

## **MEDIA RELEASE**

File: 07/03/0007

Date of Issue: 14 September 2015

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## **Mother Goose: a positive program for you and your baby**

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Parents, grandparents and care-givers are invited to learn how the international Parent Child Mother Goose Program can promote positive family relationships and build early language skills. The free program will re-commence in Tallangatta later this month.

The Mother Goose Program focuses on the simple pleasure of sharing rhymes, songs and storytelling with young children and how these shared experiences can build positive family patterns.

Council's Maternal and Child Health Nurses are trained Mother Goose facilitators and have offered in Towong Shire for a number of years.

"The Mother Goose Program introduces fun and healthy experiences with language and communication, and provides an opportunity for both the care-giver and child to relax and socialise in an accepting and supportive environment," explained Cr Mary Fraser, Towong Shire Councillor.

The next Mother Goose program will commence in Tallangatta on Tuesday 29 September and will run each week at the Tallangatta Community Centre from 10.00am to 11.00am. Parents or caregivers of children from newborn to two years of age are warmly encouraged to participate.

To register your interest to participate the program contact Council on 02 6071 5100.