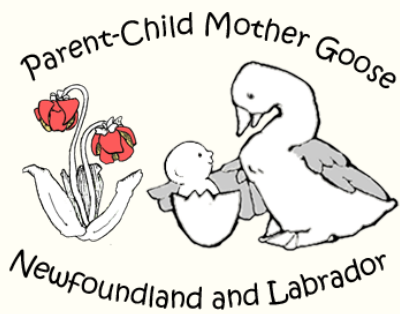


# PARENT - CHILD MOTHER GOOSE PROGRAM®

THE OFFICIAL NEWSLETTER OF THE NEWFOUNDLAND  
AND LABRADOR PARENT-CHILD MOTHER GOOSE PROGRAM ®  
INCORPORATED



## Welcome Spring!

The first blooms of spring  
always make my  
heart sing!

### SNEAK PEEK OF WHAT'S INSIDE:

Meet one of our families

Learn a new rhyme, song,  
story & craft

A journey around our  
Province - Family  
Resource Centre Highlight

We are grateful to be back running six in-person programs for the Spring session. Our programs have continued to adjust following Provincial guidelines for Covid-19 while providing a safe and comforting environment for families to connect and share in the many benefits of our Mother Goose programs. Our Facebook page has been active with new material and/or community outreach opportunities uploaded regularly. Regardless of the platform, we look forward to supporting families and connecting through rhymes, songs and stories.

([www.facebook.com/groups/NLParentchildmothergooseprogram/](https://www.facebook.com/groups/NLParentchildmothergooseprogram/))

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"The pandemic has shown everyone that programs like the P-CMGP are not just "nice to have"- they are essential to public health and community well-being"

**Marilee Peters, Chair- National P-CMGP.**

# Meet One Of Our Families



*Vanessa, Abigail & Sam during a Parent-Child Mother Goose program.*

## **The Crawly, Crawly Little Mouse Rhyme**

*Crawly crawly little mouse (walk fingers up )  
All the way to Nanny's house  
Nanny lives up on the hill (walk fingers to  
top of head)  
Tickle, tickle, tickle still (tickle child's body)*

***Vanessa, Abigail and Sam have become the face of the P-CMGP in 2021. Here is what she had to say about her experience with the program.***

“

We really love the Mother Goose program. You guys do such an amazing job! It really helped me bond with my first baby Abigail. She did not sleep, cried a lot, and took a long time to breastfeed. It was so helpful having somewhere to go that I could breastfeed comfortably and learn lullabies, songs, and rhymes to engage and bond with her. It was also one of the only places I went in the first few months to get out of the house. It was so lovely having those healthy snacks, a cup of tea, and getting to talk to other moms. I really looked forward to it! With my second baby, Sam, I expected to attend with just him while Abigail was in daycare. With COVID that all changed, so It was amazing to have somewhere to go with both children that felt safe. Both kids loved going. Even though Abigail ran around most of the time she remembers all the songs we learned! She loves using them with Sam and our dog. She sings our dog to “sleep” every night before she goes to bed. Sam was crying just the other day and she went over and sang the song about the little mouse on the way to grandmas house and when she did the tickle part they were both laughing. She was so proud of herself for making him feel better. I didn’t even remember that rhyme because it was a new one, but she knew all the words!

***"We feel very fortunate to have been part of this program. A lot of the songs and rhymes that we learned, we continue to use in our daily routines. They make tasks like changing diapers, cleaning up, car rides, and bedtime so much more fun! Thank you for this wonderful program!"***

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# Tell me a Rhyme

*An interactive finger rhyme with counting and a tickle at the end.*



## **The Beehive**

Here is a beehive (hold up hands cupped together)

Where are the bees?

Hidden away where nobody sees!

Watch them come creeping out of the hive  
(slowly open hands using fingers to count)

One, Two, Three, Four, Five!

BZZZZZZZZZZZZZZZZZZZZZZZZZZ! (wiggle fingers)

# Sing me a Song

*The weather in our beautiful Province is always keeping us guessing!  
This is a fun song to sing with your child,  
to get them involved in our love of "talking about the weather."*

## **What's the Weather?**

*Jbrary.com*

*To the tune of "Oh my Daring, Clementine"*

What's the weather? (question arms)

What's the weather?

What's the weather like today?

Is it sunny? (make a high circle with arms)

Is it rainy? (wiggle fingers like rain)

Is it windy out today? (wave arms in front)



# Let's Share a Story

## The Riddle

*Adapted from [happyhomefairy.com](http://happyhomefairy.com)*

Once upon a time there was a little boy. He was looking for something to do on one beautiful summer day, so his mom told him a riddle to solve. She told him to go find a little red house with no windows and no door and a star inside.

This sounded very interesting to the little boy. He had never seen a little red house with no windows and no doors and a star inside, so he set out!

He was walking down the road when suddenly he saw Mr. Pig. The little boy asked, "Mr. Pig, Mr. Pig, do you know where I can find a little red house with no windows or doors and a star inside?"

Mr. Pig said, "Oink! Never heard of it!" and trotted off.

So the boy kept walking. Next he saw Miss Cow eating some grass by the side of the road. The little boy asked, "Miss Cow, Miss Cow, do you know where I can find a little red house with no windows or doors and a star inside?"

Miss Cow said, "Moooo! Never heard of it!" and went back to eating her grass.

So the boy kept walking. Next he saw Mr. Horse galloping down the road. The little boy asked, "Mr. Horse, Mr. Horse, do you know where I can find a little red house with no windows and no doors and a star inside?"

Mr. Horse said, "Neeeeigh-ver heard of it!" and galloped off.

The little boy was starting to feel sad. Where on earth was he going to find this mysterious little red house with no windows and no doors and a star inside?

Just when the little boy was about to give up and head home, he saw Miss Kitty sitting way up high in a beautiful apple tree.

The little boy cried out, "Miss Kitty, Miss Kitty! Do you know where I can find a little red house with no windows and no doors and a star inside?"

Well, Miss Kitty peered down at the little boy out of that big beautiful tree and said, "WHY YES, YES I DO."

Then suddenly Miss Kitty threw a large red apple down from the tree.

The little boy reached out and caught the shiny red apple.

He looked at it and scrunched up his nose, "Miss Kitty, are you saying that this apple is a little red house with no windows and no doors and a star inside?"

Miss Kitty replied, "Why yes, I believe it is."

The little boy thanked the kitty and ran home to tell his Mom.

The boy was so excited to arrive at home with the apple.

His Mom said, "Let's see if you are correct. This apple is red. It can be a house for a worm. It has no windows and no doors. But does it have a star inside?"

And with that his Mom took the apple and cut it in half.

TADA - a star!

The riddle was solved - the apple was the home with no windows and no doors with a star inside.

And with that the boy and his mother took the apple and made a delicious apple pie.





# Craft Time

## Coffee Filter Butterflies

This craft was inspired by Made to be a momma  
<https://www.madetobeamomma.com/coffee-filter-butterflies/>

### Materials needed:

- coffee filters
- washable markers
- clothespins
- colorful pipe cleaners
- black sharpie marker



Photo Credit - madetobeamomma.com

### How to make Coffee Filter Butterflies

1. Place a piece of wax or parchment paper down on your work surface, flatten your coffee filters and color in your coffee filter. You can color your filters in multiple ways, swirls, blocks of colors, stripes. Ensure to cover most of the coffee filter with color.
2. Using a spray bottle on the mist setting, wet your coffee filters until the colors begin to "blend" together. Remove from surface and place on a piece of a paper towel to let dry. You can also use a dropper to carefully drop water on the filters.
3. While the coffee filters are drying, draw a face on the clothespins.
4. Create two colorful antennae and hot glue to the back of your clothespin. (Optional)
5. Gather the center of your dried coffee filter and place clothespin down the center.

These are perfectly colorful and great to clip onto a flower bouquet, decorate a gift, place in a window or anywhere around the house.

# A Journey Around Our Province

## Family Resource Centre Highlight

### First Light - St. John's Friendship Centre

First Light is a registered non-profit organization that serves the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect, and friendship.

First Light also offers a multitude of remarkable programs supporting families by promoting healthy living, peer support, building strong communities and cultural preservation.

#### **Programs include:**

Centre for Performance & Creativity  
School Aged Cultural Presentations  
Breathe - A Safe Space For Crafts, Family, Food & Support  
Baby and Me Childcare  
Community Cupboard  
Men's Group - Exercise, Nature, Drumming / Singing  
Youth program - Arts, Crafts  
Social support - Shanawdithit Shelter, Cultural & Health Support  
Social Enterprises - Child Care, Transportation & Affordable Housing

First Light began running Mother Goose programs 3 years ago as part of their Family Resource Centre Programs, and they have been gaining popularity ever since. First Light's Mother Goose program is a unique experience that combines both Indigenous and non-Indigenous content in each session, often inspired by our Province and people.

**For more information on First Light:**

[www.firstlightnl.ca](http://www.firstlightnl.ca)

 [firstlightnl](https://www.instagram.com/firstlightnl)

 [www.facebook.com/firstlight](https://www.facebook.com/firstlight)

 [@FirstLight\\_NL](https://twitter.com/FirstLight_NL)

