



I've Just Had a Baby

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I've Just Had a Baby

After Annie Ridout

By Danielle Gilmour

I've just had a baby.

Will you not remove your shoes?

Wash your feet?

This is holy ground.

Watch you doff your cap as you approach my throne,

Bow your head,

Lay palms where I tread.

Please speak in more reverent tones.

I am Lucy – honour the mother of mankind.

Here, I'll show you what to do –

Kiss your fingers and touch your navel,

Light a thousand candles, cast me a circle,

Bring me offerings, keep my vigil.

Do you think I willed this baby into being?

The least you could do is pour a libation

For the blood I've spilt and that flows from me still.

Trace my sacred scars and name them a constellation.

I am Elastigirl – my heart and parts have stretched

Beyond recognition,

Even to myself.

I am Eos – where is my golden chariot as I bring you this pink new dawn?

And just moments before, I was Athena, roaring as I rode to war.

Where is my chapel among those raised

For each temple built in a body – cradled in pelvis or hidden by ribcage,

To hold our babies however long they stayed?

I am the Earth,

I am the Sun,

I am Wonder Woman.

I am my mother and yours who allowed us to breathe.

I've just had a baby.

Walk backwards as you leave.

Author bio: Danielle, from South Gloucestershire, is a mother of three children, one dog and four chickens. She is a Peer Supporter for [The Breastfeeding Network](#), a Volunteer for AIMS, and a poet and member of the [Mum Poem Press](#). You can find more of her work on Instagram [@mummy_juice_writes](#).

