

Remember.

Remember when you were little,
And everyone else seemed tall.
Remember when you were frightened,
But nobody heard you call.
Remember when you didn't understand,
And nobody was there to offer a hand.
Remember your mother would shout and
scream,
At whatever you'd done that you didn't mean.
Remember how you would cry and cry,
Any love that there was had passed you by.
Remember you were told that you'd been a
mistake,
And you'd go to sleep wishing, you'd never
wake.
Remember the relief you got from self-harm,
From cutting your flesh, to breaking your arm.
Remember with a punch, you could make your
nose bleed,
She'd have to pay some attention, attend to
your need.
Remember she said you were 'driving her
mad',
They would take her away because you were
so bad.
Remember how she couldn't bear your touch,
She couldn't speak to you, you repulsed her so
much.
Remember how you were quiet and shy,
Frightened she'd leave you without saying
goodbye.
Remember she said she 'wished she was
dead',
When you're only six, this sticks in your head.
Remember the child whose heart was aching,

Whose mother was spitting and screaming and shaking.

Remember the tiredness, confusion and tears,
The wishing and longing for some who cares.

Remember you had no sister or brother,
Just a drunken father and self-centred mother.

Remember how slow the time use to pass,
Now life is good, it goes far too fast.

Remember how you want to be exactly
opposite to her,

You make sure your children are nothing you
were.

Remember how this has affected your life,
Although you're a mother, although you're a
wife.

Remember the feeling the day that she died,
Nothing was finished, the ends still untied.

Remember, the life that she'd had was bad,
Unwanted and bullied, unloved and so sad.

Remember that we must learn to forget,
Or be condemned to live a life of regret.

Remember to leave your baggage behind,
Be happy in spirit, in body, in mind.

Remember the time with your children is
precious,

We can't recall time, once its gone, it has left
us.

Remember time passes so quickly, and then,
You're back where you started, alone once
again.

Remember, you get back from life what you
give,

As you sow, shall you reap, and you die how
you live.

Remember to adore and cherish your family,
And they will adore and cherish your memory.

Remember your mother, she never meant to

be cruel,
She probably loved you, so don't be a fool.
Remember the good times, there must have
been some,
But she can break your heart, the one we call
mum.

Yvonne Prince.