



My Birth Journey



Hey mom feeling a bit squashed
in here,
your cervix getting softer, the time is near.
Ok , my plugs gone, eek! Ready for some actions
I feel some hugs, wait a minute... contractions!
Hopefully you're packed, I think my water just
broke
Dad better get us to the hospital, that's a good
bloke.

Hey what's that cold thing pressing down on me,
Ahh you're checking my heart, a good beat is the
key.

Someone feeling my head, at this I'm not keen,
there's moulding, caput what do you mean?

Walking, being upright is part of the plan,
remember your breathing, I know that you can.

That massage you're getting feels oh so great,
maybe something for pain, if it's not too late.

Fully dilated, that means now you push down,
you may need to pant as my head starts to
crown.

As I take my first breath, it's your face I see,
you wanted a baby, I'm so happy that it's me.

I'm placed on your skin, it feels safe and warm,
identification, a jab and cutting the cord is the
norm.

Colonising they tell me it's what it's all about,
Not sure what it means, just glad that I'm out.

I feel a bit hungry, after the hard work of my birth,
no worries I know that there's breasts on earth.

Colostrum to start, it's the very best food,
only need a little to put me in a good mood.

By Ros Allman