



Parent-Child Mother Goose



One spring time Mother Goose laid three eggs. The first one to hatch was a boy. He had big flat feet and he was noisy. His mummy called him Boo.

One week later the second egg hatched. She was a girl. She had very flappy wings, and was almost as noisy as Boo. Her mummy called her Lucy.

They had to wait one more week for the last egg to hatch. It was another boy. He was shy and dreamy. His mummy called him Small. Boo, Lucy and Small. Mother Goose was very proud of them.

Mother Goose taught her goslings how to do all the things that geese do: how to nibble at the soft wet grass; how to swim up and down the great wide river; how to duck their heads under the water looking for waterweed; how to sleep on one leg on the riverbank. That was hard.

Most of all, she taught them how to waddle along behind her in a row: waddle-waddle, waddle-waddle, waddle-waddle ...

"Keep up, Small," called Mother Goose, when Small stopped to stare at butterflies.

And, "Boo, don't splash!" when Boo jumped in a puddle.

And, "Waddle nicely, Lucy!" when Lucy kept flapping at wasps.

And, "Keep together, everyone," when all the goslings waddled off in different directions.

So Mother Goose started to tell them rhymes: happy rhymes, sad rhymes, silly rhymes, rhymes to wave their wings about to, and rhymes to lull them to sleep. After that, whenever Small stopped to stare at a butterfly, or Lucy wandered off to look at a beetle, or Boo saw a puddle that was just waiting to be jumped in, Mother Goose told them a rhyme, and they all waddled on just as they should.

They were such good rhymes that soon other mother geese started telling them to their goslings, too. So did the coots and the mallards and the moorhens, even the voles and the water rats, all along the river. At last, a wise old heron wrote the rhymes down in a book, so that children everywhere could enjoy them.

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The beginning

Inside this issue:

Tell me a story	2-5
Nursery rhymes	6-9
MG across Canada	10-13
MG across the world	14-15
News	16-17

Small fruits, big fruits

In a world where biases and prejudice are almost every day's issues, this Ethiopian story is teaching us not to judge by size, by shape or by colour, because God created everything and everyone for a purpose.

Thank you, **Marta Mulat** for the nice story and for the beautiful painting!



Painting: Marta Mulat

Ones upon a time there was a man traveling through a farmland. He was walking from early morning to a midday. The sun was shining and heating the ground and the air.

The long journey and the heat made him tired; he got hungry and thirsty. The man decided to take a break and to rest under the shade of the nice big tree on his way. The shade looked so inviting and he had food in the bag packed by his wife.

The man ate and drank being thankful to his wife for the delicious food. He relaxed looking at the nature around him.

After he finished with the lunch, the man laid down under the tree and looked up. There were many small fruits on the tree ready to be picked up. When the man looked around to find the best shadow for his nap, he was surprised to see many big pumpkins seating on the

ground and ready to be harvested. "Why all these small fruits are hanging on the big nice tree and these beautiful big pumpkins are seating on the ground", thought the man before he fell asleep.

While he was sleeping, a few small fruits from the tree dropped on his chest and woke him up!

Being fully awake, the man realized that if the big pumpkins were up on the tree probably by now he would have been dead. He thanked God for putting the small fruits on the trees and the big ones on the ground.

**Prejudice is a
learned trait.
You're not born
prejudiced; you're
taught it.**

Charles R. Swindoll

TELL ME A STORY ...

INDIA

The lion and the rabbit



Who is more strong—the intelligent one or the physically fit one? Different people will give different answers.

This is a story from India about the value of intelligence and wit over brute strength .

Thank you **Meena Ahuja** for retelling it for us and for the beautiful picture of your daughter.

One day, in the jungle, there was a fierce lion who terrorized all of the animals. All of the creatures lived in harmony except for the lion who would hunt and kill the animals to make himself feel better.

One day, he chased a rabbit. The rabbit was very small and scared, and could not run fast enough to get away. So she said to the lion, "You don't run as fast as the other lion." The lion was shocked. "The **OTHER** lion? In my jungle?? Take me to this other lion!"

The quick-thinking rabbit led the lion to a deep well of water and told him to look in it. Leaning over to look in the water, the lion saw his own reflection. He roared as loud as he could. The other lion appeared to roar back, as the lion's echo bounced back at him. "I am the only king of this jungle!", roared the lion. His reflection replied, "I am the only king of this jungle!" The lion became so enraged that he jumped in the water to attack his enemy.

Intelligence is superior to physical strength.

After the loud splash quieted, no one ever heard from the lion again. All of the animals celebrated the small rabbit for her intelligence and made her queen of the jungle.

BULGARIA

No one knows the name of the person who told it for the first time. Was it true or just a lesson from a wise man, this story is thought-provoking .

Ivanka Gotcheva

Once upon a time there was a man who had only one son who was not only handsome, but also well mannered and very hard working. When the son was old enough to marry, his father began to think how to find a good girl for him, with whom the boy will have a happy life.

He was thinking and thinking and finally got an idea. He loaded a waggon with plums, harnessed the horse, and left to other villages to sell them. "Come on everyone, I am exchanging plums for garbage."

Women, girls, grandmothers, brides - everyone ran to clean

The lazy one brings with him poorness.

Bulgarian proverb

TELL ME A STORY ...

Plums for garbage

the house and collect as much garbage as possible, so they can get more plums.

There was garbage everywhere. One brought a whole sack, the other - a bushel, the third - a full apron. They brought the garbage and patted themselves on the back for how much garbage they collected. At the same time, they were making fun of the "stupid old man" who was trading plums for garbage. "Look at how much garbage I found around my house. We are so lucky that this crazy old man came to take it, otherwise we would have to hide it in the corners."

The old man was collecting garbage and giving plums. Everyone was happy, the old man was laughing all the time, and looking foolish to the women. He was collecting garbage and giving plums.

Finally, a pretty girl came with a little garbage in a handkerchief. She also wanted to buy some plums. The girl looked shy as she was not sure

if she would get any.

"Eh, beautiful girl, you collected so little. How many plums can I give you for this?"

"I am sorry! I would have brought more if we had any in our house, but we don't. Even this is not from my house. A neighbour was so good to give it to me for helping them sweep the floors."

Hearing this, the old man rejoiced. Such a nice and hard-working girl who does not keep garbage in the house would be the perfect match for his son.

The old man asked the girl's parents to give permission for a marriage. He said he would be happy for the girl to be the daughter he did not have. His son married the girl, and they lived a happy life together.



TELL ME A STORY ...

ARCTIC

Victoria is a middle school student who wrote this story to raise awareness about the biggest ecological issue nowadays - global warming and its impact on our lives. Thank you Victoria for this story that is provoking both adults and children to seriously consider their role in saving Mother Earth.

Polar Bear and the Mischievous Gases

By Victoria Gotcheva

In the snowy Arctic, close to the ocean, lived a young polar bear.

Polar Bear liked his home very much. He had lots of friends, like the white fox and the caribou, and the big sheets of ice floating in the ocean were a good place to sit and watch for seals, which Polar Bear loved to eat.

All around Polar Bear, floated little particles called gases. These gases lived in different families. Some groups of gases, like air, were kind and well-mannered, but there were some other families that weren't quite as nice. The mischievous gases caused a lot of trouble, and played games that were cruel.

The sun, which lived up in space, would send light down to the Earth. Afterwards, most of that light would bounce right back. The cheeky gases however, would play a game in which they blocked some of the sunlight from being able to return back

to space. Sunlight was used to warm things up, and the more gases were trapped on Earth, the hotter every day would be.

Since no humans lived in the Arctic, Polar Bear didn't know a lot about them. However, Polar Bear did know that some of the actions that humans did, such as throwing garbage on the street and driving cars often, created more of the mischievous gases.

One day, as Polar Bear was taking a stroll by the edge of the ocean, he noticed that some of the ice had started to melt! "Oh no!," thought Polar Bear. "The gases are capturing too much of the sun's light! The Earth's temperature has gotten higher, and the ice has started to melt!"

Polar Bear ran up to some of the naughty gases, and asked them frantically, "Couldn't you stop blocking the sun's light? Look at

what you're doing. The ice is starting to melt!" "It's not our fault," replied one of the gases haughtily. "We've been playing our game for as long as we can remember, and the ice has only started melting now." "She's right," added another gas. "It's the humans' faults! Their actions are creating more and more of us, and that just means that there are more players to join in the game!" "Yeah, and we're not going to stop playing our game because it's fun!" exclaimed the first gas.

That night, Polar Bear was very worried about how the humans were forming newer mischievous gases. If they didn't stop soon, all of the ice in the Arctic could melt, and Polar Bear would no longer have a home.

NURSERY RHYMES CORNER

Canadian Nursery Rhymes

Maple Syrup

Maple syrup on my pancakes
Maple syrup on my nose
Maple syrup in my hair
On my chin and on my clothes.
Lick it off my fingers
Lick it off my nose
But if it fell upon my feet
Should I lick it off my toes?

by Melanie Mazurek

Canada

1, 2 Sky so blue.
3, 4 From shore to
shore.
5, 6 Cultural mix.
7, 8 Land so great.
9, 10 Canadian!

by Melanie Mazurek

Canada Goose Song

(tune of Row Row Your Boat)

Flap, flap, flap your wings
As we fly along
South to North and
North to South
We sing the world a
song.

by Carol Vaage

Rhymes from around the world

This is a rhyme from Egypt. Thank you Ghada Saleh for providing it both in Arabic and English!

Ghada is working with refugee toddlers and everytime some little one needs to be calmed she sings this rhyme. And every time it works.

Arabic

ماما زمانها جايه، جايه بعد شويه،
جايه لعب و حاجات. جايه معاها
شنطه فيها وزه و بطه بتقول واك واك
واك

Arabic with English Alphabet

Mama zamanha gaya, gaya ba'ad
shwaya, gayba leaab w hagat.

Gayba ma'aha shanta, feeha weza
w bata, beto'ol wak wak wak

English translation

Mom is almost here, she is coming
very soon, she is coming
with toys and stuff.
She is coming with a bag that
has a goose and a duck, saying quack
quack quack.

**Okay, this is a secret,
but I think that
nursery rhymes are
the most relaxing and
fun songs.**

**Karisma Kapoor
Indian actress**

NURSERY RHYMES CORNER

Favourite rhymes

Here is a little rhyme which you may well know. I learned it in the first training workshop in BC in May of 1997, led by Celia. My understanding is that no one knows the origin of the rhyme, but that it was taught by an Aboriginal parent to a PCMGP in Ontario.

Beth Hutchinson

The Moon is Round

The moon is round
As round can be
Two eyes, a nose
and a mouth
Like me.

Published in THE MOON IS ROUND and Other Rhymes to Play with Your Baby, Copyright 1992, the Vermont Square Parent-Child Mother Goose Program

I loved this rhyme from the beginning and taught it in many programs. A parent of two little girls in a program in Vancouver, told us that she uses it to give her daughters a face massage. We all tried it, very slowly giving ourselves and the babies and children this treat. Try it!

I also used it as a face washing rhyme with my grandchildren, which worked very well and was a lot of fun. One day my grandson ran to get a face-cloth and carried it sopping wet to wash his father's face. I still hear that grandson saying it as he washes his own face now.

Thanks, Celia!

Rhymes from around the world

Shehla Masroor wrote this poem in Urdu and English to invite the children to go outside and grow flowers to make our country more pretty. The preschoolers Shehla works with plant flowers every year in May and give them to their moms for Mother's Day.

**The first poems I knew
were nursery rhymes, and
before I could read them
for myself, I had come to
love just the words of
them, the words alone.**

Dylan Thomas

Welsh poet and writer

Urdu

بہار یہاں ہے بہار یہاں ہے
پیارے بچے عزیز بچوں
باہر جانے دو چلو باہر چلتے ہیں
پھولوں کو بڑھائیں پھولیں بڑھائیں
ہمارے ملک کو ایک باغ کی طرح بنائیں

Urdu with English Alphabet

Bahar aai Bahar aai
Pyaray bachoo Pyaray bachoo
Chalo bahar Chalo bahar
phool ugao Phool ugao
Watan ko apnae gulistaan banao

English translation

Spring is here Spring is here
Dear children, Dear children
Let's go outside Let's go outside
Grow flowers Grow flowers

NURSERY RHYMES CORNER

Rhymes from around the world

This is a rhyme from Bulgaria. Little babies are having fun while learning from the actions how to wash their hands and face. Depending on child's age, sometimes parents and grandparents change the words and use the ones the child will understand.

It is fun!
Ivanka



Bulgarian	Bulgarian with English Alphabet	English translation
Хей, ръчички, хей ги две	Hey, rachichki, hey gi dve	Hey, my two hands, here they are
Те ми служат най-добре.	Te mi slujat nai-dobre.	Serving me in every way.
Едната мие другата,	Ednata mie drugata,	One is washing the other one,
А пък двете—лицето.	A pak dвете—lizeto.	And two of them will wash my face.
Таз ръка е дясната,	Taz raka e diasnata,	This hand here is the right one,
А пък тази—лявата.	A pak тази—liavata.	And the other one is the left one.
Цапа, цапа, ръчички,	Tzapa, tzapa, rachichki,	Pat-pat-pat, my two hands,
Тупа, тупа, мънички!	Tupa, lupa, manichki!	Clap-clap-clap, little ones!
Да се хванем за ръце	Da se hvanem za ratze	Let's hold hands and sing
Да направим колелце.	Da napravim koleltze	And make a friends' ring
Тропа, тропа, колелце,	Tropa, tropa, koleltze,	Stamp-stamp-stamp,
Туй е нашето хорце.	Tui e nasheto hortze!	This is our ring dance.

NURSERY RHYMES CORNER

Favourite rhymes

Friends

Make new friends
but keep the old.
One is silver
and the other gold.

Most of the nursery rhymes are from unknown authors. People find them in books, in Internet, or hear about them by word of mouth like in olden days. Some remember the melody. Some change it. But they are always children's favourites.

Time for hugging!

Where are the stars?

Where are the stars?
There, there! (Point up)
Where are the stars?
There, there!
Where are the stars?
There, there!
Where is my star?
Right here.
(Give baby a hug)

Time for washroom

Diapers

Changing diapers
Changing diapers
So much fun!
So much fun!
You are no longer stinky!
You are no longer stinky!
Nice clean bum!
Nice clean bum!

Autumn Leaves

Little leaves fall gently down,
Red and yellow,
Orange and brown;
Whirling, whirling,
Round and round,
Quietly, without a sound;
Falling softly to the ground,
Down and down
and down and down .

Experts in literacy and child development have discovered that if children know eight nursery rhymes by heart by the time they're four years old, they're usually among the best readers by the time they're eight.

Mem Fox

An Australian writer of children's books and educationalist specializing in literacy

Pop Pop Pop

Pop Pop Pop,
put the corn in the pot.
Pop Pop Pop, shake it 'til
it's hot.
Pop Pop Pop, lift the lid,
what have you got?
Pop Pop Pop....
POPCORN!

Mother Goose Across Canada

My first time leading a Parent Child Mother Goose session, I was surprised at how at home I felt facilitating the

group. I think this was due, in part, to having had previous facilitation experience as well as being a past participant of many Parent Child Mother Goose sessions myself, as a parent with my own children.

Over time, I was thrilled to hear stories from the parents about how Mother Goose was affecting their lives and their parenting. One mother used songs to console a very sick child - for hours! One father found it as a source to connect with his disabled son; another mother used it to help her lower her frustration levels during transition times with her toddler; another, a mother with post-partum depression and anxiety struggling just to hold her baby was, by the end of our 10 weeks, holding her daughter on her lap and looking into her face. These are but a few stories, and hearing them

Whitehorse, Yukon

Jo Lukawitski

songs, rhymes and stories are incredibly powerful parenting tools!

The challenges in my early journey offering PCMG came in the form of partnerships: who could I partner with to offer the group? Would my co-facilitators be skilled leaders? Would their organizations be supportive and understand the deeper philosophy and purpose behind PCMG? Initially this was a struggle, and after about a year we had made some inroads to establishing new and better partnerships in the community. I learned that I had to assert the importance of PCMG to managers who otherwise thought of the program 'fluff' or fun time for their otherwise busy employees. Because they thought of it that a way, I was often given the staff who were least reliable

and competent. The situation has improved over time, however I still need to remind managers of the deeper work that is going on in PCMG.

Our groups have gained a positive reputation in Whitehorse and they fill up quickly. For a small town, I am always amazed at how many people with children there are that I do not know, and how many parents are out there! We get a few repeat families, but mostly they are all new. PCMG is an essential program for many of these parents and many, many times I am told that it is the only way new moms and dads are able to meet other new parents. Sometimes it is the only time a parent gets out of the house for the day, and sometimes we are the only other adults seen face-to-face and spoken to in that day. This reminds me of my own post-partum journey and keeps me committed to offering this very special, important program to my community.

Mother Goose Across Canada

Mississauga, Ontario

Ivanka Gotcheva

I started a Parent-Child Mother Goose program at Care for Newcomer Children – LINC (Language Instructions for Newcomers to Canada) in June 2014 as a volunteer. With no funding, I was the only teacher.

I want to share a story about a woman who touched me the most and how another program was born from Mother Goose.

Our classes at Afghan Women's Organization are only for women. For many of them the school is the only place they go outside their home.

X. was from South Sudan with a toddler in the childcare. Her Literacy LINC teacher told me that she is very shy and never speaks in the class. Canada and in Canada; especially what are the issues they are facing in raising their children, what kind of support they need etc.

The first time X. came to the program, she was quiet and did not say a word, however listening to other moms, she also started talking about her life. She told me that because of the war back home she never went to school. In Canada, she is eager to learn as much as possible and wants her children to be educated - "not like me", she said. She was interested in everything about children (she has 3). Sometimes she was coming earlier and we reviewed the rhymes word by word – she will repeat everything and ask. She learned more than half of the rhymes before the end and told me that her daughter is very happy when she sings to her.

With the time, X. became more and more confident. She started talking to everyone at school,

going outside by herself and discussing her older children's achievements and struggles at school, asking for advice.

The stories the moms shared and the questions about raising their children gave me the idea to offer a Parenting class. This class was very successful with the trust developed between the group and the facilitator and we talked about EVERYTHING – starting with heredity, going through behaviour, nutrition, potty training, stress, child abuse, safety, to the Health education curriculum at schools, which is a big worry for almost all of our moms.

Watching these women and their children succeed in a country way far different from their culture and seeing the benefits to them gives me the strength to continue because it is worth it.

Mother Goose Across Canada ...

British Columbia

Kamloops

The first Intergenerational Parent-Child Mother Goose Program in Kamloops started in September 2015.

The idea sparked when Brocklehurst Gemstone Care Centre's recreational coordinator, Crystal Clarke was on maternity leave and was participating in a Mother Goose program with her young daughter.

"We love Mother Goose so much and I thought the concept of singing songs, hearing stories and learning rhymes would be a great addition to Gemstone."

Crystal contacted Maureen Doll, coordinator for the Kamloops Early Language and Literacy Initiative and offered a space at Gemstone. Maureen asked if seniors and their care aids could also participate and a partnership was formed!

In spring 2016, a 2nd Intergenerational Program was formed at the Seniors Centre at Desert Gardens. This group includes seniors and adults with diverse abilities and their support workers.

In fall 2017, a 3rd Intergenerational group at the Kamloops Seniors Village was added.

These groups fill up very quickly and families have expressed the desire to have more intergenerational options. "The socialization and inclusive component of the particular program is bringing people together who wouldn't normally interact. This is how you build community. What a gift."

The following is the story of Kerri and Thatcher who have been part of the PCMGP® at Gemstone since it began in the fall of 2016. The program runs for 3-8 week sessions.



... Mother Goose Across Canada

British Columbia

Kamloops

Kerri and Thatcher (now 4 years old) have enjoyed Parent Child Mother Goose (PCMG) in Kamloops BC since Thatcher was a baby. Being from out of province, Kerri doesn't get to see her family much so when she heard about the Intergenerational PCMG program at the Brocklehurst Gemstone Care Centre (a senior care home) she was excited. She loved the idea of spending time with seniors and felt it would be good for Thatcher too. At the first session, Thatcher took a liking to one particular senior, Ivy. Within the first weeks, he started calling her "Grandma Ivy", sat next to her, and liked to touch her face and hands. Three years later, Thatcher now *saves* a seat for Ivy, meets her at the door, helps her *park* her walker, walks her to her seat, and after the session walks her back holding her hand. Ivy has mild dementia and doesn't always remember Thatcher's name, but has a ready

smile for him when she enters the room.

"I think this program is just great and I love seeing the children," says Ivy.

Thatcher has a speech delay and tends to talk very fast. Ivy has a hard time understanding him, so Thatcher has learned to slow down and work on his pronunciation of words.

"Mother Goose has been incredible for his speech delay by helping with his vocabulary. We sing the songs all the time especially, *You are my Sunshine* because this is Ivy's favourite song. Thatcher loves to sing it to her at Mother Goose. Watching their relationship grow is a gift," says Kerri.

This past winter, Kerri lost her father unexpectedly. Being part of the Gemstone PCMG group and having a relationship with Ivy, has helped her through her grief and

gives her a sense of community.

Kerri and Thatcher plan to continue their relationship with Ivy.

PS. Because of Thatcher's involvement in Gemstone- Kerri's friend, who works at Sherwood Park Library in Alberta, has started a seniors and kids story program.

Crystal Clark is now a certified Parent-Child Mother Goose facilitator and co-facilitates the program every week as part of her Recreational Coordinator duties at Gemstone.

For more information on how to start your own Intergenerational PCMG® please contact Maureen Doll at kelli@interiorcommunityservices.bc.ca

Mother Goose Across the World

The FARANAK PCMG Program originated in 2012. The idea was formed at NHS 2012 in Como, Italy from an Australian Parent Child Mother Goose presentation group and an Iranian group of researchers.

Faranak is based on the principles of the Parent Child Mother Goose Program. Dr. Guita Movallali, an assistant professor learned it from Mrs. Maryline Dann and Australian PCMG committee in 2012 in Melbourne.

More than 90% of the deaf children are born to normally hearing families. While parents might be prepared for newborn hearing screening, they typically feel unprepared to deal with their own baby's diagnosis of hearing loss. While parents often quickly move on from their initial responses, they are often shocked and don't know how to respond to their children. As well as coping with all

Iran

Dr. Guita Movallali

the demands of a new baby, they must fit in appointments with new professionals, select the most appropriate early intervention program, and learn to manage hearing aids, talk to friends and relatives about the diagnosis, and begin the journey of understanding the implications of hearing loss. The philosophy behind the Mother Goose program on which FARANAK is based is an excellent fit with these goals.

The FARANAK PCMG Program shares songs, rhymes and storytelling between parents with their very young children in a group situation. It is slow and repetitive in pace, to help adults to be attuned to their children. Music draws even the most isolated individual into a shared experience, one that can calm and draw a joyful affectionate response. Through a very relaxed, engaging program, parents are provided with space to set

aside the stressors associated with responding to a child with newly diagnosed hearing loss, and focus specifically on interacting with their infant in a positive and effective manner. We guide parents to notice how much jiggling their baby likes, to be attuned to how their babies respond to a massage rhyme or a lullaby, to be sensitive to which songs work best on awakening or for nappy change. Pressman et al (1999) identifies the concept of 'maternal sensitivity' as a significant predictor of speech and language outcomes for children with a hearing impairment. By increasing parental sensitivity towards their child with hearing loss, Pressman found that parents are more attuned to their child and as a result, communication is more successful and enjoyable. Additionally, stress levels for both parent and child are reduced and

Mother Goose Across the World

interactions are more positive and enjoyable.

PCMG has been found to be amongst most effective initial interventions for promoting positive parent-child interactions, broadly acceptable to families and without negative side effects when delivered properly.

Throughout these six years of implementing FARANAK PCMG program, parents and professionals reflect many good results of this program. They report becoming more familiar with their children's needs and interests. They became happier and their relationship with their babies became stronger. Deaf babies also like the program a lot. They try to sing with the group, dance with them and be involved in the program. Mothers became more relaxed, ask many questions from the professionals, and share their feelings about their children in the group.

Despite of its short age of development many Iranian educators have

Iran

Dr. Guita Movallali

become interested in its use for deaf toddlers and their families.

Success stories:

Kimia, a cute 6 years deaf girl. She started Aural rehabilitation in Faranak clinic last year and Faranak PCMG program was one of her main programs here. She now has more extended vocabulary, pays more attention to rhythm of songs and the most important thing is that she gained more confidence and her social skills improved thanks to this program.

Abolfazl, a little five years old deaf boy with a very kind mother

but with no rehabilitation before, came to our clinic last year. He started his Aural rehabilitation program last year and Faranak PCMG program was one of his main programs. At first he only was an observer and didn't participate in group but little by little he began to be less shy and more active. With his very kind and nice facilitators, Dr Hamideh Khademi and Mrs. Shokufeh Aghabeik he now knows many songs, rhymes and a few stories. His mother loves PCMG program and encourages all other mothers to participate in it. She also brings Abolfazl's sister to the sessions and brother and sister do very well the songs.



NEWS

Indigenous parents live in the shadow of the residential school experience that almost destroyed their cultural identity. As desirable as it is for them to gain the skills to give their children emotional and social strengths, they must do so in the light and spirit of their own culture. Only culturally sensitive intervention makes this possible.

Since intervention during early childhood has greater and more long-lasting effects than intervention at any other time, PCMG's culturally sensitive intervention with young parents now will have the greatest and most long-lasting possible effect on the children.

Parent-Child Mother Goose (PCMG) will provide PCMG parenting and early child development programs for two years (July 2018 - June 2020) for parents with their children aged 0 to 4 in each of three northern Indigenous communities: Big Trout Lake First Nation (Kitchenuhmaykoosib Inninuwug), Sandy Lake First Nation, and M'Chigeeng First Nation. Because the brain development that underlies children's lifelong social, emotional, and cognitive health peaks around

Susan Ryan

Executive Director
(Vermont Square) Parent-Child
Mother Goose Program

the age of three, and because parents have the greatest influence on it, the return on investment in families with children 0 to 4 is higher than any other. Even future physical conditions, such as obesity and diabetes, which disproportionately (19% vs. 11%) affects Indigenous people, have determinants from this period of child development.

Each program each year will be taught by two trained PCMG teachers from the community and attended by 15 parents with their children. Local elders and extended family will be welcome and encouraged to attend as well.

To create the PCMG program teachers to deliver the program, PCMG will offer the established PCMG two-day teacher training workshops to 15 adults from the health, education, and childcare sectors in each community. The trainees who do not

immediately teach a PCMG program will be available to teach the program in the second year or later, can be substitute teachers, and will apply their skills in their own work with children. To ensure proper support for PCMG program delivery and to develop and enrich the PCMG teachers' skills and confidence, PCMG will provide three more advanced one-day teacher training workshops over the two-year period.

In keeping with OTC grant results and priority outcomes, the teacher training WORKSHOPS will teach caregivers and adult allies skills to support Indigenous children and how to impart those skills. In turn and most importantly, the PCMG PROGRAMS will show the PARENTS how to support their Indigenous children to develop social and emotional strengths.

Evaluation of the project will be conducted by a team from the Atkinson Centre for Society and Child Development at the University of Toronto. Discussions are currently underway with both their Chair and their Executive Director as well as a Fellow in Early Childhood Policy.

NEWS

Toronto, Ontario

Lynda Howes

30th anniversary

The Parent-Child Mother Goose Program in Toronto celebrated its 30th anniversary at the Annual General Meeting on December 1, 2017.

Among the people who attended were those who participated with their infants in the early years of the program. The babies, now all grown up, introduced themselves. There they were, the next generation of young men and young women accompanying their parent(s) and reciting some of their favourite rhymes. The riser was full of people of all ages: parents, grandparents, children and infants. And they all knew the rhymes! It was a splendid moment.



Storytellers of Canada

EMERGING STORYTELLER AWARD

Storytellers of Canada (SC/CC) Emerging Storyteller Scholarship offers four months' mentoring for an emerging storyteller aged 18-30, by an accomplished SC/CC teller, plus admission to our upcoming conference in Peterborough this July. To celebrate the award, the recipient will be invited to perform at one of the conference events.

We won this award through the efforts of Ruth Danziger, who will be the mentor.

One of our newly certified PCMG teachers, Gail Miller, will be the emerging storyteller.

**For inquiries relating to Memberships,
Certification Process and National
Donations please contact:
Catherine Taylor
Phone: 416.588.5234 ext.2
Fax: 416.588.1355
email: info@nationalpcmgp.ca**

Parent-Child Mother Goose Program®

Programme la Mere l'Oie pour parents et enfants



**Spring
2018**



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