The Parent Child-Mother Goose Program ®
WHAT DOES RESEARCH TELL US?

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This summary is based on work done by Anjula Joshi, Ph.D. Student, UBC, 2006. It was compiled by Beth Hutchinson, Provincial Co-ordinator, Parent-Child Mother Goose Program®, BC Council *for* Families and Dana Brynelsen, Past President, Parent-Child Mother Goose Program® National Board and Provincial Advisor, Infant Development Programmes of BC.

The Parent-Child Mother Goose Program® is a group experience for babies, young children and their parents focusing on the power and pleasure of the use of story, rhyme and song. The program has grown and developed in Canada for more than 20 years and is now also growing in Australia.

It has been well loved by parents and program teachers and has been well received in many communities. There is a wealth of anecdotal evidence that this is a beneficial program. This summary presents the findings of formal program evaluation. They are listed on the back of the page. Benefits are described as follows:

Impact on Child Development

- More confidence in social situations
- Improvement in children's communicative ability, both for children developing typically and for children with language, developmental and social delays

Impact on Parents

- Enhanced interactions with children
- Greater awareness of children's cues and behaviours
- Increase in social support
- Improvement in parenting knowledge and confidence
- Learning and continued use of songs and rhymes
- New strategies for handling difficult parenting situations
- Song, rhyme and story used to calm, to soothe, to entertain and to assist in daily living
- Many parents reported gains in the use and enjoyment of English as a second language

Impact on the Parent-Child Relationship

- Parents liked learning to enjoy their child's company
- Parents felt more in tune with their child's behaviours
- Parents noticed more nonverbal communication in their young infants
- Parents found that the program assisted their children to be more communicative
- Parents reported that the program had brought the family together
- Parents spent more time having fun with their children

There are current evaluative studies in progress, both in Canada and in Australia. We look forward to the additional review and learning that will come through this process. This summary will be updated as new studies become available.

Sources Used in Compiling the Preceding Summary of the Benefits of the P-CMGP®

Author(s)	Date	Description
Sykes, B., Wolfe, R., Gendreau, L., & Workman, L. Prospects Literacy Association Edmonton, AB	1997	Older study examining benefits of the 8 P-CMGP's to parents, children and Communities.
Canadian Institute of Child Health	2000	Preliminary study evaluating contribution of 5 P-CMGP's in the Toronto area to family literacy and well-being.
Canadian Institute of Child Health	2001	Further development of the above
National Centre for the Prevention of Crime (& Faculty of Social Work, University of Toronto)	2001	Small pilot study in Toronto area. Pre and post testing done with 13 families. Comparison to control group.
Connections Final Report, a part of TLC3 Formosa, S. & Heinz, L.	2003	54 families in Vancouver, BC. Involves parent input, child development measures, pre and post test and 1 year follow up.
Prince George Parent-Child Mother Goose Society.	2004	Parent survey (178 families) at program end and follow-up after 4-6 months in Prince George, BC
Hannigan, S. Eastern Access Community Health Healesville, Australia	2004	Small study (10 parents) looking at P-CMGP supporting the parent-child relationship, parental enjoyment and language development in Healesville, Australia
Carroll, A.	2005	Master's Thesis; looking at effect on parenting practices for 11 families in Nanaimo, BC

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