

Quatrain With Refrain

Grandmothers Unite Chant

Toss off your girdles.
Put on tennis shoes.
Don't let any hurdles
bring on the blues.

Grandmothers unite!

So your cookies are store bought—
Also order pizza in.
Don't become so distraught
when some dust's lingerin'

Dig toes in sand.
Finger play dough.
Walk hand in hand.
Run and tiptoe.

Grandmothers unite!

You're not the grandmotherly type?
Don't have the dowdy look?
Don't follow the stereotype.
Don't have to serve or cook.

Don't need some economic bracket
or buy your way into their hearts.
Because in this love racket
there are no designated parts.
Grandmother's unite.

Grandmothers can rock,
not just in a rocking chair.
Grandmothers hear a lot of croak
about their roles and despair.

Those less domestic ones are
considered less than dutiful.
They must find new skill on par
to create something beautiful.
Grandmothers unite!

Why all these expectations, demands
for what we must do?
Why follow outdated commands?
Let our hearts carry through.

How can we live what we preach
and love in our unique ways?
If we can't learn as we teach,
discover what sinks in and stays.
Grandmothers unite!

Why not play and dispense joy?
Why not guide instead of lead?
Why not share what we enjoy?
Why not seek each child's need?

Each grandmother has talents
and ways to convey their love.
If family cares and relents
to a hug instead of a shove.
Grandmothers unite!

Some grandmothers have to parent
when parents aren't around.
Then it becomes transparent
that new strategies must be found.

But for most, are we to spoil them?
Better to work with parent rules.
Take ideas and coil them.
Share nourishing tools.
Grandmothers unite!

Guess it all comes down to this.
We can bring love, joy and hope.
With just a touch, or a kiss
Grandmothers can help all cope.
Grandmothers unite.

Quatrain with Refrain: Working
with the basic four-line quatrain stanza
you can experiment with rhyme
schemes and syllable counts and add
refrains of one or two lines.