



Parent-Child Mother Goose



No matter how hard the past, you can always begin again. Here's to new tides and a Happy New Year. (The Indian Express, Jan 1, 2022)

How quickly 2021 went! The days were long, at times, but the year was “Oh, so fast!” I found myself saying this to families a lot this past year and it is so true, especially when it comes to child rearing. When we think about what has changed since the COVID-19 pandemic, sometimes we couldn't access activities that we liked, or events or places that we liked to go to, or people that we liked to see, our days sometimes felt long. But now that we are into 2022, I feel that this past year has flown by.

It is amazing how much the COVID-19 pandemic has had an effect on our lives. People are adjusting to the changes and are moving forward. However, we have to be aware that some people have not found it that easy to adjust. It has been and continues to be difficult. When I think about the work of the Parent-Child Mother Goose facilitators and trainers I have to smile. I know that we are spreading joy to families as I am reflecting on the impact that the program has had on families here in NL and in the rest of the country.

Continuing to teach rhymes, songs and stories and staying connected with families will contribute to community well-being. Never underestimate the power of what the program offers!

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Goodbye 2021, Hello 2022!

This is a Jewish story I found on "Story tour" looking for a text to help a grade 5 student with comprehension. I was trying to "run" from academics and was right. He enjoyed working on the story and I enjoyed it. Sharing it, I hope you will like it too and tell it to other people.

Ivanka Gotcheva

The times were bad, and a poor woman was having a hard time finding food for her starving children. She had very little money and there was very little to buy in the market. As hard as she tried, she could find no work. She searched throughout the city, but there was no work to be found.

One day the poor woman was walking by the king's palace and smelled a great and wondrous smell. She followed it to the door to the royal kitchen. As she looked through the door, she saw a table with many loaves of bread sitting upon it. She thought to herself, "Surely the king would not miss one loaf of bread." So, she quietly went into the kitchen and

The magic pomegranate seeds



slipped one of the loaves of bread off the table.

Suddenly, she heard someone scream, "Thief! Thief!" She turned around and saw that it was the cook. She pleaded with the cook not to report her to the king and the heart of the cook was softened to her pleas. Unfortunately, the guards had heard the cook and came running. They grabbed the poor woman and took her to the king.

The guards told the king that the poor woman had stolen a loaf of bread from the royal kitchen. "Someone dares to steal from the king, the punishment is clear. Put her to death." As the poor woman listened, she put her hands in her pocket and felt two pomegranate seeds .

The guards lead the poor woman out of the room, but as she passed the king, she said to herself, "I guess the secret of the magic pomegranate seeds shall be lost forever." The king heard the poor woman's comment and being curious asked, "Tell me about this secret, woman!"

The poor woman explained that her family had passed down the secret that when these pomegranate seeds were planted, they would grow immediately and within a week there would be a plenty of beautiful fruits. Hearing this, the king told her he wanted proof and the next day she must plant the magic pomegranate seeds in the royal garden.

The next day everyone gathered around as the poor woman was led into the royal garden. She reached into her pocket and pulled out the mag-

TELL ME A STORY ...

ic pomegranate seeds, laid them on the ground, dug a shallow hole and picked up the seeds to plant them.

Then she suddenly stopped and began to cry. The king asked her why she was crying, he wanted to see these magic seeds begin to grow.

With tears in her eyes, the poor woman explained that the magic seeds would only grow if planted by someone who had never stolen anything. She went over to the king's chamberlain and offered the seeds to him, but he hesitated and said, "Sometimes I take things from the royal chambers to my home."

The poor woman turned to the royal tax collector, he too refused the seeds explaining that, "I don't always record all the tax monies collected for the king." The poor woman turned to the queen, but with tears in her eyes she sobbed, "I may have forgotten to pay the royal seam-

stress her full wages."

One after another the people who had gathered in the royal garden refused to plant the seeds. Finally, the poor woman approached the king and told him that she would tell him the secret on how to make the seeds grow but the king put up his hand and said he could not. The king took a deep breath and explained, "When I was a young boy my father had a magnificent necklace that he wore. More than anything in the world I wanted to hold and wear that beautiful necklace and so one day when no one was around I took the necklace. I brought it into my room and I held it up to the window and as the light caught shine on the fine stones, rainbows danced across my walls. I've never seen anything so wonderful in all my days. When my father realized the necklace was missing, he called all his servants together and no one knew what happened to it. The king called his personal servant and his servant said he did not know

where the necklace was and so he was beaten and cast out the Palace. I have told no one of this until this day."

The king looked at the poor woman and sadly said, "I know that you did not steal from the royal kitchen for your own sake or the hopes of wealth, but to feed your starving children. You have taught a foolish king wisdom and I invite you to come to the royal palace whenever you like and share your wisdom and anything in the royal kitchen you may like." ♦



NURSERY RHYMES CORNER

Hat and Scarf, Mittens and Boots

*Tune: "London Bridge
is Falling Down"*

Hat and scarf,
(touch head and shoulders)

Mittens and boots,
*(touch hands and
touch toes)*

Mittens and boots,
Mittens and boots.

Hat and scarf,
Mittens and boots,
Warm and cozy
(hug yourself)
In the snow.

(stand up, fingers out)

laptimesongs.com

Polar Bear

(tune of "I'm a Little Teapot")

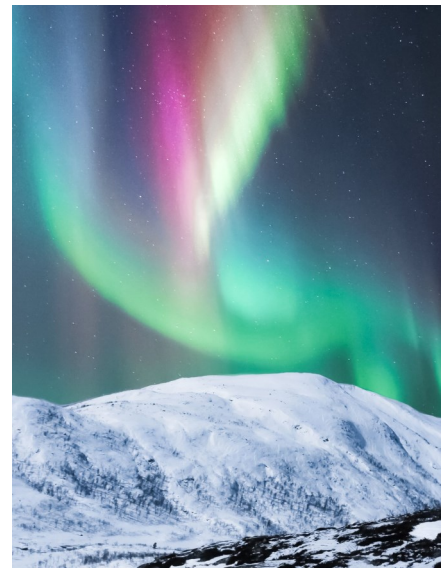
I'm a little polar bear,
soft and white
Catching a fish.
They're a tasty bite.
When it gets cold
on an Arctic night
My thick warm fur
keeps me just right.

Melanie Mazurek

One kind word can warm three
winter months. Japanese proverb

If you go out
when it's snowing
("walk" with 2 fingers)
And look up at the sky,
(look up)
You'll feel lots of
icy kisses
(kiss baby)
As the snowflakes
flutter by.
(tickle)

Barbara Vance



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

Original Source Unknown

Mother Goose Across Canada and Around the World

PARENTS'/GRANDPARENTS' VOICES

“I never realized how much music impacts my son. It calms him down and he loves it.”

“Met my expectations and beyond. Would love to attend in the new year.”

“This program was easily accessible for me and my child. We also loved the repetition of songs each week, this really helped me to learn them and be able to use them at home immediately.”

“Mother Goose has been the highlight of our weeks. We loved being able to connect with other parents and babies. It was so special watching my baby grow and get excited for class. We’ll use the songs and skills from this class for years to come.”



“I really enjoyed songs that I could use during diaper changes. Also “Love Grows” and “Music of your Name” were great for when my baby was upset.”

“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!”

Mother Goose Across Canada and Around the World

PARENTS'/GRANDPARENTS' VOICES

“It was my very first Zoom experience with my granddaughter. 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. Thank you and I hope that this great adventure will be repeated because you are very good animators, even for a grandmother!”

“We learn lots of fun interactive songs. Very well organized, friendly and educational”

“This program exceeded my expectations. This was exactly what me and my baby needed. To get out, meet other moms/babies and learn songs to use at home. The instructors were fantastic, full of joy. It makes Wednesdays so enjoyable in the morning. Thank you!”



“It exceeded expectations. I expected my baby to enjoy it, but didn't anticipate how fulfilling it would be for me as well.”

“We use the songs we learned in class all day, every day! We have also taught other family members and friends.”

“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! “

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As I think about the year ahead, I am optimistic that we can continue to support families and I look forward to hearing feedback from facilitators, trainers and families. My hope is that you are all relaxed having spent time close to home during the holidays. Trust the magic of new beginnings. (ourmindfullife.com)

All the best for the year ahead,

Carol Dwyer

Co-Chair, National Parent-Child Mother Goose Program

P.S. You can donate to the National Parent-Child Mother Goose Program on our website, at www.nationalpcmgp.ca. Or get in touch today to find out about how to volunteer your time. Your contribution can make a real difference to families all across Canada.

Parent-Child Mother Goose Program®

Programme la Mere l'Oie pour parents et enfants



Winter 2022



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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email: ivgotcheva@sympatico.ca

**For inquiries relating to
Memberships, Certification
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