



April 2005

Parent-Child Mother Goose Program®

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

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

As a small non-profit organization, The Parent-Child Mother Goose Program is continually faced with issues related to long-term sustainability for our unique family support program. We have recently completed telephone interviews and a web survey with individuals and organizations from our community of stakeholders to obtain input so that P-CMGP can use its strengths and improve upon its weaknesses.

The feedback we received has provided important data for a national management taskforce that has been asked to design a new business plan for the P-CMGP with the help of Susan Bower Consulting.

The responses received indicate that community stakeholders have:

- very high satisfaction with the content and the process of the P-CMGP
- gained their familiarity mainly through a personal association
- an understanding of the goals of the program

- an appreciation for the increased quality control measures
- an interest in staying connected
- an understanding of the challenges facing non-profit organizations
- the feeling that the P-CMGP has a low profile
- a need for evidence-based outcomes

Thank you to all of you who participated in the survey and interviews. We have had one *webference*, and will meet again soon.

One way for members – and others – to connect with the P-CMGP is to visit the web site. We are currently working at a variety of updates. – Keep checking the site and let us know what you think. www.nald.ca/mothergooseprogram

And in this issue of *Network News*, you can meet one of the Associate Programs in the P-CMGP Network: Rhyme Time: A Parent-Child Mother Goose Program at North Hamilton Community Health Centre. If you have a story to share from your Associate Program, send it to Cindy White, Workshop and Member Support Coordinator, at pcmgpmemb@bellnet.ca, or fax it to the office at 416-588-1355. Cindy is also looking for Magic Moments, stories from programs or stories that show how the program continues to touch people's lives—often years after they participated.

- Glenna Janzen,
Executive Director

In This Issue:

- *Back to the basics of using rhymes*
- *P-CMGP in Prince George, BC: Excerpts from a study*
- *Mother Goose: Is the Old Girl Still Relevant?*
- *Rhyme Time, P-CMGP in Hamilton*

Cuddle ... Communicate ... Connect: Back to the basics of using Rhymes

by Celia Barker Lottridge, P-CMGP Workshop
Facilitator and Training Consultant

The Parent-Child Mother Goose Program came into being because of the simple truth that rhymes can enrich and make smoother the lives shared by babies and adults.

During a session of the program, parents sit in a circle on the floor with their babies on their laps and they do rhymes together. *Doing a rhyme* means combining the saying of a rhyme with actions that fit the meaning and rhyme of the words, bringing great enjoyment to everyone involved.

At home, parents find that the rhymes used in the Parent-Child Mother Goose Program are a pleasure and a help in many situations: comforting a tired baby, distracting a fussy baby or mischievous one, getting through necessary chores such as diaper changing and face washing. In a doctor's office or a bank line-up, or on a long car trip, a few rhymes that the parent and baby both enjoy are more valuable than fistfuls of cookies.

The rhymes that you will learn have been chosen because they are favourites of the parents and babies of the Parent-Child Mother Goose Program. They have been gathered from many sources including the memories of teachers and parents in the program.

No baby is too young for rhymes. The youngest respond to a rhythmic voice, a cuddle, a touch and a smiling face. By the age of four or five months, babies wait with delighted expectation for the climax of a rhyme: a tickle, a hug, or a gentle drop between the bouncer's knees.

Older babies will ask for their favourites by bouncing or waving a foot. Early words often come from beloved rhymes and parents quickly learn what is wanted when a small person says, "Uncle John", or "Criss Cross"!

You will find that the way you use any particular rhyme will change depending on the situation and the age of the child. A rhyme may start out as something to say to

a baby who is too little to speak, and become any or all of the following: familiar words to comfort in hard times, a rousing game, delightful language to share with a child on the brink of speech, a short but satisfying story.

Most important, a rhyme is an always available source of enjoyment for both baby and adult requiring no equipment, suitable for everywhere.

There are no rules for using rhymes correctly. Words can be changed to be more appropriate to your child so that "Here is a little boy" becomes, "Here is a little girl", As for actions, every parent knows that babies have definite preferences. Most love to be bounced, some don't care for it. Some are pleased to be tickled, while others don't like it at all. It is best to start

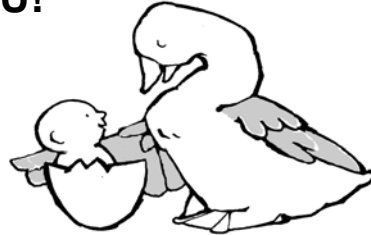
gently, watching your baby to see what he or she loves and responds to. Together you will come up with completely new ways to do your favourites.

Just find a rhyme that appeals to you and try it. Chances are you and your baby will be doing that rhyme for months and years to come. Enjoy yourselves.



Photograph by Anna Peters Wehking

THANK YOU!



Thank you to Kady MacDonald Denton for her generous donation of artwork for a new Parent-Child Mother Goose Program / Programme la Mere l'Oie pour parents et enfants logo. It was exciting and fun to participate in the creative process, and we are delighted with the new logo. Thank you, Kady!

WHO CAN USE THE NEW LOGO?

The new logo provides a unified logo for **ALL** Programs and offices. Use of the logo is governed by the clauses on copyright in the Affiliate Agreement for Associate Programs. If you have questions about this, please contact the office.



Photograph by Harriet Xanthakos

A Story from the P-CMGP Network

Rhyme Time, an Associate Parent-Child Mother Goose Program in Hamilton, Ontario

by Carol Leigh Wehking, P-CMGP teacher at Rhyme Time

Rhyme Time was lucky one morning to have two surprise visitors. I was about to offer my usual line, "You'll have to use the upstairs washrooms during the program", when the look of expectancy on their faces made me think they really did mean to be in the room. It was our MPP and her assistant! Judy Marsales and Jill both sat right down on the mats with us. We had a good mix of new and regular families, and besides a lively time with the rhymes and songs, several families spoke of how they used the material at home and elsewhere. The children made our guests welcome, one or two even trying out the new laps. We were lucky to have an exemplary session, and Judy's response made us feel that she really "got" the programme and how it works. It's nice to have an MPP who cares enough to see the "on the ground" programmes and appreciate their value.



Photograph by Harriet Xanthakos

A favourite rhyme from Rhyme Time: A Parent-Child Mother Goose Program® at North Hamilton Community

Slice, Slice

Slice, slice the bread looks nice
Spread, spread butter on the bread
Some jam on top to make it sweet
And now it's good enough to eat!
Mmmmmmmmmmm ...

The child should lie on the mat face up, feet towards the parent.
Stroke gently down each side of the child's body
Smooth over the child's tummy
Stroke the top of the child's head
Kiss fingers, toes, tummy and nose, etc.

Some rhymes and a song to share...

Bangor Boats Away

Bangor boats away,
We have no time to stay
So row your boats, row your boats
Bangor boats awaaaay!

A knee bouncing rhyme – It works best with the child facing you. On “so row your boats” lean back and make a rowing motion. On the last line, hold child under his arms and lean him way back.

A circle game – Hold hands and march around to the first two lines. Drop hands and walk into the centre making rowing motions. On “awaaaay” Take hands and hurry around the circle again.

Down at the Bottom of the Deep Blue Sea

Down at the bottom
Of the deep blue sea
Catching fishes for Jennifer's tea
One, Two, Three ...!

Down at the bottom
Of the deep blue sea
Catching fishes for Joshua's tea
One, Two, Three ... !

A knee rhyme – Hold child's hands. Sway your knees from side to side. On “one, two, three” lean her back and dip her two little dips and then way down.

Sleep My Darling Moon (An Urdu lullaby rhyme for rocking)

Sleep, my darling moon
Sleep
Sleep calls to you
So sleep ...
Your mummy says
Go to sleep.
Sleep, my baby
Sleep
My lovely child
Sleep



Illustration by Bushra Junaid

*Soja chanda soja
Meri raj dulari soja
(Mere raj dulare soja)
Tuje nindiya sataye soja
Tuje mamta pakare soja
Soja chanda soja
Meri raj dulari soja
(Transliteration)*

The Parent-Child Mother Goose Program® in Prince George, BC

excerpted from Prince George Parent-Child Mother Goose Society Program® Study

by Danielle Sykes, Prince George P-CMGP

In October 2001, the *Make Children First* Speech-Language Pathologist identified a need for a collaborative community strategy for the Mother Goose Program. A single strategy would balance community-based programs with client-based programs and would increase the sustainability of Mother Goose in Prince George. The idea generated a lot of interest, and after the Community Educator presented to the Chamber of Commerce in early 2002, the Children's Librarian at the Public Library became involved with Make Children First and the Mother Goose collaboration. The Library is now a leading partner in the community Mother Goose collaboration.

In early 2002, the group came together and brainstormed what was needed to run the Mother Goose Program in the community (e.g., space, trainers, snack, parents, etc.), and how these resources could be acquired. Through this process it was realized that there were not enough trainers in the community. Make Children First grant monies were acquired to fund a training session for community Mother Goose leaders in September 2002. The session was fully attended (i.e., 20) and had a waitlist. The goal for this training was to create a more cohesive group of leaders who would look at the Mother Goose program as a community offering,

rather than just for their specific agency or neighbourhood. ... A second training session for leaders was held in June 2003.

The Prince George P-CMG Society set out to achieve the following initial outcomes:

- That by the end of each series of programs, 90% of the participants attended 50% of the sessions,
- That 90% of parents surveyed know rhymes to sing to their babies.

The Society also set out to achieve the following intermediate outcome:

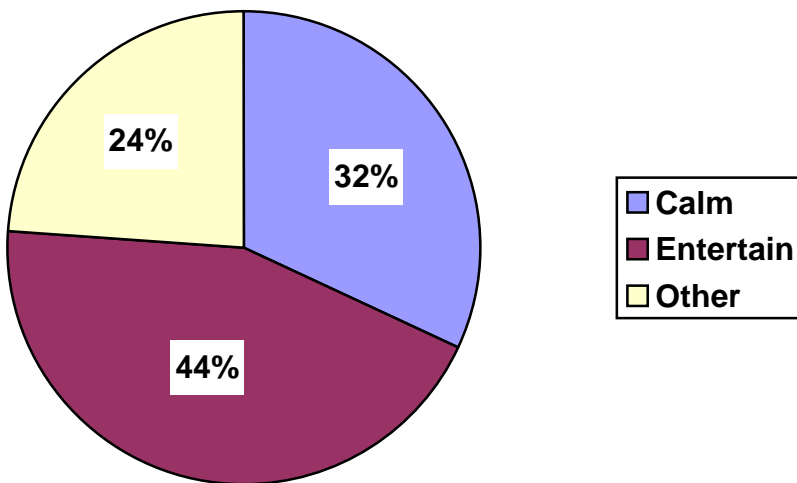
- That, 4 to 6 months after program completion, 90% of parents surveyed use rhymes at home to calm their child.

Figure 2 illustrates the distribution of responses into the three categories. Although half of participants indicated that they used the rhymes for calming their child, nearly all respondents indicated that they used the rhymes for fun or entertainment for their child. This result is also encouraging as it indicates that participants are continuing to interact and play with their child, which maintains and builds the parent-child bond beyond the Parent-Child Mother Goose Program.

Table 2. Measured outputs of Participants for 3 Mother Goose series in 2003.

	<i>Total # of families enrolled in all programs</i>	<i>Average # of families enrolled per program</i>	<i>Average # of families attending per weekly session</i>	<i>Average % of sessions attended</i>
<i>Series 2 (Apr – Jun, '03)</i>	45	15	10	61 %
<i>Series 3 (Sept – Dec, '03)</i>	50	17	11	62 %
<i>Series 1 (Jan – Mar, '04)</i>	83	17	10	68 %
All	178	16	10	63 %

Series 2 ('03) Rhyme Uses



Reminder

A reminder to all Associate Programs: If your membership and registration is up to date your program will be posted to our website under our **Finding a Program** page, which is updated monthly. Please take the time to verify that your registered program is posted there and that all contact information is correct. If we work together we can keep this page up to date. Go now to: www.nald.ca/mothergooseprogram/findprog.htm to see your program listing.

For a complete report, please contact Beth Hutchinson at the P-CMGP in BC Provincial Office at mgoosebc@bccf.bc.ca, 604-660-0675, 204-2590 Granville Street, Vancouver BC V6H 3H1 or Lisa Prokopowich, Prince George P-CMGP, 250.552.8664, lprokopowich@northernhealth.ca

From the past...

In 1969, Joan Bodger, one of the founders of the P-CMGP wrote an article on Mother Goose rhymes.

Mother Goose: Is the Old Girl Still Relevant?

“In ... Mother Goose he (the child) will find joy, anger, humour, sadness, love, and pain. In addition, there is sense and nonsense and – always, always – action! No matter that these rhymes were set down so long ago. They are the stuff of which life is made and always has been made.”

- Joan Bodger, “Mother Goose: Is the Old Girl Still Relevant?” *Wilson Library Bulletin*, December 1969.



Old Mother Goose

Old Mother Goose
When she wanted to wander
Would fly through the air
On a very fine gander.

Goosey, Goosey Gander

Goosey, Goosey Gander
Where shall I wander?
Upstairs, downstairs
And in my lady's chamber.

Parent-Child Mother Goose National Office Staff Members:

Glenna Janzen	Executive Director
Ruth Danziger	Toronto Region Coordinator
Dorota Dziong	Office Manager mgoose@web.net
Cindy White	Membership and Workshop Coordinator pcmgpmemb@bellnet.ca

Parent-Child Mother Goose Program®

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

720 Bathurst Street, Suite 500A, Toronto, Ontario M5S 2R4

Phone: 416-588-5234 Fax: 416-588-1355

E-mail: mgoose@web.net

www.nald.ca/mothergooseprogram