



# Goose Gazette

Term 2 2015

Newsletter of The Australian Regional Office of Parent-Child Mother Goose Program, Co-Located with Playgroup Victoria

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## At the Office

It's great to be back in the PCMG office and I'd like to thank Paula for standing in for me whilst I have been away on maternity leave. Paula has done an exceptional job keeping the wheels ticking over and I am amazed at how much has been going on in the Australian Regional Office in my short time away. This includes a strategic plan meeting, which has pushed the committee and office into overdrive mode, with the development of a new training video; updating of marketing material and resource development to mention a few things. I'd like to extend a warm thank you to Paula and to the wider Mother Goose committee for all your support and well wishes following the arrival of our new bundle of joy, James.



**More news.....** Our webpage on the Playgroups Victoria website continues to be updated, with listings for upcoming **Training Workshops for 2015, in addition to current locations for Mother Goose groups.**

**If you would like us to advertise your group or need your information updated please email us - [mothergoose@playgroup.org.au](mailto:mothergoose@playgroup.org.au)**

Feel free to have a look at our page, which will continue to evolve:

<http://www.playgroup.org.au/Programs---Projects/Parent-Child-Mother-Goose-Program1.aspx>

## FREE Resource USB's for trained Mother Goose Teachers

In previous years those who participated in the Parent Child Mother Goose teacher Training received paper resources on completion of their workshop. We have now uploaded all of our Mother Goose resources onto USB. So if you would like to receive a **FREE Mother Goose Resource USB**, please forward your contact name and postal address to our office: [mothergoose@playgroup.org.au](mailto:mothergoose@playgroup.org.au)

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### Dates for 2015

PCMG Training

- Toorak: 1st & 2nd June
- Brunswick: TBA





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## If You're Happy and You Know it

Following on from training in our local area on strategies to promote emotional intelligence, we decided to rewrite the "Happy and you know it" song as a way to explicitly teach emotions with both young children and their families/parents. As we have selected the 8 emotions as ones most relevant/useful for discussion with children & parents, it is quite complex so it is not envisaged that it would be used as a whole all the time.

We have followed the process of naming the emotion, giving an action to reflect the feeling and also a cue to what might be an appropriate behaviour to express/release the feeling. This song is a work in progress, when we have had time to review together we envisage everyone in our neighbourhood who works with young children will use the same version – so when families go to Library Storytime, Childcare, Kindergarten, Playgroups and Parent-Child Mother Goose groups they will learn the same version.

**Start with tapping knees then clapping (tap-clap-tap-clap..) to create a rhythm:**

If you're happy and you know it show your smile (Use hands to emphasise smile)



*No rhythm, sad facial expression:*

If you're sad and you know it have a cry (Mime wiping tears)



*Stamp feet to create rhythm:*

If you're angry and you know it stamp your feet (Stamp, Stamp loudly)



*Tap shoulders to create rhythm:*

If you're excited and you know it shout hooray (Hands off shoulders & high in the air)



*No rhythm*



If you're proud and you know it stand up tall – shoulders back!

*No rhythm, worried facial expression*

If you're worried and you know it tell someone – I need help (make whispering motion)



*No rhythm, scared facial expression*

If you're scared and you know it hide away (Use sign for scared; look through splayed fingers)



*Rock from side to side*

If you're calm and you know it rock and hum (Hold HUMMMMMMMMM)



Jacinta Harper





## A New Group for Fawkner

Once upon a time there was a little Parent-Child Mother Goose program in Brunswick who received some exciting news from the most important city in the land: it was time to move! After 10 years in the same red brick building, it had been decided that just up the road in the suburb of Fawkner, there were many children and all the people who looked after them who needed our help. So, off we set!

The first job was to find a new home for the little program. Luckily the Fawkner Community House was just about to open a beautiful new re-purposed kindergarten building which we could pay some money each week to use. The space was bright and airy, clean and with very bare walls and floors. Perfect for little people who might get distracted. There was even a garden with sand and trees, swings and plenty of mud.

The little program then needed lots and lots of friends in their new home. People who could invite all the children and the people who looked after them to come and play with us on a Monday morning. Luckily we have been making friends in Fawkner for a few years now so we knew nurses, teachers, librarians and many people living and working nearby. We visited as many as we could – sometimes our friends were by themselves, and sometimes they were meeting together – and told them that our little program was coming to its new home. We explained about songs and rhymes and how powerful our simple activity was. We also listened to what children and the people who looked after them find important.

It turns out that the people who look after children in Fawkner think it's very important that the children receive a good education. That they go to a good school

and learn to read and write and grow up to have good jobs. We made some posters to put up around Fawkner and made sure that we let everybody know that coming to Parent-Child Mother Goose would indeed help all children have the best start in life and get ready for school. We knew that coming along on a Monday morning would achieve much more than this – but you only get so much space on a poster!

Because we weren't sure exactly how many children and the people who look after them would come and join us, we told everybody that they were welcome! They called us themselves or a nurse or friend did. We received emails and met people on the street. We made sure we spoke to everybody before the first session and told them all about our program so that they could be ready to come and have fun with us.

Well, perhaps we should have been a bit more careful, because on the first day in our new home, 27 children and 18 of the people who care for them came along! They were born in many different countries and had many different religions and languages, but they all wanted to spend time together and to join in with our group.

We are sure that over time, not everyone will keep joining us. Some children will go to kindergarten or school, some of the people who look after the children will get different jobs. We have asked some people who are coming from far away to only join us for 1 term so that all the Fawkner families can have an opportunity to be in the circle with us.

Gabi MacDonald





## Using Song and Rhyme in Daily Routines

"The Parent Child Mother Goose Program provides parents and children a shared repertoire of songs, rhymes and stories which they can enjoy together" (Ten Reasons Choose the PCMGP).

It is through these shared repertoires that everyday routines and activities can be promoted as positive learning experiences for both the child and parent.

As facilitators within the Parent Child Mother Program we can impart and highlight the use of these repertoires including:

- saying good morning or good-bye;
- getting dressed;
- transitioning to mealtime;
- washing hands,
- getting in the car
- brushing teeth, and so much more...

This short little song is just one great way of entertaining and encouraging a child to get dressed:

Put your shoes on , Lucy  
Don't you know you're in the city?  
Put your shoes on, Lucy  
It really is a pity  
That Lucy can't go barefoot  
Wherever she goes  
'Cause she likes to feel the wiggle of her toes!

Or perhaps a Goodbye song, which could also be used as a Goodnight song:

Goodnight, children, goodnight, children  
Goodnight, children,  
I'm bound to leave you now.

Merrily we roll along, roll along, roll along,  
Merrily we roll along, o'er the deep blue sea.

Sweet dreams, children sweet dreams, children  
Sweet dreams, children, I'm bound to leave you  
now.

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These songs and others can be found on the CD  
'A Smooth Road to London Town'

This CD and other resources can be purchased from the Mother Goose Office, please contact:  
[mothergoose@playgroup.org.au](mailto:mothergoose@playgroup.org.au)

cuddle...communicate...connect...



## The Lion and the Mouse

As a lion was sleeping one day, a mouse ran over his nose and woke him up. The lion growled and grabbed the mouse with his paw. He was about to eat her, when the mouse squeaked, "Please don't eat me! Please! One day I may be able to help you."

The Lion did not know what the mouse meant. "How could a creature so small be able to help me?" he thought to himself. But he let her go anyway. Quickly the little mouse ran home to her nest.

Some days later, when the lion was out hunting for food, a trap fell on him. It was made of rope and he could not get out. He struggled and roared, but it did no good. He was trapped! Soon the men who had set the trap would

come and take him away. "Oh dear," growled the lion. "I can't get free. What will I do?"

Just then the little mouse came running along. She had heard the lion roaring. "I'll set you free," she said.

With her sharp teeth she began to bite through the thick ropes that bound the lion. First she bit one rope, and then another, until at last the lion was free.

"Thank you, little mouse!" said the lion. "I'm glad I let you go. You've saved my life."

After that, the mighty lion and the tiny mouse who had saved his life were the best of friends.

*From the 'Old-Fashioned Storybook' retold by John Jacobson.*

## Walking in the Jungle

Walking in the jungle,  
Walking in the jungle,  
What can you see?  
What can you see?  
If you hear a noise,  
Shh, shh, shh,  
What could it be?  
What could it be?

Well I think I saw a monkey, uh, uh, uh,  
Think I saw a monkey, uh, uh, uh,  
Think I saw a monkey, uh, uh, uh,  
Looking for his tea, looking for his tea!

*Walking in the jungle...etc*

Well I think I saw a snake, sss, sss, sss...

*Walking in the jungle...etc*

Well I think I saw a crocodile, snap, snap, snap...

*Walking in the jungle...etc*

Well I think I saw a lion, ra, ra, ra,  
Think I saw a lion, ra, ra, ra,  
Think I saw a lion, ra, ra, ra,  
Looking for his tea, I hope it isn't me!





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## Program Report for end of Term 2

By completing this report, you will help to keep us informed about the *Parent-Child Mother Goose Program*® within Australia. Please submit a Program Report upon completion of each term of *Parent-Child Mother Goose Program*® sessions (approximately 10 weeks/term).

To reduce paper and postage we ask that you email the Program Report to: [mothergoose@playgroup.org.au](mailto:mothergoose@playgroup.org.au) Just save your completed form to your computer in Word format or PDF and attach to an email with the subject heading: Program Report—Term 2.

Date:
Your Name:
Program Teacher's Name:
Program Teacher's Name:
Organization's Name:
Address (number, city, state, postal code):
Telephone:
Fax:
Email:

Program start date:	End date:	
Number of participants who attended at least once:		
Parents:	Children:	Families:
Number of families who attended more than ½ the time:		
How many were new?	How many were returning?	
Ages of children: <input type="checkbox"/> 0 - 2 <input type="checkbox"/> 2 - 4 <input type="checkbox"/> 0 - 4		
Other ages (please specify):		
Please indicate the number of staff & volunteers delivering the program.		
Staff:	Volunteers:	



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**Rhymes, Stories or Songs are shared by Teachers or Participants in what languages?**

*(please specify below)*

- English
- Farsi
- Punjabi
- Aboriginal
- Spanish
- Tagalog
- Vietnamese
- Hindi
- Cantonese
- Mandarin
- Other *(please specify)* \_\_\_\_\_

**Languages spoken by participants:**

\_\_\_\_\_

**Primary language(s) of instruction:**

\_\_\_\_\_

**Who is the program offered too:**

- General Community
- Specific Group

Please indicate specific group: *(e.g., people living in high risk situations, age or cultural group, etc.)*

\_\_\_\_\_

\_\_\_\_\_

**Please describe any challenges you had to overcome? How can we support you in this?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for this report. The information you provide helps us to raise awareness and resources for the program as a whole and to provide supports for local programs.



## Training Update: Calendar for 2015

The P-CMGP Regional Office co-located with Playgroup Victoria is now responsible for organising and promoting all training. We are looking forward to collaborating with organisations to provide training opportunities that meet the needs of the communities across Metro Melbourne, Regional Victoria and Interstate.

To register your interest in either participating in training or hosting a training please contact Catherine Ogilvy P-CMGP Coordinator at:

[mothergoose@playgroup.org.au](mailto:mothergoose@playgroup.org.au).

(Please note the office is staffed one day a week).

If you or your organisation would like to host P-CMGP training, we can provide a trainer, resources, and take participant bookings.

If you can provide:

- a venue for training
- have some interested participants
- know of a reliable local caterer

## Up-coming Training:

Please register your interest for one of our upcoming Mother Goose Teacher Training or Mother Goose Gathering Workshops below, by contacting Catherine Ogilvy at:

[mothergoose@playgoup.org.au](mailto:mothergoose@playgoup.org.au)

### Toorak Training

- 1st & 2nd June, 2015

### Brunswick Training

- TBA

