

Newsletter

#02 | November
2023

Fall 2023



GREETINGS!

Welcome back to the Parent-Child Mother Goose Program Newsletter! We were thrilled to receive this positive feedback from the co-founder of the PCMGP, Celia Lottridge, about our previous Summer 2023 newsletter. Thank you all for your contributions. We hope you will enjoy this Fall 2023 edition .

Dear Guita,

Thank you so much for sending me the National Newsletter. The articles about your experience and Stephanie Vachon's from her professional perspective so clearly tell of the underlying values and the lively life of a PCMGP. You can imagine how pleased I am that the core values and activities of the program continue to define the program wherever it takes place. Just wonderful.

Please pass my comments on to everyone involved in creating the Newsletter.

All my best,
Celia



BEST,

Newsletter Co-Coordinators

Guita Movallali (Executive Director,
PCMGP Toronto)

Gabrielle Thomas (Co-Coordinator,
PCMGP Montreal)

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The Moon is Round


 Parent-Child Mother Goose Program®
 Programme la Mère l'Oie pour parents et enfants

SPRING
 2022

Parent-Child Mother Goose

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Parent-Child Mother Goose

Forest-Child Mother Go

THROWBACK ARTICLE

Mother Goose in Dickens Newspaper

FOLLOW-UP

Help from Mother Goose

Gordon James, a 51-year-old bread salesman with doleful brown eyes, recalls a day five years ago when his life changed dramatically. On June 16, 1981, James's wife, Patricia, gave birth to the Toronto couple's third child. She was overtaken by postpartum depression and, unable to face her role as a mother, she deserted her family. Said James: "It was like being hit by a truck." Some family members, he said, encouraged him to give up his three sons—Norman, Patrick and Michael—for adoption. "But I just couldn't," he said. "There had to be another way." James decided to raise his children on his own.

He gave up his job, moved into public housing and lived on welfare. With the help of social agencies he kept his family at home—but he found that he could not express his emotions to his children. Finally, last December he was approached by Barry Dickson, a social worker with the Children's Aid Society of Metropolitan Toronto. Dickson headed a unique program for teaching single

parents to communicate with their children through the telling of traditional nursery rhymes. James credits the program with helping to keep his family together. Said James: "I relied on professionals and probably



The Dicksons: deceptively simple

couldn't have done it without them."

Dickson, 47, an author of children's books, first created a storytelling program, which he named "Mother Goose," in 1983. At that time, the program was aimed specifically at single mothers with children aged six months to three years. The concept was deceptively simple. In sessions lasting two hours, the mothers held their children in their laps and recited age-old verses. Then, a professional storyteller told them a folktale. Said Dickson: "I was concerned about the lack of emotional knowledge between mother and child. I wanted to give mothers a feeling of value about themselves, a skill they could acquire quickly."

Researchers studying the program noted early successes. Beverley Kirkland, a researcher with the Ontario Institute for Studies in Education, studied 40 mothers and their children enrolled in the first two programs. She said that "the combination of child, lap and literature" gave both parent and child, however troubled and estranged their relationship, "the opportunity to fall in love with each other." Among her findings: the program had what she called a strong "therapeutic effect" on the participating families.

After the initial successes with mothers and children, Dickson, who

enlisted the participation of professional storytellers, told child welfare officials that fathers might also be helped by the program. Said Dickson: "Men often feel trapped and frightened by children. Some want to change." As a result, his wife, Dinny, organized a pilot Father Goose program last winter. Among the participants were Gordon James and his youngest son, Michael, then 4. For nine weeks he and other fathers—some of them drug abusers, mentally handicapped or emotionally troubled—learned and told each other traditional rhymes from the Mother Goose canon. The sessions were lively and gave both fathers and children an opportunity to be more expressive.

Kirkland, who is now evaluating the Father Goose program, says that the results are promising. "This involves not only the parent-child bond," she said, "but [it] has an effect on the child's abili-

ty to think, to make connections, to see patterns and predict things." As well, she said, it has had an effect on the development of the child's personal identity. "Parents give their children a sense of continuity, a sense of the past," she added. Kirkland said that one concrete result among the Mother



James with sons Patrick (left) and Michael: lively

Goose participants has been a 50-percent reduction in what she calls the "hush factor"—when troublesome and noisy children are quieted through verbal or physical abuse. And among the 18 Father Goose participants, one single father was able to convince family court authorities to grant him custody of his 18-month-old baby after attending Father Goose.

Reports of both programs' successes have slowly filtered out into the teaching and social work communities. Dickson says he has received inquiries from Florida, Michigan and other states, as well as several parts of Canada. Port Huron, Mich., teacher Patricia Richards noted, "I've long had the feeling that children aren't allowed to be children anymore."

Gordon James still faces a difficult future. "People still see me as a loser," he said. "No woman is going to want me and the three kids too. But Father Goose made me ask a lot of questions. Was feeding my children and putting clothes on them and sending them off to school really enough? I feel closer now to Mikie—I think Mikie feels the same. I keep the TV off now. I read to him. I knew something was missing. I went looking for it and I may even have found it."

—GLEN ALLEN in Toronto

RHYME



SHARED BY MARIA DEL CARMEN ORDONEZ,
TORONTO PCMGP ANIMATOR

Spanish

Aserrín, aserrán

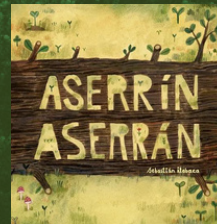
Los maderos de San Juan
Piden pan
No les dan
Piden queso
Les dan huesos



English

Sawdust sawn

The woodcutters from San Juan
They ask for bread
They don't get it
They ask for cheese
They get bones



"This is a small Latin American rhyme with a song, that I used to teach in the PCMGP with the Infants. It is a lap rhyme with a balancing movement. We used to sing it every session and a family from Canada told us that one night the baby had a terrible fever, and they had to wait until late night at the hospital. The mother said that she kept singing this rhyme to soothe her baby, and this seemed to work so well.

There are many different versions of this rhyme in all Latin America. The words do not make much sense. They are more for the rhyming."

-Maria

MOTHER GOOSE MONTREAL VISITS TORONTO MOTHER GOOSE



August 11th, 2023 marked a special occasion as colleagues from Mother Goose Montreal joined us in Toronto.

Everything was prepared in advance. It starts with a warm welcome at the Bathurst train station. Then we walked to Celia's house, where we met and exchanged ideas.

Ruth had earlier readied Celia's house for our meeting. After two hours of conversation there, we went to our office. They visited our offices, and then we went to the third floor and had some tea and coffee.

The meeting was fruitful and centered around future collaborations, our books and CDs, French workshops, and innovative concepts. Gaby, Desrean, and Robin, our Montreal friends, were so excited. Celia's delved into the program's past, present, and exciting prospects. She was amazing like always.

The discussions were so encouraging, strengthening our friendship and motivating our shared purpose.

From Montreal to Celia Lottridge's doorstep, spreading the joy of learning and connection! Gaby and Guita had the honor of bringing the new series of the Parent-Child Mother Goose Program newsletter to its co-founder. Seeing Celia's delight and appreciation for the beauty and usefulness of their work warmed everyone's hearts. Connection is a vital part of our program – both family connection and community connection.

Our friends from Montreal also had a tour to our VS office. Tokens of appreciation were exchanged- three books, a French CD, and posters from us, and delicious chocolates from them.

WRITTEN BY GUITA MOVALLALI



INTERVIEW WITH BETH HUTCHINSON



This November will mark Beth's final term on the National Council. We thank her for her continued insights and warmth. We wish her the best of luck in her next endeavors and we are looking forward to keeping in touch. Thank you so much, Beth. Here is an interview with Beth capturing some of her history and best stories from being involved in the PCMGP over the years:

What was the first time you heard of Mother Goose? What/who was your initial source of inspiration to participate in Mother Goose?

I was new in my job at the Vancouver Infant Development Program (an early intervention program for infants, birth to three, who have developmental delays, or conditions known to influence development). It was the Provincial Office of the IDP that arranged for the first training workshop in the PCMGP. Because I was new, I was interested in everything that might be of use to the babies and their families that I worked with. I was in my supervisor's office; Dana Brynelsen, the provincial co-ordinator was there at the same time. Dana, who had arranged for the workshop, asked me if I was going to attend the workshop. I said that I was thinking of it and thinking it might help with speech development. They both looked at me as if to say, 'Well, of course, isn't that entirely obvious! And I attended the first ever PCMGP workshop in BC in May of 1997, led by Celia Lottridge.

My initial inspiration was to assist me in my job as an Infant Development Consultant. And it did!

How long have you been involved with the Parent-Child Mother Goose Program?

I was one of the leaders in the first program in BC, which started in September of 1997. Fortunately for me, another workshop had been organized for earlier that month and I offered to organize the food and make sure it was all set out at the right times. This allowed me to attend a second workshop before we got started in our first program. What a relief; the workshop in May felt like ages ago.

So, the answer to your question is 26 years.

INTERVIEW WITH BETH HUTCHINSON



Continued from page 5

What is your most memorable mother goose session and why?

A hard question! There have been so many memorable moments. But I would have to say that the first day of that first program is probably my most memorable of the whole of the hour of that program.

I was amazed at so much. The babies and the mothers were so attentive and there were so many smiles and lots of laughing. The babies were having a great time. The mothers were gazing at their babies, looking absolutely delighted.

And I taught a lullaby. There I was, singing one line at a time of this lullaby and listening to the group sing it back to me. I was not expecting how moving that would be for me. It was. I was thrilled to hear them singing those lines back to me.

And I told the story that first day. I told, 'Four Legs, Four Arms and One Head', a Malaysian folktale included by Celia Lottridge in her book, 'Ten Small Tales'. It went over pretty well and I was relieved. However, I was very glad that I didn't know as I was telling it what I learned later.

Following the program, as we participants and leaders were all chatting with each other, one of the mother's introduced me to her sister-in-law who just happened to be visiting from Malaysia! The sister-in-law said that she really enjoyed listening to me tell that story and that she had known it as a child.

As well as my relief in hearing that I was satisfactory as a teller, it told me that the whole thing was real. Those folktales really did come from where they said they were from. People in those countries really did tell those stories. This program was a part of a much larger whole.

For that whole fall, every time I met a friend on the street or at a party, the PCMGP was all I wanted to talk about!

What is your favorite rhyme? Can you share it with us?

- The Moon is Round
- Jeremiah Blow the Fire
- Johnny Whoops
- Slowly, slowly, very slowly, goes the garden snail
- Here is a girl (boy)
- The Clapping Mouse

And then there are many songs that I love also!

- Dancing with bears
- Everybody knows I love my toes
- Arroro me nino (nina)
- The Cows are in the Meadow
- Yo te Amo

Enough already, you asked for one!



INTERVIEW WITH **BETH HUTCHINSON**

Continued from page 5

Can you describe your style/approach as a Mother or Papa Goose?

I guess what I would say is that I really wanted to assist participants to feel at ease and to enjoy the program. I was also very aware that significant amounts of repetition were needed in order for parents to be able to learn at least some of the songs and rhymes and stories and therefore to be able to use them at home.

I really wanted the program to provide this interactive, mutually enjoyable experience for them in the rest of their lives, not only to enjoy the hour of the program.

I was very aware that this was a very rich experience for all of us, but especially for parents and their young children because not only was it interactive and mutually enjoyable, but it the interaction was contained within a caring, loving moment between them and because it involved their language, their thinking and their physical bodies all in sync with each other. And it was a social experience of doing all of this with other people. I think it was profound for all of us.

We had a great leadership team in that first program. We tried many approaches to make it easier for parents to participate. And we sang goodbye in the nine languages being used in participants homes. the street or at a party, the PCMGP was all I wanted to talk about!

Do you have evidence of long-term effects for the parents and children involved?

Yes, I do! I have run into parents who have been a part of the program and they have told me stories of long-lasting effects and relationships.

And then the research. The 10th anniversary study done here in BC I think outlines this the most clearly. I will attach it. Though it has been circulated many times previously, I know that it can be hard to find.

Please email pcmgpnewsletter@gmail.com for a copy of this study. Check out some study excerpts below.

Fifty-five parents (91.6%) either agreed (35%) or strongly agreed (56.6%) that the program enhanced the relationship with their child

MOST FREQUENTLY OCCURRING THEMES

1. Benefits - enhance relationships
2. Benefits - meeting people, making friends, networking, community
3. Benefits - fun
4. Benefits - enhance professional skills & satisfaction
5. Benefits - spread into daily life
6. Benefits - calming
7. Benefits - add to parenting repertoire
8. Benefits - good social development for children
9. Benefits - build confidence for parents



HARMONY IN SILENCE:

A Journey of Joy and Connection with the Parent-Child Mother Goose Program for parents with deaf children *by Guita Movallali*

As I reflect on the transformative journey with the Parent-Child Mother Goose Program (P-CMGP), I am filled with gratitude for the joy and connection it brought to the lives of parents with deaf and hard of hearing (DHH) children. I'm Guita Movallali, and this is the story of how the program unfolded its magic, fostering resilience, shared joy, and meaningful connections among families with deaf and hard of hearing children in Ontario, Canada, throughout 2022.

A Vision Takes Root: In 2021, driven by the belief that P-CMGP held the key to fostering connections and nurturing joy among parents facing unique challenges, I embarked on a mission to bring this program to Ontario. Collaborating with like-minded advocates, including Bronwen Alsop, the chair of VOICE for deaf and hard of hearing children, and getting help from Ruth Danziger, the program director of the VS P-CMGP, I overcame hurdles like funding uncertainties to launch the virtual P-CMGP for parents with DHH children in February 2022. This initiative was born out of a shared enthusiasm for a program that had proven its transformative impact in my native Iran.

Nurturing Connection in a Virtual Landscape: The journey began with a virtual landscape, hosting Zoom sessions every Thursday at 10:00 am. Launching a program with no initial participants seemed daunting, but armed with dedication, I turned this challenge into an opportunity. Crafting a one-pager and flyer, I took to social media, advertising our digital haven on platforms like Facebook and Instagram.

What started as a solitary initiative, void of attendees, blossomed into a vibrant community that extended far beyond Ontario's borders. Families, not only from Toronto and Ontario but also from the United States, found their way to our digital doorstep. The program's impact reached across geographical boundaries, a testament to the universal need for connection and support.

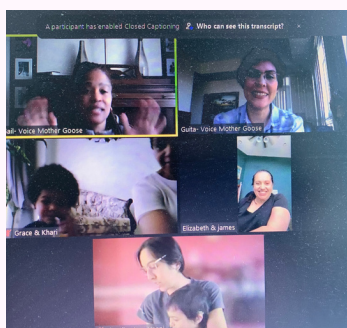
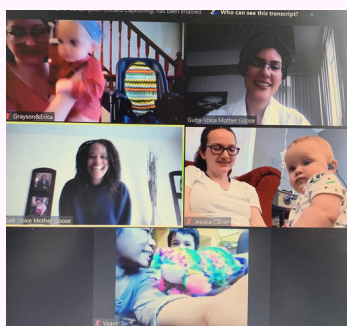
A Heartfelt Conclusion: The success of the P-CMGP for DHH children is measured not just in numbers but in the bonds formed and the joy shared. This initiative stands as a testament to the transformative power of the Parent-Child Mother Goose Program. Beyond fostering connection, it has become a beacon of inclusivity, proving that support knows no bounds. My dedication to making this program accessible transcends the digital realm. Each family that found solace in our virtual sessions is a testament to the enduring impact of this initiative. As I continue my mission to bridge gaps and foster understanding within the deaf and hard of hearing community, I carry with me the stories of resilience, connection, and shared joy that define the essence of the Parent-Child Mother Goose Program.



HARMONY IN SILENCE (CONTINUED)

Webinar and Beyond: Understanding the significance of inclusive communication, the program usually can be offered two versions: one using American Sign Language (ASL) and the other oral (spoken language). Mine was the traditional one with Spoken Language. However, to ensure widespread access, I organized an informative webinar on P-CMGP for parents with DHH children across Ontario, collaborating with Bronwen Alsop and connecting with various organizations working for deaf children including Bob Rumball and the Ontario Cultural Society of Deaf.

The success of the April 13, 2022, webinar surpassed expectations, highlighting not only interest but also the pressing need for tailored programs for DHH families. The collaborative spirit extended beyond the virtual realm, fostering connections with ASL P-CMGP providers and leading to the revival of the Teacher Training Workshop for Deaf teachers in 2023.



**Parent-Child
Mother Goose Program**

Keep your eyes peeled for this life-changing program for your family!

How our Program Benefits Parents

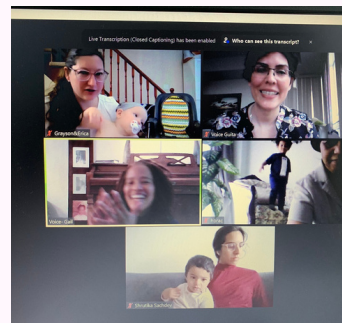
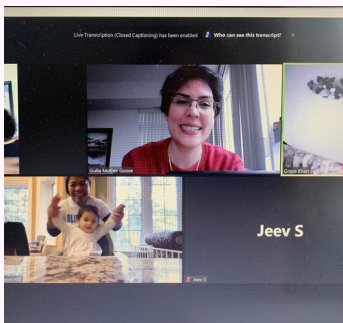
- Learn how to foster a healthy attachment with your children using memorable & meaningful interactions

Form a bond with your children using Rhymes, songs, & stories!

Tel: 6476578598

VOICE

To register, send email to: adnan@voicefordeafkids.com





HARMONY IN SILENCE (CONTINUED)

Positive Effects on Families: The Parent-Child relationship is a strong predictor of a child's adjustment during adulthood. Many DHH children have normal hearing families, impacting the parent-child relationship. Interventions have often focused on high-risk clinical specimens, but the P-CMGP presented a unique 10-week community-based program.

More than 95% of DHH children have normal hearing parents, and the expectations from these parents often mirror those of parents with normal hearing children. However, there is often a mismatch between expectations and reactions, disrupting the relationship. The P-CMGP had a positive impact, enhancing relationships, increasing social protection, and strengthening parental knowledge and confidence.

The program improved parental support, satisfaction with parenting, and overall happiness and confidence in raising their DHH children. Mothers found effective communication strategies, sharing poems, songs, and stories to comfort and calm their children. It became a space where advice on other early intervention programs for DHH children was exchanged, emphasizing the significance of effective relations between caregivers and the DHH child.

Conclusion: As I look back on this heartwarming journey, the P-CMGP emerges as more than a program; it's a testament to the resilience, love, and shared happiness within the deaf and hard of hearing community. The virtual sessions, the webinar, and the connections formed are threads in a tapestry of inclusivity and understanding.

The P-CMGP program transcends the role of an intervention; it's a celebration of the unique strengths within each family. Every interaction, every poem shared, and every moment of joy encapsulates the essence of this program. As we continue forward, the P-CMGP remains a beacon of hope, a source of connection, and a testament to the enduring impact of fostering joy, understanding, and harmony within our diverse and vibrant community. I wanted to again thank Bronwen Alsop, Susan Ryan, Ruth Danziger, and Gail Miller, the wonderful co-teacher for making this beautiful journey possible.



In loving memory of Mira Wolinsky Adler

1937-2023



Mira was born on December 15, 1937 in Winnipeg, Manitoba, the oldest of 3 children of Leonard Wolinsky, a successful businessman, and his wife, Sylvia.

The family moved to Toronto about 1947. Mira attended high school at Forest Hill Collegiate, after which she spent a year at a finishing school in Lausanne, Switzerland, and became fluent in French.

Returning to Toronto in 1957, she began 4 years of nursing studies at the University of Toronto, graduating with a BScN, and becoming a Registered Nurse. This nursing program emphasized public health and its prevention of illness, so it was not surprising that she became a Public Health Nurse in the Hillcrest District of Toronto Public Health Department. Prior to that she had worked in the Emergency Department of the Hospital for Sick Children. Perhaps these two areas of practice-, children and prevention- were predictive of her eventual interest in the concepts of the PCMG program!

In about 1961 Mira married Charles ("Chuck") Adler, a wonderful fellow and a rising Toronto lawyer. Together they began a happy life together, becoming the parents of three boys-Michael, Danny and Adam.

Tragically, when the children were still very young, and he was in his early forties, Chuck suffered a sudden and fatal heart attack on the way home from a business meeting.

Her life dramatically altered, Mira,- with courage, resourcefulness, and resilience, turned to focusing on single-handedly raising her children,-nurturing and educating them. And she did a fine job at this, as her sons are very successful persons and skilled professionals.

Then she reinvented herself professionally. Having always been interested in gardening and plants, she and a Forest Hill neighbour started a very successful plant maintenance business. They visited businesses, offices and private homes, providing expert care to their plants.

Meanwhile, in the late 1980's, a fellow university classmate, Doreen Henderson Hamilton, already on the board of a fledgling Parent Child Mother Goose, invited Mira to join. From then on, through a variety of positions and lastly as the chair for a number of years, Mira made an enormous contribution to the board and the program. The generosity of her family's Wolinsky Foundation has been a critical support over the years.

Meanwhile, her priority has always been her family. As her sons were establishing themselves in their professions and raising their own families, she played a central role. She was immensely proud of them all, and took great delight in her five grandchildren,-one girl and four boys.

Amongst her other interests were birding, travel, music, and the theatre.

Mira retired from the Board in 2019, honoured with the designation "Chair Emeritus".

We were all saddened by her death on January 9, 2023. But we are so very grateful to her for her tremendous contribution and a guiding hand to Parent Child Mother Goose. We will remember her with fondness.

Before you go...



OPPORTUNITIES

Diversity Council Call-Out

The Diversity Council is seeking new members! The Council meets monthly to ensure that the material and practices of the Parent-Child Mother Goose Program are as inclusive and culturally sensitive as possible. We are committed to building a diverse team, and are looking for candidates from all backgrounds and varying geographic regions. To submit an expression of interest, please email your CV to pcmgpnewsletter@gmail.com

Are you interested in becoming a certified PCMG teacher?

No training workshops in your area? Maybe it's time for your agency to host a training! Check the National PCMG website to find more information:
www.nationalpcmgp.ca/training/

Monthly Connection Series Sessions

Join the connection series sessions to meet fellow members of the PCMGP network and share new rhymes, songs and stories. Each participant will receive a copy of the material shared after the session. Email mentormothergoose@gmail.com for more information on how to participate

Newsletter Submissions

If you wish to contribute to our Winter 2024 newsletter, please email us at pcmgpnewsletter@gmail.com