

Ode to my Placenta
by Sarah Buckley M.D.

How do I love? Let me count the ways.
First, I love your beauty, so rich and warm and red
Placenta you're my pillow in my coziest womb-bed
Second, you bring nourishment and liquid from my mom
When she eats well, then I eat well, that's good because I'm so young
Third, you take away my waste and metabolize the rest
It goes out through Mom's kidneys, no work, no fuss, no mess
Fourthly, you're a barrier to keep our bloods apart
Fro mom and I are separate beings, though connected at the start
Fifthly, you're my advocate- You tell my mom what to do
Your hormones keep me growing and that makes mom healthy too
Sixthly, you bring oxygen each time mom takes a breath
I need a lot of clean fresh air because my lungs don't work yet
Seventh, you're my thermostat you keep my womb just right
Mom sweats for me in the daytime and warms me up at night
Lastly, you're my treasure chest of blood for when I'm born
The extra meal that fills me up to birth me in top form
So, please don't cut my cord too soon and don't pull on it too
I'll call for my placenta when I am safely through
And when you see this wondrous thing that grew me up so well
Say, Thank you" to God who made us from one cell.