



Goose Gazette

Term 4 2016

President's Report 2015-2016

Hi and welcome to the final Goose Gazette of 2016. We hope you find some good resources and information in these pages and wish you all a very happy and safe holiday season.

This is my second year as President of Parent-Child Mother Goose Australia (P-CMGA). Our major achievements in the last 12 months have been;

- The completion of a long-awaited Australian video resource to use in trainings and to promote our program. This project was an enormous undertaking for us both in terms of financial and time commitments. We are extremely pleased with the results and have already heard from people who are finding out about Parent-Child Mother Goose for the first time by watching the 5 minute video on our website. Thanks so much to Andrea for all her hard work and also to Jacquie Simpson, Jenny Tuck, Marilyn Dann and all the professionals and families who contributed.
- We have now trademarked our name and logo here in Australia. This is a significant step forward in regards to the economic viability of our organisation. The new logo beautifully completes what was a slightly unsatisfactory design that we have been using and we again thank the artist for drawing the kangaroo and joey all those years ago.
- Our Goslings program was piloted. Thanks to the trainers who have put such an enormous amount of work into this project. The future of P-CMGA certainly lies in our ability to train professionals and to find new forums in which to share our passion and skills.
- Marilyn Dann had her first year with us as a fully qualified trainer. Marilyn is our first home grown trainer and this is a significant step forward in our autonomy from Canada. Congratulations to Marilyn and thanks to all the trainers who have made this possible. The trainers have also developed a position description and training program for Teacher Trainer Workshop Facilitators. Another step in the sustainability of our organisation here in Australia.

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President's Report Continued...

- We held several trainings in Melbourne over the last 12 months, some of which we ran independently. This is another progression for us and a very important one. We also ran two interstate trainings – our first in South Australia and Queensland. These trainings show the capacity of our organisation to grow outside Victoria and underline the importance of our place on the AIFS list of evidence based programs.

As well as these achievements, there have been some challenges.

- Our highly valued administrator Catherine Ogilvy left to have a baby. We welcome Audrey to the world and hope that all is going well for Catherine and her family. Catherine intends to take 1 year of maternity leave. Unfortunately we were not able to afford to recruit a coordinator to fill Catherine's position due to financial constraints. In the interim, Playgroup Victoria staff have taken on a number of duties in order to keep us 'ticking over'.
- We are yet to hear back from Canada regarding the MOU we sent last year. As there is no legal obligation between our two organisations, we are continuing to operate totally independently. We hope that in the future we can recognise the close relationship between us and our Canadian counterparts in written format, but this is currently in their hands.
- Julie Longdon and Catherine Bray resigned from our committee. We thank Julie and Catherine for their work with us and wish them all the best. We know that our committee needs new members and have written a job description and called for volunteers, and live in hope.

The future for Parent-Child Mother Goose Australia looks increasingly fragile, especially with our coordinator position currently vacant until Catherine returns. We are not sure that we will have the funds to manage for this long. The committee is exploring options for finding a more supported place for our program within a larger organisation.

I would like to thank all the committee members for their participation this year. It's really wonderful to spend time with such experienced and knowledgeable women who are so generous in their energy and attitude. I would also like to thank Playgroup Victoria for their ongoing support, especially Danny Schwartz and Justine Jones.

Gabi Macdonald

President, Parent-Child Mother Goose Australia





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Acknowledgment of Country

This acknowledgement of country has been developed by Michaela Dedek at Melbourne City Mission. We were looking for a way to include aboriginal elements in our circle. We know a few songs, but wanted to make our gratitude to the original owners of the land a key part of our group. We hope you find it useful:

"We would like to acknowledge that we are meeting on the lands of the Wurrundjeri people who have sung songs and told stories to their children here for thousands of years."

Annual Gathering 2016

The annual Parent-Child Mother Goose Australia gathering was held on Friday 7 October at the beautiful Abbotsford Convent on the banks of the Yarra river. As always, this event brought together an amazing group of women from around Victoria. We work in areas from small towns to big cities with parents, grandparents, carers, children and babies from many different backgrounds and with a range of abilities. The professional knowledge and experience in the room was staggering and everyone who attended was incredibly generous in sharing their practice wisdom.

We spent time singing songs, telling stories and recounting rhymes. Just as families who spend time in P-CMG circles are enriched by this, so we too felt nourished and invigorated as we learnt new material and revisited the familiar in unfamiliar ways.

Mary Edmonds and Simone Young from PANDA delivered a presentation about their work with Little Pandas – a P-CMG group for mothers experiencing perinatal anxiety and depression. There was ample opportunity for us all to ask questions and contribute our thoughts. The insights were extremely useful for us all when working with families who are hard to engage. Teena Hartnett enthralled us all with a fabulous story and then led us in a hands-on workshop where we learnt to tell the tale ourselves. There were lots of tips for becoming familiar with narratives and memorising longer stories. Finally, Janene Swalwell from Monash University talked to us about evaluating our programs – why it is so important and how we can forge relationships with research institutes.

We finished the day by watching our new training video. We all enjoyed seeing Australian families and hearing Australian experts talking about our work – a huge improvement on the outdated Canadian video we have been using for so long.

Feedback from the attendees was overwhelmingly positive with particularly emphasis on the benefits of learning from the guest presenters, sharing information and practice wisdom and networking. We look forward to the 2017 Gathering on Friday 13 October next year where once again we will come together for this essential component of the Parent-Child Mother Goose professional life.





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Songs and Rhymes Shared at our Gathering

One Little Finger

One little finger, one little finger, one little finger,

Tap, tap, tap.

Point to the ceiling, point to the floor,

And point it on your.....nose

Point your forefinger

Tap it on the forefinger of your other hand

Point as instructed

One little finger, one little finger, one little finger, tap, tap, tap.

Point to the ceiling, point to the floor

And point it on your.....ear

One little finger, one little finger, one little finger, tap, tap, tap.

Point to the ceiling, point to the floor

And point it on your.....lap

Can use any body part





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Songs and Rhymes Shared at our Gathering

Here is the Earth

Here is the earth,

Here is the sky.

Here are our friends,

And here am I.

Make arms into a round ball

Put arms up in the air

Gesture hands outwards

Point to self

Good Morning

Good morning dear earth,

Good morning dear sun.

Good morning dear trees,

And the flowers every one.

Good morning dear bees,

And the birds in the trees.

Good morning to you,

And Good morning to me.

Make arms into a round circle

Arms up above to indicate the sun

Make a tree with your arm (closed fist)

Open fist to look like a flower

Make antennae on your head

Wave arms like a bird

Point outward

Point to yourself





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Songs and Rhymes Shared at our Gathering

Incy Wincy Spider alternate verses

Incy Wincy monkey, climbed up the coconut tree,
 Down came a coconut and bumped him on his knee.
 Along came a lion, and gave a mighty roar. ROAR
 So Incy Wincy monkey climbed up the tree once more.

Fist on fist
Tap knee
Make claws and roar!
Fist on fist again

Incy Wincy spider, climbed up a tree,
 Down came the snow and made poor Incy freeze.
 Out came the sunshine and melted all the snow,
 So Incy Wincy spider gave it another go.

All the Little Babies

(To the tune of Beyoncé's *Single Ladies*)

All the little Babies, All the little babies
 Put your hands up.
 Oh oh oh, oh oh oh oh, oh oh oh, oh oh oh oh





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A Story to Share

The Boy Archer

There was once a man walking through a forest and as he walked he noticed that on almost every tree there was a bullseye painted. And in the very middle of every single bullseye there was an arrow. Right in the very centre! So the man continued walking along, wondering how this was possible.

After a while, he came across a little boy with a bow and a quiver with some arrows in it.

The man said to the little boy, 'is it you who has fired all these arrows straight into the centre of the bullseyes in this forest?'

The little boy nodded.

'Tell me,' the man said, 'how do you do it? How do you manage to fire your arrow into the centre of the bullseye every single time?'

'Well, you see,' the little boy replied, 'first you fire an arrow into a tree, and then you paint the bullseye around it.'

Training in 2017

We have lots of plans and will be making some exciting announcements in the new year. All enquiries can be sent to:

mothergoose@playgroup.org.au

