



Parent-Child Mother Goose

Finding Community in a Time of Social Isolation

Over the past two months, Parent-Child Mother Goose Programs across the country have been impacted by the COVID-19 pandemic and the closure of community organizations as part of Canada's efforts to flatten the curve and prevent infection. Group activities have been cancelled and programs put on hold, and although many provinces are now moving towards re-opening some businesses and services, it is not yet clear when face-to-face group interactions like PCMG can safely resume.

For so many families, this has been and continues to be a very challenging time: many adults out of work or working reduced hours, the health of vulnerable family members and friends at risk, and social support networks disrupted by the requirements of physical distancing.

In the midst of such challenges, we are inspired by the commitment and innovation that Parent-Child Mother Goose teachers and program administrators across Canada are demonstrating, in their efforts to continue bringing the program to the families that rely on it – while protecting their own health and that of the program participants.

Here are some of the creative ways that teachers are adapting PCMG in order to continue to deliver safe, engaging, culturally sensitive programming to families:

Turning to technology: we have received reports of Parent-Child Mother Goose programs delivered virtually, using video-conferencing software like Zoom or Teams, with good success. Kamloops, BC is one example of a community where virtual programming has taken off.

Videos: Almost every day it seems a new video of a PCMG teacher singing and rhyming appears on a program Facebook page. These short videos are a great way to keep program participants engaged. You can find links to examples on the National Council blog, at <http://nationalpcmgp.ca/news/>.

Offline Outreach: Not all families have internet access. To support these families, some program teachers are phoning to check in periodically, or sending songs, rhymes, and stories by mail.

The National Council is committed to supporting these and other efforts to continuing bringing the pleasure and power of songs, rhymes and stories to young families and their children. In March, the National Council passed a motion temporarily approving the delivery of PCMG programs virtually, and at our April meeting we approved the delivery of virtual training sessions during the pandemic.

We are eager to hear about your success stories and the challenges you are facing, so that we can share those experiences with others across the country. Some of you have sent us posts and links that we have shared on our blog, and other program stories are collected in this issue of the Parent-Child Mother Goose newsletter.

On behalf of all the members of the National Council, I want to express my gratitude at the tenacity, creativity, and commitment that Parent-Child Mother Goose teachers and program coordinators and administrators have shown during this crisis. I am honoured to serve as your National Chair.

Wishing that you all stay safe and healthy!

Sincerely, Marilee Peters

Chair, National Council of Parent-Child Mother Goose Program

Inside this issue:

Tell me a story	2
Nursery rhymes	3
MG across Canada	4-5
Happy Canada Day	6

PORTUGAL

The Stone soup is an European story that was wandering for centuries from country to country, crossing oceans and going to other continents. Nobody knows the actual origin of the folk tale. However, it is known that the first published version is from 1720 in France, by Madame de Noyer, a female journalist. In the years to come people from different countries retell the story and change it according to their audience. Some even tell it in a form of a poem, some mix it with a poem.

Here I retold the Portuguese version.

Ivanka Gotcheva

The poem was contributed by Leanne Guenther for www.dltk-teach.com



Once upon a time an old stranger was walking through the country when he came upon a village. It was not an easy time for the people, they did not have enough food and the harvest was not going to be any better this year. When the villagers saw the stranger, they run to their homes, closed the windows, and locked the doors.

The Stone Soup

The stranger knocked on a few doors, but no one opened. He smiled and asked, "Why are you all so frightened. I am a simple traveler, looking for a warm place to stay for the night and for a warm meal".

"There's not a bite to eat in the whole province," he was told through closed doors. "We are weak and our children are starving. Better keep going. You can't get any shelter or food here."

"Oh, I have everything I need," he said. "In fact, I was thinking of making some stone soup to share with all of you." He pulled a pot from his bag, filled it with water, and began to build a fire under it.

Then, he took an ordinary-looking stone from a silken bag and dropped it into the water.

By now, hearing the rumor of food, most of the villagers had come out of their homes or watched from their windows. As the stranger sniffed the "broth" and licked his lips in anticipation, hunger began to overcome their fear.

"Ahh," the stranger said to himself rather loudly, "I do like a tasty stone soup. Of course, stone soup with cabbage -- that's hard to beat."

Soon a villager approached, holding a small cabbage he'd retrieved from its hiding place, and added it to the pot.

"Wonderful!", cried the stranger. "You know, I once had stone soup with cabbage and a bit of salt beef as well, and it was fit for a king."

The village butcher surprisingly found some salt beef and gave it to the stranger. Other villagers brought potatoes, onions, carrots, mushrooms, and so on, until there was indeed a delicious meal for everyone in the village to share.

The village elder offered the stranger a great deal of money for the magic stone, but he refused to sell it and traveled on the next day.

As he left, the stranger came upon a group of village children standing near the road. He gave the silken bag containing the stone to the youngest child, whispering to a group, "It was not the stone, but the villagers that had performed the magic." ♦

Heat some water in a pot,
Add a stone
you've scrubbed a lot.
Sprinkle pepper,
salt and herbs,
Let it boil undisturbed.
Drop in carrots, onions too,
Let the soup heat
through and through.
Stir in milk
to make it sweet,
Add potatoes for a treat.
Toss in ham bones.
Let it stew.
Let it bubble.
Let it brew.
Taste the soup
and when it's done,
Share "stone soup"
with everyone!

NURSERY RHYMES CORNER

Here comes the summer
with the heat from the sun.
Here comes the summer
with the kids having fun.
Here comes the summer
with the warm breeze.
Here comes the summer
with the trees so green.

Way Up High

*This is a good rhyme to
signal the start of snack
time*

Way up high in the
apple tree

(raise hands above head)

Two little apples
(raise two fingers)
smiled at me

*(make the shape of
a smile in the air)*

I shook that tree
as hard as I
could

Down came the apples
Mmmm, they were
good
(rub tummy)



"Smell the sea and feel the sky. Let your
soul and spirit fly." Van Morrison



You be the ice cream

A lap rhyme for hugging

You be the ice cream
Shiver your fingers around child

And I'll be the freezer

Put your arms around her

You be the lemon

Touch her on the chin,

lick your finger and

make "sour" face

And I'll be the squeezer

A nice hug

You be the hot dog

Pretend to take a bite somewhere

And I'll be the bun

Another hug!

You be the baby

(or child's name)

And we'll have some fun!

End with a tickle.

(1-2-3 Rhyme with me - Have Fun Teaching)

("Zoom, Zoom, Zoom and Other Rhymes To Play With Your Child". 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)

Mother Goose Across Canada ...



The Montreal Parent-Child Mother Goose Program is alive and well. We are reaching out to our extended family as we begin our 25th year of programs here in Montreal. In these uncertain times, weekly group sessions of the Mother Goose Parent-Child program are closed until further notice. However, we are maintaining online and remote services to continue to meet the needs of our participants. Now more than ever, families need support in the form of early literacy activities and parenting tools. It is also a time to help people break their isolation and connect with other members of the Mother Goose community. We are stronger together.

Zoom Goose in Montreal From our nest to yours!

Robin Sales

Co-coordinator and Animator for the Montreal
Parent-Child Mother Goose Program

After a period of intense research and development, the team has launched a new series of mini-programs called Zoom Goose. They are short and sweet, like our tiny participants. These programs are offered to families in the comfort and security of their home Monday-Friday at ten in the morning. Animators and participants are learning together as we embark on this project. Thanks to everyone's hard work (and some excellent advice and support from Evelyne C. Dei, our board member in charge of communications) the PCMG now provides online activities five days a week! We also have a bright new Facebook page to help us share ideas and information and build community.

Our families joined us online starting April 14th for interactive sessions five days a week. When participants register for Zoom Goose's spring sessions, their reply also confirms that they agree to participate via Zoom and to be contacted by e-mail. Sessions last 30 to 35 minutes and begin daily at 10 a.m. They are shorter to limit screen time, be realistic about attention span and to work within the limits of the Zoom program. All sessions are password protected. Our dedicated animators guide families through familiar songs, rhymes and stories that educate, comfort and entertain. We do this live to try to replicate the Mother Goose experience online to the best of our abilities.

... Mother Goose Across Canada



This may not exactly be the warm, nurturing, physical program we all love. But it is a way to virtually gather, share stories, songs, rhymes, exchange ideas and information and support each other. Until we find a new normal, Zoom Goose will have to do.

Co-coordinator Desrean McFarlane pointed out that the online sessions are “like a lifeline for our families. They are so happy to see familiar faces.” I could not be prouder to co-coordinate with Desrean McFarlane and be part of this amazing, caring group of animators. They have kept their sense of humor and persevered in spite of challenges including steep learning curves, technical challenges, reduced hours and temporary layoffs. Well done, Mother Geese of Montreal! ♦

No recordings or screenshots are permitted. People are welcome to participate without video if they are uncomfortable being online with their little ones. We also have time before and after the sessions for conversation and connection to break isolation and exchange ideas and information. In the first week, attendance at sessions has already doubled. Nine families participated the first day and twenty-four joined us the fifth day. This week we even had a bulldog attend! I am happy to say he did not howl. But I digress...

We hope our participants will continue to join us weekly for Spring Zoom Goose

The program has reached 463 households in the past six weeks, although it is important to note that some families join several times a week. Often a household click represents a parent/child, but we sometimes get both parents, older siblings, and even grandparents joining the fun. Some grandparents are participating as a way to have an activity with their grandchildren across the quarantine. We have also had participants and staff alumni join us from as far away as Mexico and Germany.

sessions Monday-Friday. We have also launched a Facebook page for our program where families can share good ideas and information with the Mother Goose community in Montreal. We plan to send a short survey to collect information to strengthen and adapt our programs. This will let us know the participants' thoughts and needs so we can continue to strengthen the program. In collaboration with the South Shore Reading Council we hope to reach even more families. In May more than sixty families from the South Shore will be invited to join us.

Face book Link:

<https://www.facebook.com/pages/category/Charity-Organization/MCL-Parent-Child-Mother-Goose-Program-110228597295730/>

French and English Web Site addresses:

<https://www.mcl-bjm.ca/mother-goose>
<https://www.mcl-bjm.ca/mereloie>

Maple Syrup

by Melanie Mazurek

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?



Canada

by Melanie Mazurek

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

Maple Leaf

by Melanie Mazurek
(tune of "I'm a Little Teapot")

I'm a little maple leaf,
on a maple tree.
Red, gold and orange as
I can be
When the wind blows
and sets me free
Just watch me float and
fall gently.

Poems published on:
<http://www.superiorchildrenscentre.org/>

Parent-Child Mother Goose Program®

Programme la Mere l'Oie pour parents et enfants



Summer 2020



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 :

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