

you are a superhero

when you were born you were loved  
like you'd done something amazing  
like there was no one else like you

like each expression you made was unique  
like each bodily function fascinating

like the potential you had was infinite  
like you'd made everyone delighted  
like so many people were thinking of you

like you were treated with so much care  
like nothing was wrong with you...

who dared to change this?  
who said you couldn't you shouldn't?

who squashed your dreams and ideas?  
who filled you with fear and dread?

who made you feel alone?  
who can help you overcome these voices?

I am

you have the power of love within you  
you were born to bring love to the world

you have still got time a chance today  
you can share love in a simple way

you don't owe anything, nothing to pay  
you bring the beauty of life and love this day

you are a superhero  
*(and I am your mum)*

Jo Beth Gray