

# PARENT-CHILD MOTHER GOOSE PROGRAM<sup>®</sup>

THE OFFICIAL NEWSLETTER OF THE NEWFOUNDLAND  
AND LABRADOR PARENT-CHILD MOTHER GOOSE  
PROGRAM,<sup>®</sup> INCORPORATED



## SNEAK PEEK OF WHAT'S INSIDE:

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*New Program Locations*

*Learn a new rhyme, song  
and craft*

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## Happy New Year, Here's to 2021



Last year was one full of new challenges. We are grateful to have been running in-person programs in a safe and comforting manner. Our new protocols brought some restrictions such as reduced number of participants at some locations and seating arrangements that allowed for social distancing and altered program snack breaks. Nonetheless, we adapted to these changes to allow for programs to continue, and for that we are thankful.

This past Fall the NL P-CMGP, Incorporated, ran 6 successful programs in and around St. John's at various locations.

In addition, trained and certified staff at the First Light Friendship Centre, St. John's, have been running an in-person program. The Conception Bay Family Resource Program is also gearing up to host on-line programs for the general public.

Despite the changes, participants were welcomed and happy to return in-person or join on-line via our Facebook Page. Regardless of our platform, we look forward to supporting families and connecting through rhymes, songs and stories. ([www.facebook.com/groups/NLParentchildmothergooseprogram/](http://www.facebook.com/groups/NLParentchildmothergooseprogram/))

# New Locations

## Building our Programs in Accessible Locations



If you attended our programs in-person pre-COVID, you will know that our groups would sit together in a circle on pillows or mats, watching the toddlers and babies roam within a safe space all whilst reciting our favorite rhymes and songs. Half way through the program we would break for a nutritious snack that would be passed around in a serving tray full of fruit, cheese, crackers, along with tea, coffee, water or juices to drink.



Some of these comforts have changed, but the warmth and joy of sharing rhymes and songs has not changed nor will it. We sought out new locations with larger rooms that better allow for safe social distance seating.



These new locations include Kilbride Community Centre and the Newfoundland and Labrador Sports Centre, (also known as the PowerPlex). These two locations have proven to be wonderful partnerships.

We were also fortunate to maintain our two programs with Shea Heights Community Centre and look forward to growing the program in this community.

We are grateful to all our partners and their generosity that enable our programs to occur in locations featuring accessible and sanitized facilities.

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*"Its about relationships and community,  
all while aiding in language  
development"*

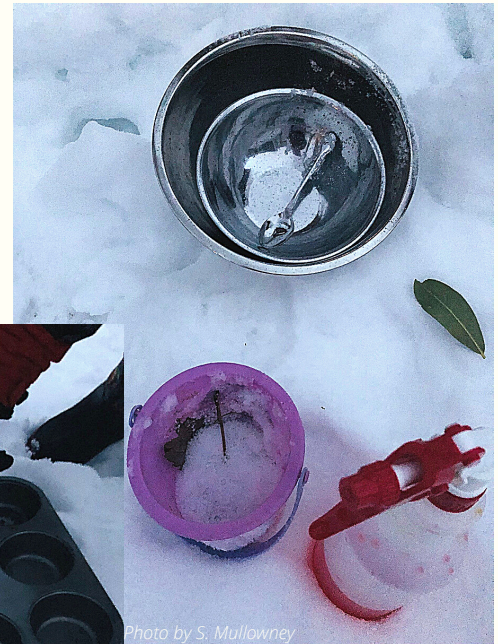
*-S.Mullaney*

# Outdoor Winter Activities

## Snow Kitchens are the New Mud Kitchen

Snow or no snow, filling, mixing, and shape forming using bowls, spoons and old muffin pans is fun at any age. This can be done with mud or soil which makes for great play in the warmer months and snow used in lieu of the soil in the winter months, if weather allows.

Either way, your snow cakes or mud cakes are a creative expression, and a great use of outside elements for your little ones.



Leaves and sticks become your finishing touches, or perhaps a bit of food colouring in a spray bottle if snow is being used. So go through your kitchen and locate all the pans, dishes and utensils that are no longer being used, or dig out the buckets and sand toys for a bit of outdoor kitchen fun!



# Tell me a Rhyme



## Snowflake, Snowflake

Snowflake, snowflake dance all around (*open palms of hands wide and move around*)

Snowflake, snowflake touch the ground (*bring hands down to touch the ground*)

Snowflake, snowflake in the air (*stretch arms and hands up to the sky*)

Snowflake, snowflake everywhere (*move and dance hands all around*)

Intelligence Method <https://youtu.be/4RRaG8sgpQo>

# Sing me a Song

## There are Bubbles in the Air

(to the tune of *If you're happy and you know it*)

There are bubbles in the air, in the air (x2)

There are bubbles in the air, there are bubbles everywhere

There are bubbles in the air, in the air.

There are bubbles way up high, way up high (x2)

There are bubbles way up high, way up high in the sky

There are bubbles way up high, way up high.

There are bubbles way down low, way down low (x2)

There are bubbles way down low, there are bubbles on your toes,

There are bubbles way down low, way down low



# Tell Me a Story

## Johnny and the Three Goats

From: *The Story Teller's Book* By Alice O'Grady, 1912.

Once there was a little boy named Johnny. Johnny lived in a beautiful green valley on a farm with his family. Every morning Johnny took the farms three goats to pasture and every evening when the sun was going to bed he brought them home.

One morning he set off bright and early, driving the goats before him and whistling as he trudged along. Just as he reached Mr. Smith's turnip field what should he see but a broken board in the fence. The goats saw it too, and in they skipped and began running round and round the field, stopping now and then to nip off the tops of the tender young turnips. Johnny knew that would never do. He climbed through the fence and tried to drive the goats out. But never were there such provoking goats. Round and round they went, not once looking toward the hole in the fence Johnny ran and ran and ran till he could run no further, and then he crawled upon the fence and began to cry. Just then who should come down the road but hare.

"Good morning, Johnny!" said he. "What are you crying about?"

"I'm crying because I can't get the goats out of the turnip field," said Johnny.

"Oh, don't cry about that," said hare. "I'll drive them out for you."

So over the fence leaped the hare, and round and round the turnip field he hopped after the goats. But no, they would not go out. They flicked their tails and shook their heads and away they went.

The hare hopped till he could run no more. Then he went over and sat down beside Johnny, and he began to cry. Down the road came fox. "Good morning hare," said he. "What are you crying about?"

"I'm crying because Johnny is crying," said the hare, "and Johnny is crying because he can't get the goats out of the turnip field."

"Oh, don't cry about that," said the fox. "I'll chase them out for you."

Through the fence climbed the fox, and round and round the field he chased the goats, nipping at their heels but they would not go out, and finally the fox gave up the chase and went out into the road and sat down beside the hare, and he began to cry.

Just then a wolf came by, "Good morning Fox" said Wolf, "Why are you crying?"

"I'm crying because Hare is crying, and hare is crying because Johnny is crying and Johnny is crying because he can't get the goats out of the turnip field." "Oh, don't cry about that," said the wolf. "I'll chase them out for you." Through the fence climbed the wolf, and round and round the field he chased the goats, howling at their heels but they would not go out, and finally the wolf gave up the chase and went and sat beside the fox and began to cry.

Just then a bee came buzzing along over the tops of the flowers. When she saw the wolf she said, "Good morning, Wolf, what are you crying about?"

"I'm crying because the fox is crying," said the wolf, "and the fox is crying because the hare is crying, and the hare is crying because Johnny is crying, and Johnny is crying because he can't get the goats out of the turnip field."

"Don't cry about that," said the bee, "I'll soon get them out for you."

"You!" said the wolf, "a little thing like you drive the goats out, when neither Johnny, nor the hare, nor the fox, nor I can get them out?" And he laughed at the very idea of such a thing. "Watch me," said the bee, and over the fence she flew and buzz-zz-zz she went right in the ear of the biggest goat.

The goat shook his head and tried to brush away the bee, but the bee only flew to the other ear and buzz-zz-zz she went, and ran down the road to his pasture.

The bee flew to the second goat and buzz-zz-zz she went first in one ear and then in the other, until that goat was willing to follow the other through the fence and down the road to the pasture.

The bee flew after the third goat and buzzed first in one ear and then in the other until he too was glad to follow the others.

"Thank you, little bee," said Johnny, and, wiping away his tears, he hurried down the road to put the goats in the pasture.

The moral of the story is, you are never too little to do great things.

# Craft Time

## Snowperson Name Craft

This craft was inspired by Becca at Who Arted? (<http://who-arted.com/2016/12/20/snowman-craftivity-free-download/>)

To complete this lovely winter craft you will need:

- **paper**
- **glue**
- **scissors and**
- **something to write with (marker, pencil, crayon, etc.)**

Start by making circles or snowballs on your paper with your pencil. There is no expectation to make these perfectly round, after all, making a snowman/snowperson with snow outdoors is an expression of uniqueness, why not when using your pencil as well. You will need one circle dedicated for the face and one circle for each letter in the name you are spelling in the body.



The circles can be as large or as small as you wish, depending on how much paper you have to use. Write one letter on a circle for the body. On a separate sheet of paper draw out accessories for your snowperson. These can include a hat, mitts, scarf or arms. The eyes, nose and mouth can be drawn onto the face or cut out from paper and glued onto the face. Once all the circles have been completed, with either letters spelling out the name or embellished with accessories, connect all the circles together with glue or tape stacking them on atop the other building your snowperson. Hang them on your bedroom door, on your wall or on the fridge.

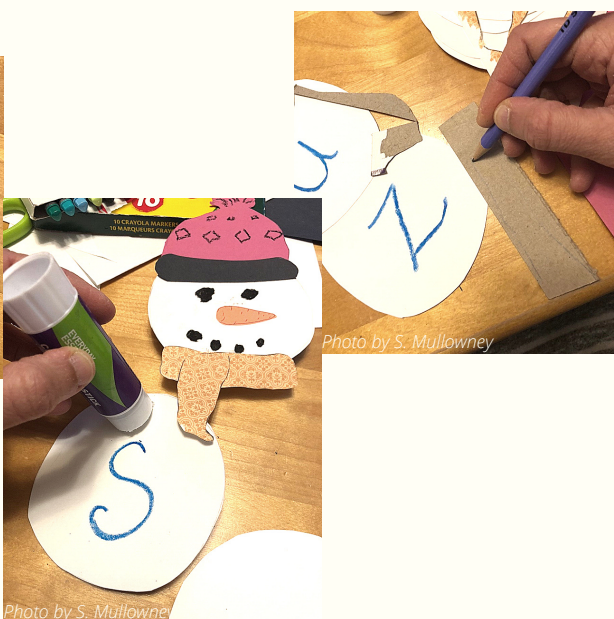


Photo by S. Mallowney