



Parent-Child Mother Goose Program[®]

Programme la Mère l'Oie pour parents et enfants^{MD}



What's Happening at the P-CMGP...

Listen:
If all the world were paper
And all the sea were ink ...
If Mother Goose asks for any more
paper
I think that our teachers will sink!

We hear you:
Our members are telling us that there is too much paperwork in the Parent-Child Mother Goose Program[®]. They tell us that the **Program Reports**, especially, are too long and need to be sent too frequently. A huge **THANK YOU** to all of you who have faithfully sent in reports after each Program term. Your perseverance has helped us know just how *much* paper this makes! You have helped us know how to revise the Program Report so that we can track programs better and use the information to plan for further training and resources, to raise funds and to advocate for the program. The *new* Program Report – a pdf fillable form that can be filled out on line and emailed to the office or printed out and filled in manually for mailing or faxing is available on our web site. Please send us your feedback – it is *always* important to know how things are working for you, our members.

Another item that has come from discussions with members is that many programs are multicultural. Ruth Danziger, Toronto Region Coordinator, is presenting a special workshop on this topic. Look for more information on **Your Grandma and My Grandma: Connecting Cultures through the Parent-Child Mother Goose Program[®]** in this newsletter and on the web site.

In response to the stakeholder survey conducted last winter, a committee of staff and members from the Toronto and National boards have been working to better tell the Parent-Child Mother Goose Program[®] story. The beautifully revised **Brochure** and **Information Kit** will have space for local contact information and will be available electronically for members. You can contact us here at the office if you have questions and to request brochures.

Posters that send messages about the importance of oral language will be here soon! For information on purchasing posters, see page 6. For information on receiving a **FREE** poster, see page 7. And – you can now purchase resources and workshops from the P-CMGP with your **VISA** card. The forms on the web site have the information you need, or you can call us here at the office.

The frequently asked questions regarding **Practicum Experience** are now available on the web site along with the Practicum Experience Self-Evaluation Form.

In response to the need to be able to show program results visually by turning program measures into graphs and charts, we have developed a new **Participant Response form** to assist teachers and agencies with program evaluations. This form builds on the one piloted in Toronto and Calgary. We look for-

ward to your feedback. The form is available to members from the Office Manager, Dorota Dziong, at mgoose@web.net.

Finding out how communities and agencies work with the P-CMGP is always enriching. For a **Program profile** from the **North Hamilton Community Health Centre Parent-Child Mother Goose Program[®]**, see page 2. We would love to hear the story of your program, too. You can review the programs already profiled in previous issues and then send us your community's story. You can also send **Magic Moments** – stories that show how the program makes a difference.

Training, visiting and working with program teachers is a joy. In October 2005, Beth Hutchinson, BC Provincial Coordinator, and I have the pleasure of building on the work in **Australia** begun in Melbourne by Mary Fearon early in this century and continued by Mary and me in 2003. This year, Perth, in West Australia, as well as Melbourne in Victoria, will have Teacher Training Workshops.

And it's that time again ... Time to plan for attending the **Annual General Meeting** and service on the **Board of Directors**. For information on the AGM, on Board service, and on proxy voting if you are unable to come to Toronto in November, see the insert in the newsletter. We hope to see you there!

Glenna Janzen, Executive Director

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Rhyme Time: a potted history

North Hamilton Community Health Centre (NHCHC) serves a mixed-income area of Hamilton, Ontario, including people of various national origins and language ethnicities. It also serves the refugee population, which may or may not be within the geographical catchment. About seven years ago, North Hamilton Community Health Centre, in consultation with the community they serve, made an analysis of community needs, and it was noted that one area in which programmes were lacking was for families with babies and preschoolers. At that time, Glenna Janzen and Carol Leigh Wehking proposed a Parent-Child Mother Goose Program, and it was perceived as an ideal program to meet the community's needs. However, the Centre had no funding available at the time, so it was up to us to find start-up funds.

We made application to the Hamilton Community Foundation, with the backing of NHCHC, and were successful in getting start-up funds for a pilot year. This included a capital amount for purchasing mats, teapots and mugs, etc (so that the program is self-contained), wages for two teachers, and money for snacks and supplies. At this time, NHCHC was undergoing some staff changes, and the program was passed around for a while among supervisors, ending up in the care of the new health-promotion supervisor. We were also assigned a staff social worker from the health centre as an apprentice teacher.

Although the health promotion supervisor was enthusiastic in his support of the program, there was little enthusiasm from the administration and we clearly had to "prove the program's worth". The physicians at the clinic were slow to pick up on the program and few referred suitable clients. However, there were a few referrals, and of course we took care to inform public health nurses and the children's aid societies.

We began a Thursday afternoon program at the clinic in September of 1999. There were only a few families at that time, but their need level was very high. Factors were poverty, lack of education, and in the case of one family, mental health issues and prior experience of having children removed by the C.A.S. Abuse by partners appeared to be an issue as well. The families who attended were very grateful for the snacks and the bus tickets, and took in the program content very slowly. Our first location for our program was the board room, right next to the kitchen. We

were soon ousted from this space by scheduling conflicts and moved to a classroom attached to the physiotherapy area of the clinic. This was a very small space, and necessitated our moving chairs and tables, files, and even a full sized plastic hanging skeleton out of our way each time. Participants had to bring their strollers upstairs and park them wherever they could. It was difficult to negotiate all these barriers, and the program had only a few participants that first year, but we felt that they were clients who had much to gain, and the gains were visible. Our first-year start-up funding was not used up in one year, so we were given a second year.

In the spring of that first year, we were invited to use, for free, space in a community centre run by Mennonites. Our new partners were warmly welcoming, and the program time changed to Monday mornings. The program space was a downstairs gym area, large and suitably bare, and right next to the kitchen, with storage for our mats and other things in the same area. However, the short set of steps at the end of the room, the chilliness of the below-ground-level floors, the fact that the cleaner often did not arrive in time to make the space suitable for the program, and the fact that the food bank had to set up immediately after our program all were challenges.



Photograph by Anna Peters Wehking

In 2001, the Health Centre opened up a satellite clinic at nearby "Mission Services" (an inner city social services organization), and space became available upstairs from the satellite in the former school building. Again, there were challenges, as the kitchen was downstairs from the program space, and participants had to wind their way through clients waiting at the local emergency foodbank across the hall (which provides food for many, including recently released inmates of prisons and mental health institutions). But our room was large and well lit by big windows, washrooms were attached to our space, and it was usually clean when we got there, *and* for the first time we had a space to which the older children could move during the story and an ECE to supervise them. We have stayed here until spring of 2005, during which time we have built a stable core group of families who benefit greatly from our program. During this time also, the Executive Director of the Health Centre visited the program, and thereafter we have been in the clinic's core budget, no longer scrounging for funding.

It has been challenging to build up a group of participants. The

neighbourhood is diverse and transient. We have never been able to divide into an infant and a 2 to 4 program, so we serve the entire spectrum from 0 to 4, which of course creates challenges of its own. Because families in this need group were not already accustomed to being served, we have not had to contend with waiting lists. We do outreach on a continuing basis to other clinic programs such as “Healthy Mums, Healthy Babies” and parent groups, as well as inviting people straight from the clinic waiting rooms and the food-bank lines and putting inviting notices in the neighbourhood newspaper. We have had a wide range of needs to address: single teen mothers with significant personal challenges; a family with a borderline autistic child (whose first words were to finish a rhyme from the program); a very needy mum with more and more children, an itinerant family so needy that we once spent an entire session simply trying to get clothing and food for the children; a staff member of the clinic; two families with adopted Vietnamese children seeking to find ways to enhance bonding; several ESL families; a few dads; and various families with a variety of needs.

Our staffing has had a few changes as well: we began with two teachers and an apprentice, who was a rock with regard to connecting clients to other resources in the community. By autumn of 2003, the demands of the Director role at P-CMGP meant that Glenna could no longer also teach in Hamilton. The program continued with two teachers. In the fall of 2004, staff changes at the

health centre meant that one teacher left and a new apprentice joined the program.

Some of our successes include several mums who formed a communal kitchen, getting together once a week for the children to play while the adults make the week’s meals together; two single mothers moving in together to share expenses and parenting; one very personally needy mother expanding to do volunteer work in several community programmes; and all of the parents whose children enter school remaining involved in their child’s education. The program is run on the Two to Four Program model and one of our stated goals is for the children to learn “appropriate social snacking behaviour”, and indeed they now help to distribute the plates and napkins, and take turns and share well. We have also observed that cooperative play in the playroom is more advanced than is usually seen for the age group. This fall we start up in an unknown location, as the building is being renovated and our space disappearing; challenges are ongoing, but the program carries on.

Carol Leigh Wehking
Rhyme Time, a Parent-Child Mother Goose Program®
At North Hamilton Community Health Centre
Hamilton, Ontario

What P-CMGP parent participants say about us (from the Spring Term Participant Response forms from Toronto programs)

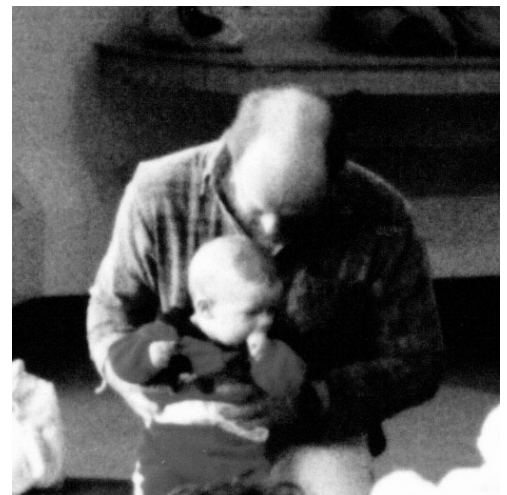
What has coming to the program meant to you? To your child?

‘It has been a life line for me. Had there not been this program for me I wouldn’t meet other parents, see my child develop by learning through play and most of all feel very good about being a new mother.’

‘Interaction with children his own age taught him to play with children nicely [and] overcome his shyness with adults. He’s learned to communicate better with us at home.’

‘It has meant a lot, we made friends, [we are] no longer isolated, [we are] exposed to different cultures, my daughter has become very social.’

‘It’s been great to meet the other parents, as well as learning new rhymes and songs. For my son, the social element of other kids has been good for him too.’



Photograph by Anna Peters Wehking

Magic Moments

A parent called the national office some-time ago looking for a program in her area to attend with her child. When asked how she found out about P-CMGP she said that her friend in Australia drives 150 km every week to attend a P-CMG program there and she LOVES it—says it’s the high-light of her week and her friend has urged her to find a program here.

- this Magic Moment comes from Cindy White, P-CMGP Membership and Workshop Coordinator



Photograph by Harriet Xanthakos

A Cat Rhyme

- sent by Kate Jarrett, Peterborough P-CMGP

The cat's in the tree
Oh, oh, too high *stretch arms high*
The cat's jumped down to the ground
Oh, oh, too low *stretch arms low*
The cat's jumped onto my lap
Oh, oh.....just right! *nice hug!*

Kate’s suggestions for use: I think it would be a lovely lap rhyme with infants, could also be a bouncing rhyme for older babies, and older children could definitely have fun acting and stretching and coming home for a hug. The possibilities are endless, as always!

Mosquito One

Mosquito one, mosquito two
Mosquito jump in the hot callaloo

Light the lamp, mosquito come,
Pinch him bottom, out the lamp

Mosquito one, mosquito two
Mosquito jump in the old man’s shoe

Baby canna walk, baby canna talk
Baby canna eat with a knife and fork

THANK YOU to the volunteers who have worked on committees, written articles, edited, planned, and thought about how to make things work better – you make such a difference and we are grateful for all you do!

Jane Cobb
Beth Hutchinson
Doreen Hamilton
Naomi Harris
Scott Lambertson

Celia Lottridge
Sheila Noonan
Tania O’Brien
Matthew Rice
Ken Taylor

THANK YOU to generous donors whose support allows us to continue offering this wonderful program.

Dianne Blewett
Jean O’Grady
Dana Brynelsen

Alys Wardlaw
Nayer Vaghari-Mehr

Mennonite Foundation Canada
Milton and Ethel Harris Family Foundation
Leonard Wolinsky Foundation

Brain Food

Acka backa soda cracker
Acka backa boo
Acka backa soda cracker
Up goes you
Acka backa soda cracker
Acka backa boo
Acka backa soda cracker
I love you!

In this consumerised world of ours in which there is a product for everything, we (I use the term loosely) are becoming preoccupied with products that will make our babies and young children smarter, emotionally superior, physically agile, ready, not only to succeed, but to be better. Every week there are advertisements for products and packages and programs that promise to make my baby's brain bigger and better. (Bigger is always better in North America, unless one is worrying about weight, and then bigger is bad.)

But perhaps, just perhaps, focusing on bigger and better brains makes us take hold of the wrong end of the synapse. We can know that the brain is the only organ of the body which is incomplete at birth and that early experiences, positive and negative, dramatically influence the formation of synapses. We can know that the pathways formed by synapses influence everything from the ability to form relationships to the ability to recognise numbers. *And* we can continue to focus on the development that happens through relationship. We can concentrate, too, on appreciating a diversity of intelligences and working from participants' strengths.

Doing the program well and focusing on the interactions between parents and their babies will foster nurturing, bonding and healthy relationships between the babies and the adult(s) who care for them. *This* is the brain food that infants and children need. As we focus on cuddle ... communicate ... connect ... we help to provide the heart of what babies need.

Cuddle ...

Infants first know they are loved through touch. Without nurturing touch, infants can't develop. Later, the comfort of touch gives security in situations that are new or strange. Holding and rocking a baby also provides the comfort of the parent's heartbeat, warmth, smell and voice.

Communicate ...

Gazing at one's child while holding her in one's arms is the first communication. Singing, chanting rhymes, playing with sounds, peek-a-boo games, and other positive language-based interactions with people, especially parents, are as important to a baby's growth and development as milk, fruit and vegetables.

Connect ...

Positive interactions within a loving, consistent relationship lead to a secure attachment relationship. A secure relationship helps to offset and provide the resiliency for handling stress throughout life, and develop the capacity to form and maintain relationships with others.



Photograph by Harriet Xanthakos

And, don't forget that in the P-CMGP doing everything at least twice has a good reason! *Repetition* is necessary to healthy development. So as you work with parents in the program, model **Cuddle**: hold and rock and caress again and again; **Communicate**: sing and rhyme and play again and again; and remind participants that doing these things will help them **Connect** with their baby.

Glenna Janzen, Executive Director

Your Grandma and My Grandma Connecting cultures through the Parent-Child Mother Goose Program®

Here is a new workshop focusing on using multicultural material in the Parent-Child Mother Goose Program®. There are a great variety of ways to explore this fascinating area to benefit parents and babies in a P-CMG Program. This workshop shares the knowledge and inspiration we have gained so far.

P-CMGP teachers working in any language or culture are welcome to come and bring your questions and ideas as well as your enthusiasm for building a broader base for teaching your P-CMGP Programs. We know that many of you are running programs involving parents and babies from diverse cultures around the world. None of us can teach rhymes from all these cultures but we can learn effective ways to invite and welcome participants to tell us and each other, the rhymes, songs and stories they know. In this way we honour everyone's knowledge and invite a richer experience for all.

Your Grandma and My Grandma
Were sitting by the fire
Your Grandma said to My Grandma
You're gonna set your hair on fire

Talk about hey now, hey now, hey now, hey now
Iko Iko Inay
Talk about a fina anaday
Talk about a fine day

- Ruth Danziger, Toronto Regional Coordinator

When: Friday February 24th 9:30 – 4:30
Where: 720 Bathurst St. Toronto

NEW!

FOUR POSTERS from the Parent-Child Mother Goose Program® and ETFO!

Clear, simple messages on the value of interactive, oral language play with original artwork by Marilyn Koop. Use these 11x17" posters on their own and as a set.

Rhyme with your baby
Sing with your baby
Everyone needs a lullaby
A story is a treasure to share

Available from the office: \$5.50 each or \$17 for the set
plus
Postage & Handling: \$2.75 each or \$3.45 for the set
Total: \$8.25 each or \$20.45 for the set



JOB POSTING

The Parent-Child Mother Goose Program® is seeking a new Executive Director.

To receive the job posting for application information or to pass on to potential applicants, contact Dorota at 416.588.5234 or mgoose@web.net

New Brochure!

Here is a sneak peak at the new beautiful P-CMGP brochure! It will soon be available to members in electronic format with space for local contact information. It features clear design, eye-catching colour and clear concise message about who we are.



WELCOME TO THE PARENT-CHILD MOTHER GOOSE PROGRAM POSTERS

This year we are sending a beautiful Welcome to the Parent-Child Mother Goose Program poster to all new and renewing members! If you are a member with a membership starting after June 30th, 2005 and you have not received one yet, fear not, we will be sending one to you soon.

PROGRAM REPORT ON THE WEB SITE

The *new* Program Report is available on the P-CMGP web site. This is a pdf fillable form that you can fill out and send in to us. We are piloting this new form and method. Please send us your feedback – it is *always* important to know how things are working for you, our members.

VISA PAYMENTS

We are happy to let you know that we are now able to accept VISA payments for workshops, resources and membership.

ONE MAN'S TRASH IS ANOTHER'S TREASURE! OUR WISH LIST

Below we have listed a few things which would help us out greatly at the national office. If you would like to donate any of the items on the list, give us a call at the office. We will be very happy to hear from you!

Desk chairs, Multi line phone, Keyboard Trays (3), Glare reducing blinds

Note: The Building on your Experience Workshop has changed its name to Rhymes and Songs in the Parent-Child Mother Goose Program®. Check out the information on the web site or call the office.

Cuddle Bug

Cuddle a Bug in a towel
Cuddle a Bug in a rug
Cuddle a Bug in his own little bed
Till he's snug in his own bug hug.
- Dennis Lee

UPCOMING WORKSHOPS

Rhymes and Songs in the Parent-Child Mother Goose Program® Workshop

BC

- ◆ New Westminster, September 17, P-CMGP in BC, Beth Hutchinson, 604.660.0675, mgoosebc@bccf.bc.ca

INTERNATIONAL: AUSTRALIA, VIC

- ◆ Melbourne, October 16, Knox City Council, Janene Swalwell, janene.swalwell@knox.vic.gov.au

Storytelling in the P-CMGP Workshop

ON

- ◆ Whitby, September 30, OEYC YMCA Pickering, TerriAnn Irwin, 905.619.4565, terriann.irwin@ymca.net

INTERNATIONAL: AUSTRALIA, VIC

- ◆ Melbourne, October 17, Knox City Council, Janene Swalwell, janene.swalwell@knox.vic.gov.au

Teacher Training Workshops

BC

- ◆ Smithers, October 15 & 16, Smithers Public Library. Shelagh Bain, 250.847.2026, bainer@telus.net
- ◆ Salmon Arm, October 24 & 25, Okanagan Regional Library, Amy Smith, 250.832.6161, asmith@mail.orl.bc.ca
- ◆ Victoria, November 3 & 4, Victoria Native Friendship Centre, Sally McLean, 250.384.3211, sally.aidp@vnfc.ca

MB

- ◆ Winnipeg, November 2 & 3, Winnipeg School Division, Dianne Blewett, 2047.474.1513, dblewett@wsd1.org
- ◆ Winnipeg, November 29 & 30, Bookmates Inc., Colleen Balsillie, 204.582.1804, cbalsillie@mts.net

ON

- ◆ Toronto, P-CMGP National Office, September 16 & 17, Cindy White, 416.588.5234, pcmgpmemb@bellnet.ca
- ◆ Whitefish Lake, September 1 & 2, Whitefish Lake First Nation, Diane Bob, 705.692.3674, mehalth@wfn.com
- ◆ Whitby, September 23 & 24, Whitby YMCA OEYC, Judy Tryon, 905.666.4794, judy.tryon@ymca.net
- ◆ Toronto, September 29 & 30, OEYC Rouge River, Donna Tooze, 416.291.7745, dtooze@mfrfc.org

NL

- ◆ Labrador City, September 28 & 30, First Steps Family Resource Centre Inc., Lisa Blackmore, 709.944.7477, firststeps@crstv.net

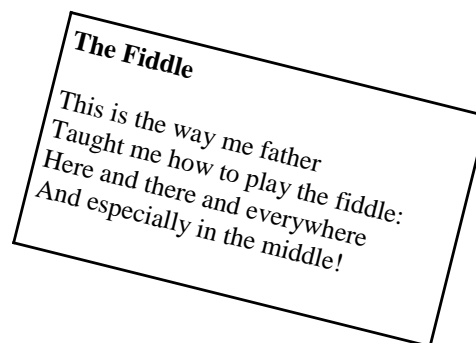
INTERNATIONAL: AUSTRALIA

WA

- ◆ Perth, October 3 & 4, Extra Edge Services, Louise Gray, louise@ees.org.au
- ◆ Perth, October 6 & 7, Extra Edge Services, Louise Gray, louise@ees.org.au

VIC

- ◆ Casey, October 10 & 11, Knox City Council, Janene Swalwell, janene.swalwell@knox.vic.gov.au
- ◆ Melbourne, October 13 & 14, Knox City Council, Janene Swalwell, janene.swalwell@knox.vic.gov.au
- ◆ Broadmeadows, October 19 & 20, Knox City Council, Janene Swalwell, janene.swalwell@knox.vic.gov.au



P-CMGP National Office Staff

Glenna Janzen, Executive Director
Ruth Danziger, Toronto Region Coordinator
Cindy White, Membership and Workshop Coordinator
pcmgpmemb@bellnet.ca
Velrina Alexander, Admin Support
Lily Kerr, Accountant
Dorota Dziong, Office Manager, mgoose@web.net

Parent-Child Mother Goose Program®
Programme la Mère l'Oie pour parents et enfants ^{MD}
720 Bathurst Street, Suite 500A, Toronto, ON M5S 2R4
Phone: 416-588-5234 Fax: 416-588-1355
E-mail: mgoose@web.net
www.nald.ca/mothergooseprogram