



Parent-Child Mother Goose

Update from the National Council

Spring has sprung! As we move further into the new year, we are continuing to deal with the challenges of the COVID-19 pandemic – both in our work, and at home. Many of Canada’s provinces and territories are facing renewed restrictions, which often leave young families feeling isolated. Now more than ever, the Parent-Child Mother Goose Program provides our participants with a special opportunity for connection and community.

Here at National Council, we have been excited to see the ways in which Mother Goose programs have continued to thrive, even despite the challenges we have all faced. We hope also to make use of the online resources that have been developed over the past year to foster more opportunities for connection amongst our members in the future, like our virtual AGM.

We are pleased to report that the National Council is growing, and we are adding new members to our ranks. We are looking forward to this year’s AGM when we will be inviting our membership to confirm these new appointees. In the meantime, check out our website for more information about the directors we have added in the last year, including Robin Sales (QC), Desrean McFarlane (QC), Chantal Rodgers (NL), Carol Dwyer (NL), and Joan MacDonald (ON). We will also be sharing with you some improvements and developments we have made with updating our by-laws and policies.

We also have some big news about our National Office Administrator. After many years of hard work for the National Council, Catherine Taylor has retired from the Parent-Child Mother Goose Program. Catherine first started work with the National Council in April 2008, and for the last 13 years she has been keeping everything organized and doing a tremendous amount of work for the Mother Goose community. We are so grateful to Catherine for her service. We are also happy to announce that Crystal Murgatroyd (BC) has accepted the position moving forward. We hope you will join us in sending our best wishes to Catherine and all the luck to Crystal in her new role.

In past issues, we have described how you all are making the program work in a virtual environment. We love hearing your stories about how the Mother Goose program continues to thrive in spite of the challenges of the pandemic. Please keep sending us your ideas, innovations and anecdotes.

Kristen LeNoble
Co-Chair, National Parent-Child Mother Goose Program

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Hardworking Mama Bear

This Bulgarian story poem is a favourite for children and parents, both as a rhyme and as a story. If translated as a rhyme, it loses the beauty of the language. I hope you will enjoy it as a story.

Ivanka Gotcheva

Mama Bear woke early in the morning. She went to the forest to collect twigs and made a big fire. She put a big pot on the fire to make soup for her little cubs.

She put beans in the pot. After a while she could smell the yummy beans and see the steam from the soup.

“I put salt and pepper but if I had some savory, you can’t imagine what a delicious soup it would be. Unfortunately, I don’t have savory. Oh, I remember. Everyone in the forest knows that Miss Fox is a good housewife. I will go and ask her to give me some savory and I will return it to her when I plant in the spring.”

Miss Fox lived nearby and Mama Bear left in her slippers. “Let the kids play, I will be back soon with the savory and the soup will be very delicious.”

Mama Bear walked fast, but she saw the Rabbit and stopped to ask him how he was doing. Then she asked him if he had enough cabbage to eat and it turned into a long talk – an hour or two. Finally, Mama Bear remembered where she was going and said Goodbye.

But then she met the woodpecker and stopped to tell him that he is making too much noise from early morning till late evening and wakes her kids up.

Mama Bear stopped by the hedgehog to see if he is recovering from the cold.

She stopped by to talk to the wolf.

She stopped by the Pretty Squirrel to ask if she collected enough nuts for the winter.

Mama Bear was stopping here and there and talking to everyone on her way. It was late and getting dark. The stars were coming to the sky one by one and all the birds stopped singing and went to sleep.

“Oh, no, I forgot the soup! It still will be good without savory. I must go back.”

Mama Bear ran home. She reached her house tired and out of breath.

What do you think she found out? The soup in the pot had boiled away and the kids went to bed hungry.

From that day on Mama Bear became a laughingstock for the whole forest family. ♦

NURSERY RHYMES CORNER

Plants

(Tune: "The Farmer in the Dell")

The farmer plants the seeds.
The farmer plants the seeds.
Hi, Ho and Cherry O,
The farmer plants the seeds.

The rain begins to fall ...
The sun begins to shine ...
The plants begin to grow ...
The buds all open up ...
The flowers smile at me ...

teachingmama.org/

Five Little Birds

author unknown

Five little birds in a nest in a tree
(hold up right hand)
Are just hungry as can be
"Peep", said baby bird number one
(wiggle one finger)
Mother bird promised she would come
"Peep, Peep", said baby bird number two,
If she doesn't come what will we do?
"Peep, Peep, Peep", said baby bird
number three,
I hope she can find this tree.
"Peep, Peep, Peep, Peep", said baby bird
number four,
She never was so late before.
"Peep, Peep, Peep, Peep, Peep", said ba-
by bird number five,
When will our mother bird arrive?
Well, here she comes to feed her family
(use left hand as mommy bird)
They're all as happy as can be!

Hello spring, Hello spring, Hello spring,
We hope you are here to stay.



Kites

Chant

One little kite, up in the blue.
Along came another,
Then there were two.
Two little kites, over the tree.
Along came another.
Then there were three.
Three little kites, watch them soar.
Along came another.
Then there were four.
Four little kites, they act so alive.
Next came the last one.
And then there were five.

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Mother Goose Across Canada ...



PCMG (Downtown Group Facilitators): Melinda, Amna, Eh Wah, and Shee Say
(Practicum Family Engagement Mentee)

Parent-Child Mother Goose Program at Mosaic Newcomer Family Resource Network

Winnipeg, Manitoba

Jean Tinling, Family Program Training and Mentorship Director

Melinda Pascual, Family Program Administrative Coordinator and Family Literacy Co-Ordinator

It was in 2014 when Mosaic Newcomer Family Resource Network started running Parent-Child Mother Goose Program as part of the Family Resource Centre activity under the mentorship of Jean Tinling, our Family Programs Training and Mentorship Director. Since then, P-CMGP has become a regular part of Mosaic's quarterly programming. The program is delivered once a week (an hour a day for online and two hours for regular face-to-face program) for

six sessions per season. The majority of the P-CMGP participants are students from our LINC (Language Instruction for Newcomers to Canada) classes with Benchmark level 1-5, together with their preschool children. Since they are attending only two hours of English classes, they can come and enjoy the program with their little ones.

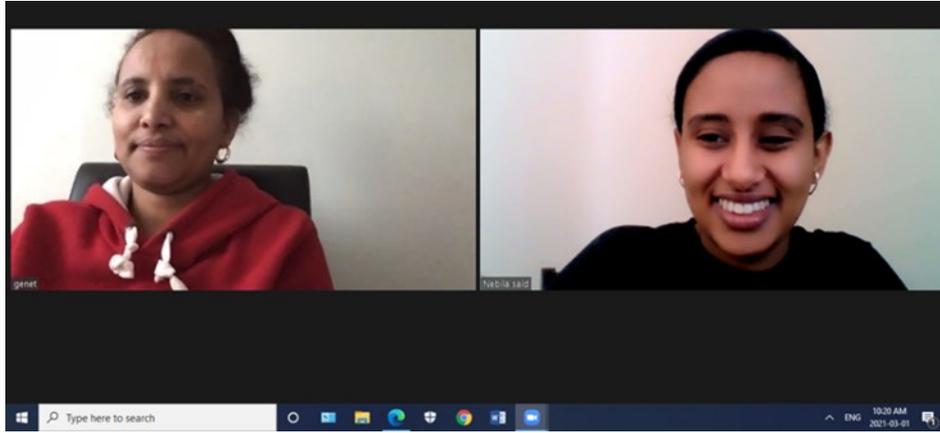
As a newcomer agency, Mosaic made P-CMGP an integral part of their Family Literacy programs. P-CMG program

focuses on the enjoyment and power of using rhymes/songs and oral storytelling. These are taken home and shared with family members where everyone takes joy in learning these new skills. Together, parents

“Parenting is the hardest, most amazing job with an incredible impact on the world ... no one should go at it alone.”

BUILDINGVILLAGES.ORG

... Mother Goose Across Canada



PCMG (HIPPY Home Visitors Group Facilitators): Genet and Nebila

and children enjoy lots of fun rhymes and songs that increase the bond between them, support language development and pre-literacy skills of the child, improve self-esteem, and develop early social skills. Rhyming and singing also support emergent literacy skills. This program additionally encourages parents to build a social network amongst each other.

The onset of the pandemic last year did not stop Mosaic from delivering P-CMGP. We started working from home in March 2020, when all our face-to-face programming came to a halt. Switching to online sessions was a big challenge to our agency but we were able to manage. Zoom was a saving grace for us all and everybody became a Zoom expert in a matter of few weeks. Mosaic was one of the agencies here in Winnipeg that pioneered using the online platform in programming, hence people from other agencies within and outside Winnipeg asked to join us in the sessions to see how we run the program via Zoom.

Parent-Child Mother Goose Program benefits not only the newcomer parents who are still developing their English language skills but also plays a big role in preschoolers' emergent literacy skills. Rhymes and songs through repetitions enable parents to be more confident and vocal in their class or when they are attending other programs. It is also saddening to hear that some parents, especially those who lived in refugee camps for years or in their lifetime, never experienced being sung a song by their parents or were they able to sing a song to their children. Rhyme is something that is unknown to some of them. Some parents would share with us that their preschool child learns English faster than them just by coming to our literacy programs like Parent-Child Mother Goose. As P-CMGP facilitators, we consider these as success stories.

Delivering P-CMGP is rewarding to all of us facilitating the program. We all are also newcomers (came to Canada in the last few years, either as permanent residents or refugees) so we can relate to what our participants are experiencing right now. This is what makes our

P-CMGP program unique because it is delivered by newcomers themselves and our participants feel a sense of belonging. Also, people are more comfortable to join programs if they know someone in the group who speaks their language. We always stress the importance of preserving their own language, culture and heritage and encourage them to re-tell stories in their first language to their families.

Running programs such as Parent-Child Mother Goose during this uncertain time of COVID-19 has helped us build connections with each other. It has also contributed towards reducing the isolation, as well as improving our mental health. Even just an hour of P-CMGP online, full of fun and community connections, can really make a big difference not only in our participants' lives but also in those of our facilitators. Whether we run P-CMGP face-to-face or online, the fact remains the same - we all enjoy the program and everybody loves it.

This January 2021, twelve (12) Mosaic facilitators were trained by Ms. Terri Moar via an online platform through the support of Communities4Families (Downtown Coalition). ♦

NEWS

Asking for your input

The National Council has created a committee to look at racism embedded in some songs, rhymes and stories, following on a letter from a mother bringing this issue to our attention. The committee has now met twice and are asking for your input.

We know that PCMGP has been loved by so many people and in so many communities. We also know that teachers are sensitive and responsive to the participants and their needs in every group. This is evidence of the program's strength and of your great work.

That being said, we would love to hear from you about approaches you use to promote the recognition of the diverse cultures of participants and the use of the languages of participant's homes and cultures in the program.

Please send your thoughts to us at: info@nationalpcmgp.ca.

Thanks!

Program and Training Committee

Zoom, zoom, zoom

As we start March 2021 it is hard to believe that we have marked the one-year anniversary of the COVID-19 pandemic that changed the world as we know it.

The Parent-Child Mother Goose Program® needed to quickly shift to find creative ways to bring the program to families in a safe, yet purposeful way. Although recognizing a virtual platform could not replace in person programs, the importance of continuing to connect with families was realized and many teachers made the shift to offering programs via Zoom. The Program and Training Committee, which is a committee of National Council, set to work to put together some guiding principles/best practices that encompass as much of the heart of the PCMGP® as possible. Many program teachers and training facilitators across Canada were consulted. The final document was emailed to program teachers, host agencies and workshop trainers.

If you are running a Parent-Child Mother Goose Program and would like to receive a copy of Guidelines and Best Practices for an Online PCMG Program please contact the Toronto Office (Vermont Square) at mgoose@web.net.

Maureen Doll, Kate Jarrett, Ruth Danziger and Lori Fritz (the Program and Training Committee)

MY FAVOURITE THINGS

Raindrops on roses and whiskers on kittens,
Bright copper kettles and warm woolen mittens,
Brown paper packages tied up with strings –
These a few of my favourite things.

Cream-colored ponies and crisp apple strudels,
Doorbells and sleigh-bells and schnitzel with noodles,
Wild geese that fly with the moon on their wings –
These are a few of my favourite things.

Girls in white dresses with blue satin sashes,
Snowflakes that stay on my nose
and eyelashes,
Silver-white winters that melt into spring –
These are a few of my favourite things.

When the dog bites,
When the bee stings,
When I'm feeling sad,
I simply remember my favourite things
And then I don't feel so bad!

Lyrics and music by Richard Rogers and Oscar Hammerstein II

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



Spring 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 :

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email: ivgotcheva@sympatico.ca

**For inquiries relating to
Memberships, Certification
Process and National Donations
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