

## Trauma Burps

Written by Sarah Dillon (National Association of Therapeutic Parents)

I've got a tricky problem  
I call it Trauma Burps  
They come up from my tummy  
And say some nasty words

They burped out to my teacher  
Cos she was in my way  
Now I've got detention  
But I feel too scared to stay

The Head asked why I do it and I said  
'I DON'T KNOW WHY'  
She said I need to STOP IT  
And now I want to cry

I don't dislike my teacher  
But her glasses make me wobble  
That's why I called her ugly  
And it's gotten me in trouble

Trauma burps are awful  
You don't know when they'll happen  
The adults say I'm 'naughty'  
And that makes me want to slap 'em

Maybe I have got them  
Cos I'm a rotten kid  
I didn't mean to say it  
But the teacher said I did

Deep down in my tummy  
I feel those dreaded burps  
So mum said she would help me  
As they may be from past hurts

She gave me a big cuddle  
And I felt the burpies pop  
Perhaps I might believe  
She can help to make them stop

She thinks I got the trauma burps  
When I was very small  
And they bounce round in my tummy  
Especially at school

She's going to tell the teacher  
I'm not a 'naughty lad'  
I didn't mean to say it  
And burps are when I'm sad