



NATP
NATIONAL ASSOCIATION
OF THERAPEUTIC PARENTS



Centre of Excellence in
CHILD TRAUMA

Nonsense chatter

I really can't stop talking cos you might forget I'm here
It keeps your focus on me as I bend your weary ear
Lots and lots of nonsense questions
I just switch off from your objections

What's the purple ist purple that you have ever seen
What are we having for dinner and why is the grass green
I'm scared I'll be invisible if I cease to babble on
I need to keep your interest to feel like I belong

I cannot sit here quietly cos of wobbles in my belly
So I make lots of noise and I interrupt the telly
What if you don't feed me or make me go away
You'll always know I'm here if I've got lots to say

It's all about survival and making sure you're near
The nonsense in my questions stem from all my fear
I know this drives you crazy and can make you feel insane
It all comes from my trauma and under developed brain

I need your reassurance that you've not forgotten me
Let me know you'll listen when you've finished cooking tea
Try to be more playful and say your ears are full
But they'll be far more empty when I get home from school

If my questions are ridiculous, relay them back to me
It'll interrupt my trauma and might be quite funny
Gently touch my shoulder and remind me that you're there
Let me know you understand the need behind my fear

And lastly but not least, please do not forget
Developmentally I'm younger and my brain's not caught up yet!

Sarah Dillon (c) Founding Committee Member.

