

Helping Whom

When we get up in the morning
We switch into overdrive
It's much quicker to everything
Without us who would survive

Sit the child down at the table
Choose the food that they will eat
Prepare it with your full devotion
There, the jobs done nice and neat

While I'm here I may a well feed you
It'll save time clearing up the mess
Now, now cherub, not your fingers
Spoons are just the job for this

Let's put your vest on, there's a darling
Now your socks and t-shirt too
I'll put a nappy on today dear
Wee I can cope with, but not poo

We'll have a walk round town this morning
Your shoes too small, but worn out not
I know you're 7, but I'll take the pushchair
We can hang your coat up when you're hot

I know you're bored, but you can sit there
It's easier for me this way
Just watch the waistlines pass right by you
You can walk another day

They say that caring is a true devotion
It takes your time and energies
But smothering with love and kindness
Isn't always good for me

Please let me choose my food at mealtimes
Feed myself and make a mess
I want to help at wash and dress time
I can do it too, you'd never guess

I know I'm slow when I am walking
I sometimes trip or tumble down
So let's go when we don't need shopping
To see the people in the town

When I sit there in my buggy
People only talk to you
But when I walk along beside you
They can see what I can do.

Angie Stokes