

Post Natal Woman: The inspiration for this was my Niece Gillian. I was in her parents home when I witnessed her suffering greatly after a pregnancy. She like many women was not getting adequate post natal care and was left to cope on her own with family support.,

During my career I came accross many women coming into contact with mental health services with major psychological problems usually about 2 years post natal with little evidence of any adequate medical care. Hormonal issues were fequently ignored and not either properly investigated or treated.

Post-Natal Woman

A baby is born
A new life to adorn
Mother looks in bloom
But inside she feels such gloom
Those too close will see her bliss
But for new mother her misery they'll miss

Watch with care for post-natal sorrow
She feels so alone with such horrow
So down and worried with fright "Carry on" they all say, "you'll be alright"

From dreams to nightmares
For so many it's not rare
This post-natal madness
Is such a deep sadness

The baby's so good, all friends now gone
Everything's all wrong, what have I nowr done
Watching other mothers, they look much better
Must talk to someone, even write a letter

Feeling so down, I'm no good nothing's right
Failing as a mother, all family's in fright
What's wrong young mother
Why's all such a bother
So many people give love and smother
Let's give some space to a desperate new mother

Wait, it's ok it's normal
Tell the doctor and make it formal
It's a chemical imbalance in the body and brain
So natural and common, poor woman to drain

Feeling useless and weak
Some pills, dosage to tweak
Don't let it drift, don't leave it long

It's good to talk, don't fear the throng

It's a fine line to walk
Not weakness to break, it's a must to talk
Take all the help; take it in your stride
You're a good mother, our future, our pride
Nurture be nature as only you can
Even when a Post Natal Woman



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