



Parent Child Mother Goose Introduction Video

Why Mother Goose?

Parent-Child Mother Goose is an evidenced based program that has shown to be highly beneficial for both infant/child and parent/caregiver.

Mother Goose Outcomes Include:

- Increased confidence in parenting
- Stronger attachment and bonding with child/ren.
- Building verbal and language skills for the children
- Increased confidence and engagement for the children
- Improvement with fine motor skills for children e.g. Fingers doing Incy Wincy and gross motor skills e.g. Pretending to be a rocket with body.
- Leads to increased expression of imaginative play (for adults and children)
- Lots of shared FUN!

What you need to do when interacting with the Mother Goose

Videos:

- Talk to your child first (if they're old enough to understand) and let them know you're going to be doing Mother Goose together – having some FUN!

- Turn off or silence anything that might distract you or the child (other TV's, music, your mobile);
- Make a nice clear space (moving toys and other objects out the way if possible) get your child to help, this is for them and you remember so good they're part of helping set up;
- Get comfortable – maybe sit on the floor together with cushions;
- And begin!

We suggest each Mother Goose session –

You watch the 'welcome' video first

Then pick some favourite or new songs/stories/rhymes for you all to enjoy

Then watch the 'goodbye' video to close



HAPPY WATCHING!

We hope that explains a little about Parent Child Mother Goose, if you'd like to know more go to:

www.parentchildmothergooseaustralia.org.au