



Parent-Child Mother Goose

Introducing the Diversity Council

In June of 2020, the National Council received a letter from an Indigenous mother on Vancouver Island. She wrote to tell us that she and her daughters had greatly enjoyed the program and continued to make use of it at home.

However, one of the songs being taught was originally racist. The words had been changed, so anyone who didn't know the origins of the song would not have thought it racist, however, she did and it left her feeling less at ease in the program. She wanted to bring this to our attention.

We, therefore, began an internal email discussion of racism, of racism embedded in rhymes and songs just as it has been in so many aspects of our lives.

We recognized that the PCMGP at its core reflects and respects the diversity of its participants, trainers and leaders. However, we thought it did make sense to take a careful look at the issue.

We established a committee, what else!

The committee met for the first time in March of 2021. It is currently composed of seven people, all very involved in the PCMGP. We are:

Ann Stafford
Beth Hutchinson
Desrean MacFarlane
Gabrielle Thomas
Kate Jarrett
Lorinda Seto and
Noemi Stafford.

Amongst us we have the following cultural heritages:
Chinese, English, Irish, Jamaican, Mauritian, Plains Cree,
Quebecois, Guatemalan, Scottish and Welsh.

Three are members of the National Council and one is a member of the Program and Training Committee.

continued on page 8...

Inside this issue:

Tell me a story	2
Nursery rhymes	3-4
MG around the world	5-7
21 reasons	8-10

This is a Mi'kmaq legend of how Rabbit got his long ears. For reference, Kluskap (spelling changes depending on which dialect you use) is an important legendary figure of the Mi'kmaq peoples, native peoples located in Atlantic Canada. Along the north coast of Unama'ki (Cape Breton, Nova Scotia), there is even a Kluskap Cave that is among the most important places in Mi'kma'ki.

Kathy Walsh

A long time ago when Rabbit was first on this earth, he had very short ears. One day when Rabbit was bored, he decided to play a trick on all the other animals. He hopped along the forest floor and came upon Beaver. "Beaver! Beaver! Did you know the sun is not going to rise again?!" Rabbit said. Of course, Beaver was very worried and so he ran off and told his friend Squirrel. Of course, Squirrel told Chipmunk and then Chipmunk told Skunk and Skunk told Bear and so on and so on until all the animals in the forest were scrambling around worried that the sun was never going to rise again.

How Rabbit Got His Long Ears

"If the sun is never going to rise again then it will be cold and dark like winter, so we must gather all of our food right now!" said all the animals. Even Bear, who was the most courageous, was very worried. He began eating as many berries as he could, and when his belly was full, he even pressed berries into the pads of his feet to store some for later.

Even though it was a beautiful summer day, no animals had time to play. Now Rabbit thought this was hilarious. He sat in the bushes and watched all of the other animals panic, he even began to chuckle.

Kluskap heard all of the animals panic from across the world and with 3 giant steps, Kluskap was in the forest. All of the animals respected and admired Kluskap but nobody said hello to him, so Kluskap

knew something must be wrong. "What is the matter Bear?" Kluskap said as Bear pressed berries on his paws. "Didn't you hear, Kluskap? The sun is never going to shine again!" Kluskap asked Bear how he knew this, and Bear said he heard it from Skunk. Kluskap went to Skunk and Skunk said he heard it from Chipmunk. Kluskap became frustrated and called a meeting of all the forest animals. It wasn't long before Kluskap figured out that it was Rabbit that told everyone, but Rabbit was nowhere to be found. Kluskap used his amazing sight and hearing and found Rabbit hiding in some bushes, still laughing and chuckling to himself. Kluskap grabbed Rabbit by the ears and hauled him up from the bushes, and that is why Rabbit's ears are long to this day.♦

NURSERY RHYMES CORNER

Falling Leaves

author unknown

All the leaves are falling down
(flutter fingers downward)

Orange, green, red, and brown.
(flutter fingers)

If you listen, you'll hear them say,
(cup hands around ears)

"Wintertime is on it's way."
(whispering)

Scarecrow

author unknown

Sung to: "Teddy Bear, Teddy bear turn around"

Scarecrow, Scarecrow, turn around.
Scarecrow, scarecrow,
jump up and down.

Scarecrow, scarecrow, arms up high.
Scarecrow, Scarecrow, wink one eye.

Scarecrow, scarecrow,
bend your knee.
Scarecrow, scarecrow,
flap in the breeze.

Scarecrow, scarecrow,
climb into bed.
Scarecrow, scarecrow,
rest your head.

**Autumn is a second spring, when every leaf
is a flower"** *Albert Camus*



Five Little Squirrels

author unknown

This little squirrel jumps from
tree to tree.

(Show index finger.)

This little squirrel hides from
you and me.

(Show middle finger.)

This little squirrel sits and
looks around.

(Show ring finger.)

This little squirrel finds nuts
on the ground.

(Show baby finger.)

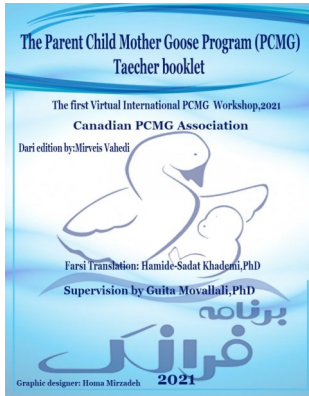
This little squirrel scampers
up and down.

(Show thumb.)

Burying all the nuts he's
found.

(Use both hands and "dig" a
hole.)

NURSERY RHYMES CORNER



قوقو برگ چنار
کفترها شیشتن قطار
کاشکه کفتر میبودم به هوا پر میزدم
او(اب) زمزم میخوردم
ریگ دریا میچیدم
شیر گفت الله الله
مه گفتم جان طلا

Coo Coo (the pigeons sounds)

The leaves of the trees
The pigeons are sitting in a row
like a train
I wish I were a pigeon
So I could fly to the sky
And drink from the Holy
water, Zamzam
And pick the sea sands
The lion said Amen
And I said. My dearest

رو رو با قایق در مسیر آب
رو رو با قایق در مسیر آب

پاروزن شادی کن پاروزن شادی کن
سوی من بشتاب

Paddle through the river
with your boat
(mother and child pretend to
paddle together)

Paddle through the river
with your boat
Paddle, laugh and stay happy
(mother and child laugh to-
gether)

Paddle, laugh and stay happy
Come to me for a hug!
(The mother hugs the child)

Mother Goose Around the world ...



Parent-Child Mother Goose Program reached Afghanistan

Guita Movallali

"I love Herat and the people of Herat. It is one of the most culturally and educationally advanced cities in Afghanistan. The people are smart, educated and they know what is good and what will harm them and their city. A city of ancient history with many, many artists, poets and scholars.

A few hundred years ago, Lady Gohar Shad Begum was the wife of the king there and she ran many schools and art centers. An advanced lady for her era.

This short history was just to say that what the team is doing there, it will never be wasted and it always will be appreciated.

My father once was working in Herat for a year, and I have fond memories of that city. I didn't want to write all this, but I couldn't help myself."

Mirwais Wahidi, our Afghan Dari editor in Toronto

... Mother Goose Around the world ...



In the summer of 2020, I demonstrated the beautiful power of songs, rhymes, and stories to the folks in Herat, Afghanistan with an introduction to the Parent-Child Mother Goose Program. After I wrote to Ruth Danziger about this success, ED Susan Ryan contacted me about setting up a full Mother Goose teacher training workshop for Afghanistan.

As I discussed the idea with the Afghan educators, little by little it grew into a reality. Susan secured a private donor to cover the costs, and I was delighted that there would soon be a Parent-Child Mother Goose Program for deaf and hard of hearing children in Afghanistan modeled on the one that I pioneered in Iran, which was named Faranak PCMG in memory of my mom, Faranak Hessabi.

Until last summer when the Adrina Clinic in Herat made the decision to start a rehabilitation program, there had been

no speech and language pathologists or audiologists practicing in Afghanistan. It had become clear that with late diagnosis and no intervention there would be no improvements in the speech and language skills of their deaf children even with hearing aids.

Fortunately we had the ability to deliver a full Mother Goose training virtually, and it was the first training ever to be hosted in Afghanistan and Iran.

We knew that a Mother Goose program would ultimately help their deaf and hard of hearing children improve their speech and language in a warm, joyful atmosphere together with their moms. In fact, in my experience in Iran, many of our little deaf kids spoke their very first words in children's songs in our Mother Goose program!

Since Afghanistan and Iran are neighbors and Herat is so close to Iran, we speak almost the same language. Because we understand the Afghan language Dari, and they under-

stand Farsi, the Persian (Iranian) language, I realized that it would not be too difficult to train the Afghans in Farsi.

Participant capacity was limited and priority had to be given to the Afghans, so careful selection was very important. Although our initial plan had been to include only one or two Iranians, we ended up having five participants from Afghanistan and eight from Iran, representing the Western, Southern, Northern, Eastern, and Central regions of the country.

Since even in Iran the only center in which there was a regular PCMG program was my own early intervention program at the Faranak Clinic, training more teachers would strengthen and expand the PCMG program in Iran. Four of the Iranian participants were parents of deaf and hard of hearing children from Parvaneha Association for Iranian Parents of Deaf and Hard of Hearing children (Parvaneha means butterflies) and four were professionals with many years' experience, working with deaf and hard of hearing children.

The Afghan participants were all professionals working with deaf and hard of hearing children at the Adrina Clinic in Herat, and we were surprised to learn from them that most of the lullabies and rhymes used in Iran and Afghanistan are the same. We already had two virtual PCMG channel groups in Iran, one on WhatsApp and another one in the Telegram, where we would post Persian (Farsi) songs, lullabies, and stories daily. Now we added the Afghan people to those channels.

... Mother Goose Around the world ...

Because of the time difference between Afghanistan, Iran, and Canada, the workshop facilitators, Ruth Danziger and Lynda Howes, and I decided with the Afghans that the workshop should run for two hours a day for six days with a follow-up session for questions at a later date.

Simply getting the workshop materials from Canada to Iran and Afghanistan was a very challenging process. There was no courier service at all to Iran because of the sanctions and there was courier service only to Kabul in Afghanistan, so the Afghan materials had to be picked up in Kabul and mailed to Herat, and the Iranian materials went by Canada Post to Tehran, from there to be mailed to each of the cities where the Iranian participants lived.

Prior to the workshop, Susan had also sent us the teacher training manual, which Hameedeh Khademi and I translated into Farsi. Hameedeh is one of my best colleagues in Iran and has run the PCMG program there with me for many years. Susan's Afghan translator in Toronto, Mirwais Wahidi, edited our Persian version in Dari, making a precious gift to Afghan people speaking Dari. We hope that many other Afghans will have Mother Goose in their lives in the future!

The PCMG teacher training workshop finally took place in March and it was amazing! Ruth and Lynda delivered it in English, which many of the participants have some grasp of, and Hameedeh and I translated in real



time to Farsi. We taught many Persian and Dari songs, rhymes, and stories in addition to the many lovely English ones. We had decided that instructions and commentary specific to the deaf and hard of hearing would come from me and this worked well.

Today each of the participants has started their own Mother Goose program, some virtual, some in-person. The deaf and hard of hearing children and their parents are showing so much love to the program and the comments they send us are truly heartwarming!

We are so grateful for this beautiful development of the Mother Goose program. It is simply wonderful for young families, and we know that it will have long-term benefits, as it does everywhere, and especially now while times are very tough in Afghanistan.

We appreciate everything that the PCMG in Canada did for us. I'd like to thank Ivanka Gotcheva for always working so hard to get our good news into the PCMG newsletters, and dear Susan, Ruth, and Lynda for their support and for making all this happen. ♦

21 Great Reasons to Support Parent-Child Mother Goose ...

Dear Supporters,

As much of the world enters the fourth wave of the pandemic, families, now more than ever, need to be reminded that they are not alone. We need extra smiles, extra happiness, and extra connection with each other. The Parent-Child Mother Goose Program continues to be a consistent presence in a family's life. We are here to connect and support, we are here to uplift and celebrate, and we are here to bring families together when they may be forced to be apart. The Parent-Child Mother Goose Program really is a lovely way to show our nation that we are all in this together, we are here for one another, and we can get through this with some help from singing, rhyming and telling stories together.

You can help us continue to be there for families, by supporting the National Council for Parent-Child Mother Goose this year.

The National Council, through its Program and Training Committee, works to ensure that training standards are met, certifies new teachers, develops resources and provides opportunities for connection and sharing. Your donation in support of the work of the National Council can make a big difference this year by helping to ensure that program teachers feel confident and supported in their return to in-person programming.

And that's not all! In fact, we've realized there are at least **21 Great Reasons to Support Parent-Child Mother Goose in 2021!** Here we go....

Parent-Child Mother Goose is joyful shared experience for children and their parents or caregivers.

1. "In the first session of the first Parent-Child Mother Goose Program, I was surprised at the frequency with which mothers and their babies and toddlers were looking back and forth at each other, at the amount of smiling and of laughing and at how pleased they all seemed to be to take part in the rhymes and songs. As the years of leading in programs went on, this continued and I became more aware of the contribution it all was making to the relationships between parent and child, of the relationships that formed between families and of the development of both skill and confidence in both of them. And the smiles and laughter continued on!"

- Beth Hutchinson, National Council Director

The program promotes family bonding.

2. "There is nothing more important than the bond between parent (caregiver) and child. Parent-Child Mother Goose programs support and build on this essential relationship"

- April Jennings, National Council Director

3. "Secures so much needed bonding time many families cannot find in their busy lives"

- Ivanka Gotcheva, National Council Director

Participation builds connections between parents or caregivers and young children. Parents meet other parents and form a connection to their community.

4. "PCMG gives parents support / opportunities / ideas on how to connect with their children through the use of rhymes, songs and stories."

- Carol Dwyer, National Council Director

5. "It nurtures connection within families and between families."

- Chantal Rogers, National Council Director

6. "It enhances connections - parent and child connections, family connections, and community connections. The National Council for the Parent-Child Mother Goose Program strives to enhance these connections by connecting families with local groups, connecting communities with our program, and connecting facilitators with other facilitators."

- Crystal Murgatroyd, National Office Administrator

7. "The Parent-Child Mother Goose Program creates and instills a sense of community amongst its participants."

- Chantal Rogers, National Council Director

8. "It gives families an opportunity to meet in a safe, supportive and accepting environment."

- Carol Dwyer, National Council Director

... 21 Great Reasons to Support Parent-Child Mother Goose ...

Songs, rhymes and storytelling convey culture. Parent-Child Mother Goose uses traditional oral storytelling and songs that reflect group members' cultural diversity.

9. "The program respects and honours cultural diversity and traditions. For families isolated from their communities of origin or traditional culture, participating in the program can be an opportunity to rediscover cultural knowledge and practices."

- *Marilee Peters, National Council Director*

10. "Parent-Child Mother Goose helps keep the connection between generations alive."

- *Ivanka Gotcheva, National Council Director*

Parents who participate in the program grow in confidence and are affirmed by responses to their increasing story-telling capacities.

11. "PCMGP helps parents gain confidence in their parenting skills"

- *Ivanka Gotcheva, National Council Director*

The program promotes the development of early literacy skills, social-emotional learning, and other

12. "The bonding and connection are essential in the growth and development of our children."

- *Chantal Rogers, National Council Director*

13. "The Parent Child Mother Goose Program offers a unique opportunity for bonding between parents and children, while also promoting the development of language and social skills."

- *Kristen Lenoble, former National Council Director*

14. "A program which seems so simple to an outside observer, touches many aspects of the families that are involved, including literacy, parenting support, and bonding."

- *Chantal Rogers, National Council Director*

The National Council for Parent-Child Mother Goose works to ensure that program and training standards are maintained, that teachers have the resources and support they need, and that there is a strong national voice for the program across Canada.

15. "The PCMGP has spread now from one corner of Canada to so many other corners. We need to have the insight and experience and knowledge that come from many of those corners gathered together in order to serve the program well."

- *Beth Hutchinson, National Council Director*

16. "The National Council is the Canadian voice for the Parent-Child Mother Goose Program."

- *Crystal Murgatroyd, National Office Administrator*

17. "National Council members come from all over Canada which gives a voice to each province/area and enables full representation of how this wonderful program is thriving throughout our country."

- *Chantal Rogers, National Council Director*

18. "I believe the National Council's work is vitally important to unite the diverse organizations across Canada that provide the Parent Child Mother Goose Program."

- *Kristen Lenoble, former National Council Director*

19. "The National Council is a team - we are diverse, we have different backgrounds, skills, and professional experience, but we come together with the same common passion for the Parent-Child Mother Goose Program. We put our shared passion into play and collectively oversee a program that we believe in. We trust in the program, and we sit on this council making decisions and determining best practices to ensure that you can trust in the program as well."

- *Crystal Murgatroyd, National Office Administrator*

... 21 Great Reasons to Support Parent-Child Mother Goose

Program teachers are an incredible community resource who deserve ongoing support.

20. "Sharing songs, rhymes and stories in the program builds bonds of trust between teachers and participants, making a PCMG program a safe space to talk about concerns and issues. It gives parents an opportunity to share their challenges and to get advice or referrals to other community services, without feeling vulnerable or unsafe."

- Marilee Peters, National Council Director

And finally, the program is proven to be effective. There is a strong and growing evidence base supporting its effectiveness at enhancing children's language development, parenting skills, community connections, and more.

21. "With no props, equipment or screens to get in the way, with just voices and touch, parents and children in a Parent-Child Mother Goose Program find joy and connection. What could be simpler, or more powerful?"

- Marilee Peters, National Council Director

I'm sure that you can think of at least 21 more reasons that make Parent-Child Mother Goose such an incredible, valuable resource in our communities. And I hope in reading this list contributed by our National Council members you've found the reasons you need to support the program for the year ahead. Because we can't do it without your continued support and generous donations.

You can make a secure online contribution through CanadaHelps using the donation form on the National Parent-Child Mother Goose website. Donations can also be made by E-Transfer to

info@nationalpcmgp.ca

or, send us your donation by cheque to:

National Parent-Child Mother Goose Program

**720 Bathurst Street, Suite 500A
Toronto, ON M5S 2R4**

Thank you in advance for your generous donation. Here's to a wonderful fall season ahead and continued safety and health.

Sincerely,
Marilee Peters
National Council Chair

... Even with a pandemic you saved us. Thank you for keeping Mother Goose open and for being there in this hard of times. We enjoyed it so much ...

... Thank you, for being able to stay open and offering this wonderful program and the amazing songs. We had such a wonderful time and thank you for all that you do ...

... Thank you for this wonderful Mother Goose. The songs and dances are so much fun and funny at the same time. We hope to see you in the New Year ...

**Donate Now - NATIONAL PARENT-CHILD MOTHER GOOSE
PROGRAM / PROGRAMME LA MERE L'OIE POUR PARENTS ET ENFA
(canadahelps.org)**

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Our overall tasks are to:

- Learn about racism embedded in rhymes, songs and stories. Learn about it; learn about specific ones that have been popular in the PCMGP.
- Think about what we want to communicate to program teachers and workshop facilitators.
- Amplify the voices of program teachers and trainers sharing their approaches to involving the languages and cultures of program participants in the program.
- Decide on communication approaches and implement them.

We began by reviewing the songs and rhymes provided to participants in PCMGP Teacher Training Workshops. We have selected a few rhymes and songs that are of concern to us. We will share these with the Program and Training Committee to make decisions concerning them.

We look forward to furthering this kind of discussion within the program and to communicating further with program trainers and teachers.

We are open to a few more members and especially continuing to expand our cultural diversity. If you are interested, please contact us through info@nationalpcmgp.ca. ♦

Parent-Child Mother Goose Program®

Programme la Mère l'Oie pour parents et enfants



Fall 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 Memberships, Certification Process and National Donations please contact:

Crystal Murgatroyd
email: info@nationalpcmgp.ca