



North Vancouver District  
Public Library

Connecting Community. Sharing Knowledge. Inspiring Stories.

# Inspiring Stories

November 2016

## Connections: From Babies to Seniors

The North Vancouver District Public Library recently wrapped up a new and unique program and it was a great success! Working with our community partner, North Shore Community Resources, the Library facilitated Parent-Child Mother Goose sessions at the Lynn Valley Care Centre, an assisted living facility for seniors with complex care needs.

The Parent-Child Mother Goose Program® is a group experience that introduces babies aged 0-12 months and their caregivers to the pleasure and power of using rhymes, songs and stories together. Parents and caregivers gain skills and confidence that enable them to create positive family patterns during their children's crucial early years. This program is typically held at the Library but we decided to switch it up by hosting it at the Lynn Valley Care Centre, where seniors could watch and interact with the babies and their families. This program helped stimulate intergenerational connections within our community, and the Care Centre residents and Mother Goose participants enjoyed this program.

### Here's some of the feedback so far:

- ***"A great chance for inter-generational interaction."*** - Parent
- ***"It's nice to have contact with children."*** - Care Centre Resident
- ***"The residents really look forward to this program. I often hear them telling their friends about their interactions with the babies."*** - Care Staff
- ***"I feel more connected to my community by meeting moms and seniors I'd not normally meet."*** - Parent
- ***"Everyone looks very happy."*** - Care Centre Resident
- ***"This is one of the best programs here! I hope it comes back in the New Year."*** - Care Staff
- ***"It's awesome for babies, moms, and the seniors. It has been one of my favourite maternity leave activities."*** - Parent
- ***"I like everything! Nice to see the babies and parents interact."*** - Care Centre Resident
- ***"Love seeing the generations together."*** - Parent
- ***"I always loved babies."*** - Care Centre Resident
- ***"I liked interacting and seeing the residents reactions."*** - Parent
- ***"I loved learning the songs & the interactions with other babies & seniors."*** - Parent

