programs would not have been possible can now take part – a wonderful addition to their lives.

To support program teachers and provide guidance for these efforts, the Program and Training Committee has developed Best Practice Standards for Virtual Programs, which are now being distributed to teachers across the country.

continued on page 6 ...

Inside this issue:

Tell me a story	2
Nursery rhymes	3
MG across Canada	4-5

EL SALVADOR

Glenda Diaz was born in El Salvador and came to Canada at a young age. Her mother told her about the volcano wolves.

There live, on the volcanoes of El Salvador, magic dogs called cadejos that look like big wolves. Some people have described two cadejos appearing to them in a pair, one black and one white. They are said to be long time descendants of the volcanoes and they are sometimes called volcano wolves but no one really knows how they came about.

The people who live in the villages on the slopes of the volcanoes have always loved the cadejos because they protect the people from danger and misfortune. They believe that the white cadejo will give them shade when they need it to protect them from the hot sun, or will become a gust of wind to cool them off.

The Cadejos, Volcano wolves

Told by Glenda Diaz

The black cadejo on the other hand will protect them from evil and will attack whatever is putting them in danger.

In the old days, the people from the volcano region believed that the cadejos would go with them when they travelled from one village to another to protect them from danger, and many other people who lived in the region believed this too.

Often the travelling village people would get work on a plantation where they would grow and harvest crops for the land owners. These land owners worked the villagers hard. They saw the big dogs that had come with the villagers and sometimes they believed that the workers slacked off because they thought that the dogs would protect them from harsh treatment.

Once when the land owners were angry because they thought that not enough work was getting done, some of them decided to get rid of the big dogs. But when they tried to fight them the volcanoes gathered themselves together and erupted to protect the cadejos. The volcano wolves could not be destroyed and the villagers knew that these great creatures would always be with them and would always protect them.

To this day there are people who believe that when the volcanoes erupt, they are doing so to protect the cadejos from someone who is trying to destroy them. ♦

This story is from the book "**I Bring You a Story, Folktales that have traveled**"

You can buy this and other books with rhymes and stories here:

<http://nationalpcmgp.ca/resources/shop/>

With your purchase you will support Mother Goose Program

NURSERY RHYMES CORNER

Mr. Groundhog

Tune: "Are You Sleeping?"

Mr. Groundhog, Mr. Groundhog,
Take a peek! Take a peek!
If you see your shadow,
The weather will be awful
Six more weeks, six more weeks.

theholidayzone.com

Hibernation

Tune: "Do you know the muffin man?"

Do you know who hibernates?
Who hibernates?
Who hibernates?
Do you know who hibernates?
It's great big bears.

Alternate last sentence for different verses:

It's little groundhogs
It's slithering snakes
It's buzzing bees
It's small black bats
It's stinky skunks

One kind word can warm three winter months" Japanese Proverb



I am a little snowman

Tune: "I am a little teapot"

I am a little snowman
short and fat,
Here are my buttons,
here is my hat.
When the sun comes out,
I can't play
I just slowly melt away!

Teachingmama.org

The mittens on my hands

Tune: "The wheels on the bus"

The mittens on my hands
Keep me warm
Keep me warm
Keep me warm.
The mittens on my hands
Keep me warm
All winter long.

Teachingmama.org

Mother Goose Across Canada ...



The Parent-Child Mother Goose Programs have been a big part of families' lives here in NL for over 20 years. We are currently running 6 programs in the St. John's area. We have had many community partners over the years, including schools, community centers and local businesses and we are still fully funded by the NL government. In 2018, we incorporated our organization and became the Newfoundland and Labrador Parent-Child Mother Goose Program, Incorporated and through this entity we are able to independently apply for funding for various projects.

Ways to stay connected

Newfoundland and Labrador

Carol Dwyer and Chantal Rodgers
Parent-Child Mother Goose
Program, Incorporated

Greetings from the Newfoundland and Labrador Parent-Child Mother Goose Program, Incorporated.

Thank you to the Newfoundland and Labrador Department of Education and Early Childhood Development for their continued financial support of the Parent-Child Mother Goose Programs and Mentoring Support Project here in NL.

Since the COVID-19 pandemic started in March 2020, we immediately adjusted to an online format. We used two different platforms to reach families virtually, Facebook Live and Zoom. Both were very successful. Families were searching for ways to stay connected with each other and the online programming supported that. Our Facebook page membership increased about 70% during the first couple of months of the pandemic.

During the past summer we also offered outdoor programs while continuing online support through daily posts of rhymes, songs, stories and crafts.

... Mother Goose Across Canada

This fall the programs are all up and running, however we've had to modify how we deliver the programming due to pandemic restrictions. There are limits on the number of participants allowed in some of our program spaces and snack time is also somewhat limited. Despite the COVID-19 restrictions, families are very happy to be out and to be part of the Mother Goose community again.

Since 2017, we have been working as Mentors with 18 Family Resource Centres (FRCs) throughout the province of NL to get P-CMGPs up and running. During Fall 2019, we ran 3 Teacher Training Workshops whereby FRC staff and NLPL (Newfoundland and Labrador Public Library) staff participated.

This involved travelling around the province to each FRC to assist with program start up. In some cases, it involved further training on rhymes, songs and stories as they relate to running P-CMG programs.

Since the COVID-19 pandemic started in March 2020, most FRCs had to readjust their programming to accommodate families either by doing outdoor programming, online or through contact by telephone. Our contact has been limited due to restrictions relating to the pandemic. NL COVID-19 numbers, thankfully, have been very low and consequently funding has been approved by NL government and we are currently engaging/encouraging the FRCs to continue with P-CMGP in some capacity. ♦



Families were searching for ways to stay connected with each other and the online programming supported that

... continued from page 1

The challenge ahead for 2021 is to find ways to bring PCMG into the lives of more families, who desperately need the social connections and shared joy of experiencing rhymes, songs, and stories. We know that the pandemic has increased the isolation that many new parents and their young children experience. The strengthened family relationships that result from the program resonate within and beyond the family for a long time to come.

To help us achieve our goals in 2021, we need your support. You can donate to the National Parent-Child Mother Goose Program on our website, at www.nationalpcmgp.ca. Or get in touch today to find out about volunteering on one of our committees. Your contribution can make a real difference to families all across Canada. We know there is a long road ahead, but together we can ensure a brighter future for Canada's young children and their families.

Wishing you and yours a safe and healthy year ahead,

Sincerely,

Marilee Peters,

Chair, National Parent-Child Mother Goose Program

Parent-Child Mother Goose Program®

Programme la Mère l'Oie pour parents et enfants



Winter 2021



Share your program with the rest of the P-CMGP Family!

Write about your program. It brings joy, strengthens the network and creates new energy when you share your stories across Canada and across the world.

We love to include your stories, rhymes, pictures and news.

Please send submissions to :

Ivanka Gotcheva
email: ivgotcheva@sympatico.ca

**For inquiries relating to Mem-
berships, Certification Process
and National**

Donations please contact:

Catherine Taylor

Phone: 416.588.5234 ext.2

Fax: 416.588.1355

email: info@nationalpcmgp.ca