



*A trip to Australia! To visit the Parent-Child Mother Goose Program there
October 23 – November 14, 2009*

A variety of individuals in Australia heard about the P-CMGP, convinced others of its value and organized some initial training workshops in 2003. Programs got started. In 2006, Glenna Janzen, the Executive Director of P-CMGP at the time asked me to work with her in delivering additional training. As well as leading training workshops and discussing organization, one Australian workshop facilitator was certified.

In 2009, they wanted to have visits to some of their key programs, additional training, input into their organizational work and 2 new trainers certified. I was asked to do this work.

I said yes! And so it was that on October 23, I flew across that great big ocean and landed in Melbourne.

They were very well organized and welcoming. I was able to visit programs, lead workshops, work with all of the current and hopeful facilitators, discuss program organization and Canada-Australia relations. The work was interesting, fun and I met so many great and interesting people. The workshops involved participants from three states and were held in Melbourne, Wodonga and Echuca (smaller centres in the state of Victoria). The workshop in Echuca was hosted by the Njernda Aboriginal Corporation and was open to Aboriginal participants only.

The development of the P-CMGP in Australia has reached a stage that they are ready to form a new relationship with the Canadian program. The details of this arrangement are beginning to be worked out.

We all hope to continue with a mutually advantageous relationship that involves sharing of ideas and research, that involves mutual support and that involves some visiting back and forth from time to time.

It was a fantastic opportunity for me to travel across the world (twice), to notice the similarities and differences between Canada and Australia and to get to know people who are as committed and passionate about the P-CMGP as we are. I look forward to the ongoing relationship between our programs. **(Continued page 2)**

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Mother Goose Around the World ...

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And, did I learn a few new rhymes?

YES, I did and here are three for you.

Steam Train

Coffee, coffee x2

Cheese and crackers x2

Suet pudding x2

Beef and carrots x2

Fish and chips x2

SOOOOUP!

This rhyme starts off slowly, like a train and gains a bit of speed with each line. The SOOOOUP is like blowing of the whistle, making a dramatic ending. Yes, of course, you can change the foods to make them fit and to have fun.



Up in the Air

Up, up in the air like this

Down, down for a great big kiss

Up like this

Down for a kiss

You're my special little baby.

And this one is just pure sweetness!

A Big Mac Truck

A big Mac truck

A big Mac truck

a tiny little Mini and a

big Mac truck

(do twice)

a racing car, a racing car

a tiny little Mini and

a big Mac truck

(do twice)

To the tune of A Ram Sam Sam; this is a big favourite in certain circles. Big driving actions for the Mac truck, little ones for the Mini and then the racing car whooshes through the air with the adult/child's hand.

What our Teachers Say

I love rhyming and singing, and I enjoy storytelling more and more. They bring parents and children together, and people in general together. They have the universal power to channel love, knowledge and experiences, to stimulate, intrigue, make you wonder, imagine and embrace, express, share and learn.

Amalia David,

East York East Toronto Family Resources, Toronto

Please keep in touch with us:

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Beth Hutchinson, January 2010

... Mother Goose Across Canada ...

Peterborough Parent-Child Mother Goose Celebrates Community Partners

Peterborough, Ontario is a community of about 75,000 and located an hour's drive northeast of Toronto in the beautiful Kawartha Lakes region. Since 1998, Peterborough Parent-Child Mother Goose (PP-CMG) has been offered more than 75 programs in the city and surrounding county as an independent and very small grassroots organization. Although we have had no umbrella agency to help with administration and funding, we have partnered and found financial support through many local service clubs, foundations and agencies, including our local health unit's Infant/Toddler Development Program, the Ontario Early Years Centre, and the City of Peterborough.. Over the last few years, Dr. Elaine Scharfe from Trent University's Psychology Department, has been conducting research on the program, looking at attachment, security, child development, and parenting satisfaction.

One of the outcomes of our Trillium grant and wonderful partnership with Kinark Child and Family Services from 2005-2008, was among other things, exploring a fee-for-service model with local agencies. But this did not come to pass immediately. And so we just continued on promoting and maintaining the core philosophy of Parent-Child Mother Goose in our programs. During this time, we did achieve a level of recognition and respect from those working in the field of services to children and families. We also became a program that was in high demand by those in the community. Our waitlist just kept growing and growing. Parents would call in as soon as they found out they were pregnant. Constantly looking for funding was wearing us down. As a very small collective of three to four teachers and a part-time administrator, we were on the verge of burnout. When our Trillium/Kinark support drew to a close, we were literally ready to put Peterborough Parent-Child Mother Goose to bed for good - rhyming and singing all the way of course, but barely able to keep our eyes open.

Added to this was the growing use of rhymes and songs in programs offered by other groups. Back when we started up, no one was doing this type of work. And yet we knew that what we offered was unique. We use the rhymes, songs and stories as ways to enrich relationships, especially between a parent and a child. Did anyone care? And so the question remained - was there still a place for us in the community?

Enter three community agencies – Peterborough Public Library, the New Canadians Centre and the Children's Aid Society. Each has rekindled our enthusiasm for what the P-CMG program is and its' potential to change family's lives in a positive way.

The Peterborough Public Library and the New Canadians Centre.

Since 2007, the Peterborough Public Library (PPL) and the New Canadians Centre (NCC) have supported five Parent-Child Mother Goose programs. PPL sees it as an opportunity to welcome ESL families into the building itself and encourage their participation as library users. The NCC sees it as a positive way to provide links to social supports for their clients and help integrate them into the larger community. Our immigrant population is still small in Peterborough, but it is growing. The NCC provides up to eight families for the group and the library fills in the rest with Peterborough families. Funding of the program is provided by the Friends of the Library and the New Canadians Centre. The basis of our weekly gathering is Parent-Child Mother Goose in all its wonderfulness. But there is much more that enriches this particular program. There is the support and interaction between our local families and those newly arrived to Peterborough from other countries, for example. Community-building at its best and happening on a weekly basis. And what a subtle and wonderful way for our ESL families to practice their English, while at the same time sharing rhymes and words from their own languages.

... Mother Goose Across Canada ...

Peterborough Celebrates Community Partners - continued from page 3

One of the joys of the P-CMG program is what we learn from our participants. The simple and lovely song *Yo Te Amo*, for example, has helped us learn to say "I love you" in many languages - *Ni-kukonda (Nyanja)*; *Mina laraam (Pashtun)*; *Wah ai nee (Chinese)*; *Unnai puddikum (Tamil)*. Our families love the story of Mother Mouse who uses her second language to outwit her enemy with courage and pride. In our storytelling sessions, we provide a time for parents to share their stories. These might include how they came to name their baby, or a favourite food or song memory. These are told to a partner who then retells their story to the group. Telling, listening and retelling –storytelling skills are being developed and supported while building group cohesiveness. The voices of our participants speak best to how they view the program:

From our New Canadian families:

"The program let me know more ways, more songs to sing to my baby, help him sing, speak, react to my songs and motion. I will miss the caring environment, the happy and active kids with different colours."

"It taught me how to play with my children. I will miss how you meet people with some values and compassion for children. When I come here, I have no stress."

"We love the happy tickle and hug time, singing and the sharing."

"For me as a newcomer to Peterborough, I felt at home among other participants. I will miss the friendly crowd and the bouncing/dancing babies and children."

"I socialize with other parents and kids. I learn about other culture, background and a little bit language. I am happy in the program. My son enjoyed being hugged and loved by mom while singing."

From our Peterborough families:

"More than anything it has enabled us to connect with families and learn and celebrate different cultures and experiences and is truly unique compared to other programs."

"It was nice to have a regular program to attend that was so welcoming. A chance to get to know people I may not otherwise have had the opportunity to. I also really liked that we were called the day before and were always offered a drink of water, coffee, etc. It is nice to feel taken care of sometimes!"

"A lovely, relaxing way for us to spend a morning together. I love the kids having a chance to meet children from different countries who now live in their community."

"We have developed new friendships, learned a great variety of songs and rhymes and it has provided us with one day in the week that we can count on having fun socializing, singing and playing in an enriching environment. I loved taking the songs and rhymes home with us and spending time with other parents in a really warm and inviting environment."

This particular program has been short-listed for an Angus Mowat Award of Excellence through the Ontario Public Library Association, which identifies and promotes creative public library service ideas. We are also in the process of apprenticing the children's librarian - an important staffing link for the program's continued success and profile in the community.

The initiative and support of the Peterborough Public Library and the New Canadians Centre is most encouraging. After all these years, it is inspiring to see the Parent-Child Mother Goose program find a meaningful place in the lives of our multicultural community here in Peterborough.

... Mother Goose Across Canada ...

Peterborough Celebrates Community Partners - continued from page 4

Children's Aid Society (CAS)

Although we have provided spaces for Children's Aid Society clients in our community based programs over the years, we have now moved into a new model of partnership with this agency. A senior administrator at CAS, who is a past participant herself and a strong supporter of the program, has secured funding to provide it to high risk families they serve. Knowing that Parent-Child Mother Goose started with CAS clients back in 1984, it is heart-warming to have the program return to its roots, here in Peterborough.

There are some differences for us in delivering this P-CMG program, however. Not only are families required to attend, it is actually held at the CAS – a space that has a negative association for many of them. Our other programs are held in friendly, donated community spaces and parents can't wait to come each week. Our CAS parents often arrive angry and resentful. We have to work hard to create an atmosphere that is welcoming, consistent, supportive and non-threatening under these circumstances.

We are clear from the beginning that we are not CAS affiliated, and are merely there to provide the program. We have two paid teachers, two paid childminders and two volunteer research students. We maintain a strong liaison with the agency, including meetings before and after each ten week session. We ask that a staff member sit in on our end of session evaluation each week. This is important for ongoing communication and a way to pass along small, but important observations. We delight in sharing the positives we see as the parents become more comfortable with each other, their babies and with the material we teach. These very young mothers and fathers are learning the rhymes and becoming role models for their harder to-reach-peers. It takes time, but it happens. As their children begin to naturally respond to the rhymes and songs,

the parents see how easy it is to distract, soothe and cuddle them. Here, their voices can be heard and their opinions respected. Sharing time, both at the beginning and during the storytelling portion, encourages listening opportunities and allows for some positive social interactions as well. We continue to develop open ended questions as a response to their need to share their stories and their experiences. Food (snacks are healthy and always beautifully presented) and having transportation provided, are big draws as well.

The program is by far one of the most challenging to lead. The truth is, these families live in constant chaos. Phone numbers and residences change on a regular basis. Court dates often interrupt their attendance. Many of them only have access to their children while they are attending the program. These are young parents of young children who were never really parented themselves. Some have addiction problems. They come with a lot of baggage and attitude, and yet an incredible amount of resilience and strength. But, despite all this, it is also one of the most amazing and powerful programs to be part of. As a result of participating in the program, families have regained custody of their children. Some are asking to continue on to the next program because they want to come back. This helps establish a positive atmosphere for those just starting. Supported by the agency, Dr. Scharfe is continuing her research which now includes a gift certificate incentive to complete the questionnaire at the beginning and end of each ten week session.

We also found that doing an oral evaluation on the phone at the end gave participants a chance to respond verbally and feel valued for their input – a rarity in their highly micro-managed lives. Here is a sampling of what we heard:

"It has taught me how to get my child in a better mood. Now I'll sing songs to her."

... Mother Goose Across Canada ...

Peterborough Celebrates Community Partners - continued from page 5

"Enjoyed being around other young mothers in my situation – so I didn't feel so alone. Good to have something to look forward to."

"The one thing my son and I had, one day a week, that was just for us."

"I liked the check in with people and the Name Song and the children's reaction to hearing their names."

"I will miss the group of people we got used to, and that it became part of my weekly schedule."

"Helped me get my baby with other kids in the community and nice to learn other songs and things to do with him."

And so, Peterborough Parent-Child Mother Goose takes flight once again. With renewed financial support and dedication from our partnering agencies, we are able to provide the program to isolated, needy and targeted groups in our community. Whenever we have doubts about what we have to offer, we return to the roots of the program and the document, "At the heart of Parent-Child Mother Goose". We are then reminded that there is indeed a place here for us to foster cuddling, communicating and connecting through rhymes, stories and songs. We have our community partners to thank for that.

Kate Jarrett
Peterborough Parent-Child Mother Goose
kate.jarrett@sympatico.ca

Yo Te Amo:

Yo te amo, yo te amo
All day long I'm going to sing my little
song
Yo te amo, yo te amo
Baby, I love you

... Stories to Share...

Ek se cheri Punjabi

There was a bird and crow

Bird said, "Lets go and grow some wheat."

Crow said....

"You go I will come. *tu chaal mein aundha aya,*

I will put my red shoes. *laal munjhe payundha aya*

I have my fancy walk." *thumak thumak kardha aundha aya*

The bird was done with growing the wheat.

Crow never showed up.

The bird said, "Shall we go and water the wheat?"

Crow said....

"You go I will come. *tu chaal mein aundha aya,*

I will put my red shoes. *laal munjhe payundha aya*

I have my fancy walk." *thumak thumak kardha aundha aya*



(Continued page 7)

... Stories to Share continued ...

(continued from page 6)

The bird said, "Shall we go and mow the wheat?"

Crow said....

"You go I will come. *tu chaal mein aundha aya,*
I will put my red shoes. *laal munjhe payundha aya*
I have my fancy walk." *thumak thumak kardha aundha aya*

The bird was done mowing the wheat.

Crow never showed up.

The bird said, "Shall we go and cut the wheat?"

Crow said....

"You go I will come. *tu chaal mein aundha aya,*
I will put my red shoes. *laal munjhe payundha aya*
I have my fancy walk." *thumak thumak kardha aundha aya*

The bird finished cutting all the wheat.

But the crow never showed up.

The bird said, "Shall we go and separate the wheat and hay?"

Crow said as usual....

"You go I will come. *tu chaal mein aundha aya,*
I will put my red shoes. *laal munjhe payundha aya*
I have my fancy walk." *thumak thumak kardha aundha aya*

The bird was done with separating all the wheat and hay.

Crow never showed up again.

The bird said, "Lets go and divide the wheat and the hay among both of us."

The Crow started to get ready fast:

He put on his red shoes. *laal munjhe payundha aya*
He started to walk fancy *thumak thumak kardha turr pandha hai*

He took all the wheat for himself and gave all the hay to the poor bird.

After a short while it starts to rain so heavy with hail.

The bird flies to the hay and hides there until the rain stops and crow dies in the pile of wheat. The bird takes the wheat and the hay all for herself.

Story in Punjabi and English

By: Satnam Parhar, parent from Highfield Community Enrichment P-CMGP

Photo: Highfield P-CMGP



AGM update

On November 19th, 2009 the National Council of the Parent-Child Mother Goose Program held it's AGM by teleconference. Members of Council and interested members of the organization were able to hear about the successes and challenges of the past year where we have been managing the National Organization 'virtually' with a dedicated group of volunteer Council members spread across the country. We are all working hard to bring the programs from across the country together, keeping them connected while ensuring the quality of the teacher training and program facilitation that is taking place. The National Council is looking forward to another great year ahead and is thankful for the work of the Region Directors in BC and Toronto as well as our Teacher Trainers who are our ambassadors for the program.



Members at the Toronto's Annual General Meeting are treated to Sharon Li's Cantonese story-rhyme about a tiger. The Toronto P-CMGP held it's AGM on Friday, December 4th, 2009 at the P-CMGP Office in Toronto at 720 Bathurst St.

Mother Goose News

To all members of the Parent-Child Mother Goose Program,
Past, Present and Future:

Membership in our organization is concrete and meaningful way of supporting the network of Parent-Child Mother Goose Programs that extends across Canada and beyond.

In the twenty years and more I have been involved with the Parent-Child Mother Goose Program, I have had the pleasure of watching our programs grow and flourish in more and more communities! I know that we are all united in our effort to provide this unique program to families who need and love it.

The Parent-Child Mother Goose Program is powerful because it creates connections between all the people involved: parents, children and teachers. It is vital that we also to keep the connections among the many programs and the central organization strong. Your membership will be part of this strength.

Your agency membership or individual membership will also ensure that you will receive news about the P-CMGP organization, our resources and workshops and the experiences of others who are involved in running programs in Canada and in other parts of the world. An agency membership will ensure that your program is listed on our website so that parents can locate it.

I hope that you will become a member or renew your membership very soon.

Thank you for your support.

Sincerely,

Celia Lottridge

Leg Over Leg (lively version):

Cross my legs on the way to Dover,

I do a little jig

And then roll over

Stamp my feet to the funky beat

I jiggle around and

Then I eat my feet.

Written by a parent

Submitted by: Wendy Burgess,

Many Rivers Counselling and Support Services, Whitehorse, YT

The Wise old Kokum of the Woods *Kokum means grandmother in Ojibway*

The Wise old Kokum of the Woods
She had 10,000 friends

They all went up to the top of the hill
And they all went down again.

And when they were up they were up
And when they were down they were down
And when they were only half way up
They were neither up nor down.

They all went to the left
They all went to the right
They all went round and round and round
Till they all went out of sight!

(adapted by Frances Ravinsky and Ruth Danziger)

Newsletter compiled by Giselle Carter

Training Opportunities

Alberta

TEACHER TRAINING WORKSHOPS

- **Calgary**, Families Matter, April 22 & 23, 2010, Corinna Totino, 403 205 5197, corinnatotino@familiesmatter.ca

British Columbia

TEACHER TRAINING WORKSHOPS

- **Williams Lake**, Cariboo Chilcotin Partners for Literacy, March 5 & 6, 2010, Sheila Cohen, 250 392 9458, sheilacohen@hotmail.com

STORYTELLING WORKSHOPS

- **Williams Lake**, Cariboo Chilcotin Partners for Literacy, March 4, 2010, Sheila Cohen, 250 392 9458, sheilacohen@hotmail.com



Manitoba

TEACHER TRAINING WORKSHOPS

- **Carmen**, Healthy Child Coalition Central Region, March 2 & 3, 2010, Tracy Bamford, 204 242 4598, hcc-cr@mts.net

Ontario

For all Ontario workshops, contact Natalia Crowe, 416 588 5234 x 21, mgoose@web.net

TEACHER TRAINING WORKSHOPS

- **Toronto**, National Office of the P-CMGP, [February 19 & 20, 2010](#)
- **Toronto**, National Office of the P-CMGP, [April 16 & 17, 2010](#)
- **Toronto**, National Office of the P-CMGP, [May 28 & 29, 2010](#)
- **Toronto**, National Office of the P-CMGP, [September 24 & 25, 2010](#)
- **Toronto**, National Office of the P-CMGP, [November 12 & 13, 2010](#)

STORYTELLING WORKSHOPS

- **Toronto**, National Office of the P-CMGP, [March 6, 2010](#)
- **Toronto**, National Office of the P-CMGP, [October 15, 2010](#)

YOUR GRANDMA & My GRANDMA WORKSHOPS

- **Toronto**, National Office of the P-CMGP, [February 26, 2010](#)

Deem chung chung

Deem chung chung
Chung chung
Fay!
*Transliteration of spoken
Cantonese*

English version:

One little bug
Way over here,
One little bug
Way over there,
They see each other,
Fly and fly
Hello! Hello!
Good-bye! Good-bye!

*from Bounce Me Tickle Me Hug
Me, The Parent-Child Mother
Goose Program 1997*

Share your program with the rest of the P-CMGP Network!

Write about your program for the Network News newsletter. It brings joy, strengthens the network and creates new energy when you share your stories across Canada and Australia. We love to include your stories, pictures and news. Please send submissions to Nancy Thurston, Communications Committee Animator: nancy@ns.aliantzinc.ca

SUPPORT THE PARENT-CHILD MOTHER GOOSE PROGRAM!

BECOME A MEMBER

A strong membership demonstrates that our unique program has community support
As an informed member, you can be a voice for the program
Your questions and comments help us develop our resources, programs and outreach
Membership period is January 1st to December 31st

Friends of Mother Goose \$25 (Interested individuals who are not affiliated with a registered Parent-Child Mother Goose Program)

- Receive 3 newsletters each year, including early notice of new publications
- Receive results of research and professional studies of the program
- May photocopy newsletter and other mailings to distribute to staff members
- Attend Annual General Meeting and elect National Council
- Receive invitations to programs and events

Program and Agency Members \$35 (Includes International Members)

In addition to the above benefits, Program Members:

- Use the registered trademarked name and logo
- Participate in program research
- Send regular reports to support advocacy and help develop new resources and training
- Receive brochure electronically to assist with program promotion and outreach
- Post your program on the website

MAKE A DONATION

We thank you for recognizing the lifelong value of the Parent-Child Mother Goose Program. You are helping us build a stronger, healthier and happier community by making the program accessible for Canadian families regardless of ability to pay. You will receive a tax-deductible receipt for your donation. Our Charitable Registration Number is 859460842 RR0001.

Name _____ E-mail _____
Mailing Street Address _____
City/Town _____ Province _____ Postal Code _____
Phone (____) _____ Fax (____) _____ (optional)
Membership fee \$ _____ Associate Member Program Member
Donation \$ _____
TOTAL PAYMENT \$ _____
Payment Method: Cheque Visa MasterCard
Card number: _____ Expiry (MM/YY) _____
Name on Card _____ Signature _____

Mail to:

The Parent-Child Mother Goose Program
720 Bathurst Street, Suite 500A
Toronto, Ontario
Canada M5S 2R4

Or fax to: (416) 588-1355

Or email to: national@web.net

www.nald.ca/mothergooseprogram

cuddle ... communicate ... connect