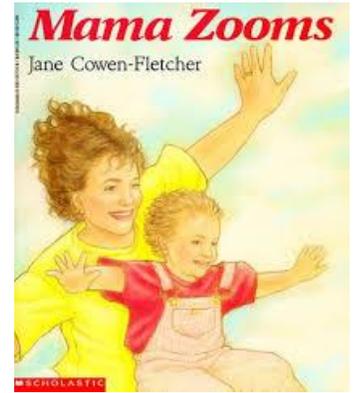


Mama Zooms

By Jane Cowen-Fletcher

A boy's mama takes him zooming on adventures in her wheelchair. This story teaches children that wheelchair users are happy and can do things that others like to do.



Discussion and Questions:

- What is a fun game you play with your parent/caregiver?
- Do you go on adventures with your parent/caregiver? Where do you go?
- The boy in this story has many adventures with his mom. Have you ever gone on adventures similar to those mentioned in the story (e.g., boat ride, airplane, train ride)?
- If you could go on a big adventure, what would you want to do?
- How do you think the boy and his mom feel when they are on their adventures? (*happy*) How do you know they feel that way? (*They are smiling.*)

Activities:

• Music and Movement

- Music and movement activities are one way to build strong relationships between young children and caregivers. Just as the boy and his mom used their imagination to go on adventures, these songs will expand caregiver-child bonds and promote child learning. They can be done at home or in the classroom.
- Bumping Up and Down in My Little Red Wagon
Sing the song and do the actions as shown in the video and written [here](#).
- Giddy up Bouncing
This [video](#) demonstrates how to do this lap bounce with a young child.
- Row Your Boat:
You can find lyrics and a video of a parent sharing how this song helps her son learn [here](#). Additional verses of Row Your Boat to sing with children are included in [this](#) video.

• Using One's Imagination

- The book highlights a child's imagination as he explores various places and events while he rides on his mom's lap in her wheelchair. Hold up the book and point to the pictures, while asking, "Where are the boy and his mom now?" as you turn to each page. Encourage children to pretend they are in the same places as the boy and his mom. Incorporate actions such as lifting one's arms in an airplane motion or gripping a steering wheel.
- Ask questions that correspond with each page such as, "What does a train sound like?" Then, make sounds with the children such as a train horn, car motor, and ocean waves.
- Ask children to come up with new places the mom and boy could go in a wheelchair and act them out as well (i.e., a bowling alley, baseball field).

• We Can ALL Do Hard Things

- Some children may state that they feel sad for the mom or the boy because the mother is in a wheelchair. Avoid children pitying the family and instead focus on their strengths, and the idea that just like people who wear eyeglasses or use a cane, this mom uses her wheelchair so she be independent. The following activity is designed to help children recognize that wheelchair users are capable of doing lots of things on their own, just like everyone.

- Ask the children, “What kinds of things did the mom do on her own?” Point out how strong the mom is and how she can do hard things (*riding her wheelchair in the rain/on a bumpy road, going up and down ramps*).
- Ask children to list hard things that can do on their own and things they need help doing. Ask how they feel when they do something on their own.
- State that everyone needs help with some things and share a few personal examples. Ask the children, “What should we do if someone can’t do something on their own?” (*Be patient, ask if they would like help, teach them, or show them a new way*). Ask the children to think of things we shouldn’t do if someone is struggling to do a task: rush them, do it for them without asking, call them names, etc.