



# Parent-Child Mother Goose

## An impact for a lifetime

Greetings from Newfoundland and Labrador!! As I sit here enjoying the sights and sounds of my surroundings it is finally clear to me that summer has arrived. The sun is hot but there is a soothing, warm breeze. My black cherry red petunias are in full bloom and the sounds of children playing and birds chirping have uplifted my mood. I am hopeful that you all have a space that you can enjoy as much. I am conscious about news of the ongoing COVID-19 pandemic and encouraged that numbers have continued to decrease on a daily basis in our beautiful country.

With the summer season upon us I am reflecting on the past sessions of the Parent-Child Mother Goose Programs (P-CMGP) and thinking about the impact that it has had on families that attended. Since isolation and loneliness have been big factors during the pandemic, families have indicated that coming to the P-CMGP was the only time that they had a chance to interact with other adults and children and really talk about what it is like to be a parent in these times. We really do need to continue to foster the social interactions as we move forward with the great work of facilitating Parent-Child Mother Goose Programs.

When I think about what is at the Heart of the Program, I appreciate the simplistic nature of what it offers. It is a group experience for families with the activity focusing on rhymes, songs and stories all done orally. No books or toys are necessary and the pace is slow and relaxed with lots of repetition to give both adults and children an opportunity to learn the material. Groups are small enough so that the trained teachers can ensure that the needs of the group are met. So as a facilitator it is logical that we will encourage families to take the rhymes, songs and stories home and use them with their children even when they are not at the program.

The rhymes, songs and stories are important for so many reasons! What a great way for a new parent who doesn't have much experience to learn how to bond with their babies through massaging, tickling, cuddling, hand clapping, and diaper changing rhymes (and so much more).

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*This story I heard from my Vietnamese colleague when she brought treats to celebrate the Lunar New Year. I can't offer you the cakes, but I hope you will enjoy the story.*

*Ivanka Gotcheva*

## The story of the rice cakes

There was an emperor named Hung-Vuong who had many sons. Each one pursued a different path in life. Some were musicians, some joined the military. Only the youngest son chose a humble life as a rice farmer.

One day the emperor called all his sons and made an announcement. "I decided to challenge you to find and cook the most delicious food and bring it to me. Whoever makes the best dish I will crown as emperor."

Each of the emperor's sons searched far and wide for the best delicacies in the world. Some hunted for exotic animals and some caught the best fish. Others gathered the rarest spices and the ripest fruits and vegetables around.

Only the youngest one was at home worrying about what to do. "I am not wealthy like my brothers and I can't buy any rare ingredients. With the har-

vest so close, I don't even have time to travel around the country and look for exotic foods. I will just try to make something with the rice I grow. My rice has a delicious aroma and I think I might grind it into flour for a cake."

"Let us help you father. We will wrap your cakes in banana leaves", suggested his children. So, the youngest son and his family made the first rice cakes.

The day arrived for all the emperor's children to present their food. One by one they were excited to present their rare dishes with expensive ingredients.

"I have travelled over the oceans and brought the best food that the oceans can offer - a lobster."

"Delicious", said the emperor after tasting it.

"I have travelled all over the land to bring you the best that the forests have to offer - mushrooms, berries and all sorts of fruits and vegetables."

"It's so fresh and good", was the emperor's response after tasting them.

"What about you, Tiet-Lieu? Do you have anything to offer me?"

"I only have a simple rice cake that I made and it's called Banh Chung", replied the youngest son.

All other brothers started to laugh, each one sure in their victory. "Foolish Tiet-Lieu. We spent days gathering our fine food and all you brought is just a simple rice cake. How common. This is not a food fit for an emperor. "

"I have tasted every dish and now I have decided who will be crowned the next emperor. The best dish that I've tried is the rice cake that Tiet-Lieu made. These simple rice cakes are pure and meaningful. Even the common people can eat them. Tiet-Lieu, you have demonstrated great wisdom and understanding of your people. For that, you will become the new emperor."

And so, Tiet-Lieu became the next emperor.

Every year during New Year's celebrations people eat these delicious little yummys and tell their story to remember the importance of the rice cakes. ♦

## NURSERY RHYMES CORNER

### We're Going to the Zoo

(Tune: "The Bear Went over the Mountain")

We're going to the zoo.  
We're going to the zoo.  
We're going to the zoo.  
Won't you come, too?

The elephants swing their trunks.  
(Stick out one arm like a trunk)  
The elephants swing their trunks.  
The elephants swing their trunks.  
And we can do it, too.

*\*Insert other animal names  
and these motions:*

Kangaroos jump around...  
(Bend elbows like paws and jump)  
Bears put all fours on the ground...  
(Put hands and feet on ground and walk)  
Giraffes walk on tippy toes...  
(Stretch neck and walk on toes)  
Zebras gallop to and fro...  
(Gallop in place)  
Snakes slither and wiggle...  
(Wiggle as you go up and down)  
Penguins wobble and jiggle...  
(Palms out by sides and wobble)

**Bugs, bugs, go away. Don't come back  
again this way. Summer's here, we want to play.**



### Ten Little Friends

Ten little friends  
(Hold up fingers)  
Went out to play  
(Wiggle)  
On a very bright  
And sunny day.  
And they took a little walk.  
Walk, walk, walk.  
(Walk fingers in front of your body)  
And they had a little talk.  
Talk, talk, talk.  
(Put fingertips together)  
They climbed a great big hill  
(Move fingers over your head)  
And stood on the top very still.  
(Keep hands still)  
Then they all tumbled down  
(Roll hands around and down)  
And fell to the ground.  
We're so tired,  
(Hold up fingers)  
They all said.  
So, they all went home  
And went to bed.  
10 - 9 - 8 - 7 - 6 -  
5 - 4 - 3 - 2 - 1.  
(Put down fingers one at a time as  
you count backwards and lower your  
voice)  
Good night!  
(Lay head on hands)



<https://drjeanandfriends.blogspot.com/>

# Mother Goose Across Canada ...



## *Together in spirit: Across Canada, across the generations with Mother Goose*

**Montreal, Quebec**

*Written by Robin Sales  
Translated by Marie-Line Therriault*

Since last March, the pandemic has changed all our lives. Programs across the country have valiantly adapted to the ever-changing situation, creating online options to continue to provide services and support to their families. In uncertain times, the access to gentle support, encouragement, entertainment and education has been vital to many families' weekly routines and sense of normalcy. We are at home but remain connected to each other via technology. It is imperfect, but the connection is vital. You might think we are not reaching families due to

the challenges. Never underestimate the dedication of our parents and community! People have tuned in from as far away as Mexico and Germany to participate. At a time when we are isolated physically some determined and creative families have also found ways to connect three generations in very separate settings via the weekly zoom programs.

When we started the "Zoom Goose" program last spring I was puzzled by the woman of mature years who joined us weekly with a doll on her lap, so I decided to ask what brought her to Mother Goose.

She explained that she was participating weekly with her granddaughter who lived across town and could not visit her in person. In Fabienne's own words, "It was my very first Zoom experience with my granddaughter Lily-Anh. This beautiful experience allowed me to learn songs for the little ones that I didn't know (in French and English especially), a beautiful multicultural experience with very lively and alert little ones. I was able to realize that the attendance rate was very high and the joy of the children was omnipresent. Thank you and I hope that this great adventure will be repeat-

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ed because you are very good animators, even for a grandmother!" At home with Lily-Anh her mother Kim-Anh's response was also enthusiastic. "Mother Goose was an amazing experience! I did it in person when my daughter was less than 1 year old and repeated the experience during the first wave of confinement when she was 2 years and a half! Since we couldn't see our relatives, it was a nice way to see my daughter's grandmother and do an activity together. My daughter loved the activity and kept singing the songs we learned all day long. For me, it was also such a great activity because I learned new ways to interact with my daughter and new songs! As a pediatrician, I encourage literacy a lot and this activity is a great way to encourage literacy! I even encourage the families of the children I follow to participate in this activity! Thank you for all the dedication of the organizers for this activity! Your work is greatly appreciated and know that YOU are really making a difference in their language development! "

As the weeks passed we watched Lily-Anh and Fabienne connect and learn the songs and rhymes and movements. On the day they were able to tune in together and participate from the same address doing the rhymes and moves together, a collective cheer went up.

Last fall we had weekly participation from one of our animator's parents and niece at the other end of Quebec. It was beautiful to see three generations laughing and singing and rhyming together. Week to week, we

never knew if little Clemence would be participating as a cat, a monkey or a coconut but we adjusted to her wonderful imagination. Her grandfather commented, "We followed with great interest Mother Goose's Parent-Child Program with our 3 year old granddaughter Clemence. It was with great anticipation that she was waiting for Wednesday morning to attend. She was very observant at the beginning and hummed the rhymes as she played after the presentation. As the shows went on, she became more active and ten mornings later she would sing with the two of you and participate in the choreographies with her passengers. Bravo! and Thank you! We explained to her that your presentations would surely come back after the holiday season. We asked her if she would listen to them again. She said "Yes". P.S. Grandparents too."

When another grandmotherly type appeared with no child on her lap last fall, we suspected a third generation and learned a touching story. In her words, "As a grandma, who has yet to hold and kiss and tickle, and massage my grandchild of 8 months because of 'distancing', I must say that the Mother Goose program has been a godsend! I get to see him interact with song and voice and hand motions and body movements, in a whole other dimension. It is foreign to both of us, but somehow, adds another way to communicate and bond - which I appreciate thoroughly! We don't see him so often as we'd like to, so this time is special and both of us really look forward to it! I see BIG smiles on my baby Theo's face when he sees me pinned on Zoom, with the backdrop of familiar songs and fun

tickles and swooshes in a safe environment with mama and grandma, both present. It's Precious! Both the animators, Desrean and Robin are wonderful - they are very dedicated to providing a rewarding experience for parent and child... I have heard my daughter-in-law singing some of those songs to Theo over and over again, so I know that the educational aspect of what is being imparted is invaluable. Thank you for doing what you do and making it available. Stay-at-home parenting can be challenging at the best of times! " In isolation in another Quebec town, her daughter-in-law Catherine commented, "Mother Goose has been incredible for Theo and I to interact with his grandma from a distance. With this whole pandemic things haven't exactly been normal but this lovely program has made it a little more bearable. It's given us something to look forward to and to share amongst the 3 of us. We are so grateful for you guys and all the time and effort you put into it!"

It has been deeply moving to see grandparents connecting with their children and grandchildren in our sessions. They learn the songs, stories and rhymes and can then use them via zoom to maintain and strengthen their connection with their grandchildren. Family members from both ends of the country, or in isolation within miles of each other, have been able to connect. One lovely grandma had only seen her new grandbaby on zoom due to quarantine, but he has learned to recognize her and reacts when she appears. During one of our sessions she held her arms out in Beaconsfield on the screen and he took tottering steps toward her in St Lazare. What a gift! ♦

# Mother Goose Across Canada ...



## *Éloignés mais ensemble : les générations de la Mère l'Oie à travers le Canada* Montréal, Québec

*Écrit par Robin Sales*  
*Traduit par Marie-Line Therriault*

Depuis mars 2020, la pandémie a changé nos vies. À travers tout le pays, les programmes se sont vaillamment adaptés à la situation en créant des sessions en ligne pour continuer à fournir des services et du soutien aux familles. En ces temps incertains, l'accès à un appui en douceur, à des encouragements, ainsi qu'à des activités ludiques et éducatives, a consolidé la routine hebdomadaire et a procuré un sentiment de continuité à de nombreuses familles. Nous sommes à la maison, mais nous restons connectés les uns aux autres grâce à la technologie. C'est imparfait, mais cette connexion est vitale. En raison de ces difficultés, on aurait pu croire impossible de rejoindre les familles...

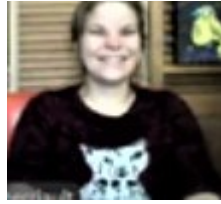
Mais cela aurait été de sous-estimer le dévouement de nos parents et de notre communauté ! Des gens sont venus d'aussi loin que du Mexique et d'Allemagne pour participer à nos rencontres. En ces moments où nous sommes physiquement isolés, grâce à nos programmes hebdomadaires offerts sur Zoom, certaines familles déterminées et créatives, ont relié trois générations qui étaient séparées dans des lieux différents. Lors du lancement du programme La Mère l'Oie édition spéciale Zoom au printemps dernier, j'étais perplexe face à cette femme d'âge mûr qui nous rejoignait chaque semaine avec une poupée sur les genoux. Je lui ai demandé ce qui l'amenait à la Mère l'Oie. Elle m'a expliqué qu'elle participait chaque semaine avec sa petite-fille qui

vivait à l'autre bout de la ville et qui ne pouvait pas la visiter en personne. Selon les propres mots de Fabienne : « c'était ma toute première expérience de la Mère l'Oie avec ma petite-fille Lily-Anh. Cette belle expérience m'a permis d'apprendre des chansons pour les petits que je ne connaissais pas (en français et en anglais surtout), une belle expérience multiculturelle avec des petits très vifs et alertes. J'ai pu me rendre compte que le taux de fréquentation était très élevé et que la joie des enfants était omniprésente. Je vous remercie et j'espère que cette belle aventure sera renouvelée, car vous êtes de très bons animateurs, même pour une grand-mère!» À la maison avec Lily-Anh, sa mère Kim-Anh a également réagi avec enthousi-

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asme: «la Mère l'Oie a été une expérience extraordinaire ! Je l'ai vécu en personne, lorsque ma fille avait moins d'un an, et j'ai répété l'expérience lors de la première vague de confinement, lorsqu'elle avait 2 ans et demi ! Comme nous ne pouvions pas voir nos proches, c'était une belle façon de voir la grand-mère de ma fille et de faire une activité ensemble. Ma fille a adoré l'activité et elle a continué à chanter toute la journée les chansons que nous avions apprises. Pour moi, c'était aussi une activité formidable parce que j'ai appris de nouvelles façons d'interagir avec ma fille et de nouvelles chansons ! En tant que pédiatre, j'encourage beaucoup l'alphabetisation et cette activité est un excellent moyen d'encourager l'alphabetisation ! J'encourage même les familles des enfants qui sont mes patients à participer à cette activité ! Merci pour tout le dévouement des organisatrices de cette activité ! Votre travail est très apprécié et sachez que VOUS faites vraiment une différence dans le développement de leur langage !" Au fil des semaines, nous avons vu Lily Anh et Fabienne se connecter et apprendre les chansons, les rimes et les mouvements. Le jour où elles ont pu se brancher ensemble et participer à la même adresse en faisant les rimes et les mouvements ensemble, nous avons tous applaudi.

Autre exemple. L'automne dernier, la nièce de l'une de nos enseignantes et des parents de celle-ci, éparpillés partout Québec, ont partagé nos programmes hebdomadaires. C'était magnifique de voir trois générations rire, chanter et rimer ensemble. D'une semaine à l'autre, nous ne savions jamais si la petite Clémence allait participer en tant que chat, singe ou noix de coco, et nous nous sommes adaptés à sa merveilleuse imagination. Son grand-père a écrit : « nous avons suivi avec grand intérêt le programme parent-enfant de la Mère



l'Oie avec notre petite-fille Clémence, âgée de 3 ans. C'est avec beaucoup d'impatience qu'elle attendait le mercredi matin pour y assister. Elle était très observatrice au début et fredonnait les rimes en jouant après la présentation. Au fil des spectacles, elle est devenue plus active et dix matins plus tard, elle chantait avec vous deux et participait aux chorégraphies avec ses passagers. Bravo ! Et merci ! Nous lui avons expliqué que vos présentations reviendraient sûrement après la période des fêtes. Nous lui avons demandé si elle les écouterait à nouveau. Elle a répondu "oui". P.S. Les grands-parents aussi »

Lorsqu'une autre grand-mère est apparue cet automne, sans enfant sur ses genoux, nous avons soupçonné l'existence d'une troisième génération et avons appris une histoire touchante. « En tant que grand-mère, qui n'a pas encore pu tenir, embrasser, chatouiller et cajoler mon petit-fils de 8 mois en raison de son éloignement, je dois dire que le programme La Mère l'Oie s'est présentée comme un cadeau ! Je peux le voir interagir avec la chanson, la voix, les mouvements des mains et du corps, dans une toute autre dimension. Cela nous est étranger à tous les deux, mais d'une certaine manière, cela ajoute une autre façon de communiquer et de créer des liens - ce que j'apprécie énormément ! Nous ne le voyons pas aussi souvent que nous le voudrions, alors ce moment est spécial et nous l'attendons tous les deux avec impatience ! Je vois de GRANDS sourires sur le visage de mon bébé Théo lorsqu'il me voit épinglée sur le zoom, avec en toile de fond des chansons familières et des chatouilles et des « splouch ! » amusants, dans un environnement sûr avec maman et grand-mère, toutes deux présentes.



C'est précieux ! Les deux enseignantes, Desrean et Robin, sont merveilleuses et s'efforcent de faire vivre une expérience enrichissante aux parents et aux enfants... J'ai entendu ma belle-fille chanter certaines de ces chansons à Théo encore et encore... Je sais donc que l'aspect éducatif de ce qui est transmis est inestimable. Merci de faire ce que vous faites et de le rendre disponible... Être parent à la maison peut être un défi, dans le meilleur des cas ! » Vivant isolée dans autre ville du Québec, sa belle-fille Catherine a déclaré : « la Mère l'Oie a été incroyable pour Théo et moi et nous a permis d'interagir avec sa grand-mère à distance. Avec toute cette pandémie, les choses n'ont pas été tout à fait normales, mais ce programme adorable a rendu la situation un peu plus supportable. Il nous a donné quelque chose à attendre avec impatience et à partager entre nous trois. Nous vous sommes très reconnaissants pour le temps et les efforts que vous y consacrez ! »

Il est profondément émouvant de voir les grands-parents se rapprocher de leurs enfants et petits-enfants lors de nos séances. Ils apprennent des chansons, des histoires et des comptines et ils peuvent ensuite les utiliser via le zoom pour maintenir et renforcer leurs liens avec leurs petits-enfants. Des membres de familles situés aux deux extrémités du pays, ou isolés à quelques kilomètres les uns des autres, ont pu se connecter. Une adorable grand-mère n'avait vu son nouveau petit-fils que sur le zoom en raison du confinement, mais il a appris à la reconnaître, et réagit lorsqu'elle apparaît. La semaine dernière, au cours de notre séance, elle a tendu les bras à Beaconsfield sur l'écran et il a fait des pas titubants vers elle à St Lazare. Quel cadeau! ♦

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And having some songs in their repertoire to learn how to soothe their babies at any time during the day is an incredible skill. And for a parent to be able to have a story ready to tell a child when they need it is an amazing item to have in their parental tool box.

The Parent-Child Mother Goose Program is near and dear to my heart having been a participant with my own children and later becoming a facilitator and trainer. The skills that we teach parents in our positive, gentle manner have an impact on children for a lifetime.

So, let's keep up the great work of maintaining what's at the Heart of the Parent-Child Mother Goose Programs. And never, ever underestimate the power of what you are doing because families appreciate it so much more than you know!!

Stay well and enjoy the summer!

*Carol Dwyer*  
*P-CMGP National Council Member*  
*Newfoundland and Labrador Parent-Child Mother Goose Program, Incorporated*

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## Parent-Child Mother Goose Program®

Programme la Mere l'Oie pour parents et enfants



# Summer 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](mailto:ivgotcheva@sympatico.ca)**

**For inquiries relating to Memberships, Certification Process and National Donations please contact:**

**Crystal Murgatroyd**  
**email: [info@nationalpcmgp.ca](mailto:info@nationalpcmgp.ca)**