

Based on the views of 180+ childfree / childless people who completed a questionnaire about their experiences of not having children.

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**(Häsli i de Gruebe)**

I möcht mi nid Sorge  
 Tag und Nacht  
 Tag und Nacht  
 Schlaft mis Häsli? Issts au guet?  
 Treits au brav sin Sunnehuet?  
 Häsli hüpf! Häsli hüpf!

Will nid mit eu hüpf  
 Immer gliich  
 Immer gliich  
 Nuggi, Kita, Pausebrot  
 innerlich bin ich scho tot  
 Häsli träum, Häsli träum.

Vilich no studiere  
 Neu aafaa  
 Neu aafaa  
 Es Grosi adoptiere  
 Sie ume-kutschiere  
 Häsli chönnt, Häsli chönnt.

Ihr erwartet Liebi  
 Achtig au  
 Achtig au  
 Eues Häsli wird vilicht  
 Spöter voll de Ego-Wicht  
 Weiss mä nie, weiss mä nie!

Reziproki Fürsorg  
 Gitz überall  
 Gitz überall  
 I mim Herz isch Platz für vill  
 Teil miin Bau mit wem i will  
 Häsli share, Häsli care.

**(Bunny in the burrow)**

I don't want to worry  
 Day and night  
 Day and night  
 Does Bunny sleep? Does Bunny eat?  
 Does it wear its sun hat?  
 Bunny hop! Bunny hop!

I don't want to hop along  
 Round and round  
 Round and round  
 Dummy, daycare, lunchtime snack  
 Already feel dead inside.  
 Bunny dream, Bunny dream!

Maybe I will study  
 A fresh start  
 A fresh start  
 Adopt a granny at my side  
 Take her for a ride  
 Bunny could, Bunny could.

You'll expect to be loved  
 And respected  
 And respected  
 Your Bunny might turn out to be  
 One more selfish little fool  
 You never know, never know.

Reciprocal carework  
 Is everywhere  
 Is everywhere  
 In my heart there's space for lots of it  
 Share burrows with whom I want  
 Bunny share, Bunny care.

**(Hickory Dickory Dock)**

We ran out of time on the clock  
I guess we just forgot!  
We didn't think about having kids  
A priority for us they're not.

We didn't really decide  
We just got on with living our lives  
We didn't think about having kids  
Now body clock's not on our side.

There was no desire burning  
None of that maternal yearning  
We didn't think about having kids  
Tick tock, life's clock is turning.

**(De Schlange ihre Tanz)**

Das isch mim Selbstwertgefühl siin Tanz  
 Es chunt vom Bergli aabe  
 Er het verlore a Substanz  
 Un wett si wieder haa  
 Chum säg du mir  
 Wetsch du nöd au  
 es chliises Stückli  
 meh Respekt? Hey!

Nur wil ich kei eigni Chinder ha,  
 bin i nid egoistisch  
 ich präge d'Xellschaft trotzdem mit  
 halt uf me andre Wäg  
 Chum säg du mir  
 Isch d Zuekunft nid  
 Es kollektivs Projekt? Hey?

Min Uterus gaht dich nüüt aa  
 Er isch doch kei Verpflichtig  
 Biologie isch wandelbar  
 Und Traditione au  
 Natürlichkeit  
 isch en Begriff  
 mal so mal so uus-gleit. Hey!

Nachwuchs isch wie ne Lotterie  
 Geen sind kei Garantie für  
 Nö-öchi u-und Sympathie  
 So eifach isch es nöd.  
 I ha kei Angst  
 Nur au kei Lust  
 Entscheid doch du für dich, hey!

**(The Snake's Dance)**

This is my self-esteem dance  
 It comes down from the mountain  
 It has lost its substance  
 Would like to have it back.  
 Don't you tell me  
 That you don't need  
 Just a little more  
 Respect? Hey!

Just because I don't have my own kids  
 I am not egocentric  
 I shape society as well  
 But in a different way  
 So don't you think  
 The future is  
 A collective project? Hey!

My womb is none of your business  
 And it's no obligation  
 Biology is a broad spectrum  
 And traditions are aswell  
 Natural  
 Is just a word.  
 Interpret it differently. Hey!

Offspring is like the lottery  
 Genes are no guarantee for  
 Closeness and sympathy  
 It is not that easy.  
 I'm not afraid  
 But I feel no urge  
 You can decide for yourself, hey!

**(Row, Row, Row Your Boat)**

No, no, no I don't  
 Get to choose my dreams  
 I can't have kids, it's not my fault  
 You can't control a sneeze

Row, row, row life's boat  
 Down a different stream  
 My life feels bland without a child  
 What will my journey mean?

Grow, grow, grow, regrets  
 Tan-gle inside me  
 I can't have kids, I'll be the end  
 Of my family tree

Flow, flow, flow of time  
 But my life feels quite stuck  
 While friends move forward with their lives  
 I'm fishing with no hook

Show, show, show me that  
 I'm welcome in this world  
 I sometimes feel that I have failed  
 An oyster with no pearl.

Sow, sow, sow, the seeds  
 I'll have to form new roots  
 Pro-natalism excludes me  
 I'll nourish different fruits.

Low, low, low feelings  
 Anxious and depressed  
 The baby joy of friends I love  
 Makes me feel stressed.

I know, know, know, it sounds  
 Bitter and unkind  
 I'm jealous of my parent friends  
 Because I'm left behind.

Although, though, though I smile  
 My grief is like a ball  
 Bouncing 'round beneath the skin  
 Pain when it hits the walls.

No, no, no I won't  
 Heal this helpless grief  
 I lost my chance to have children  
 You can't stop Autumn leaves.

**(s chrüucht es Schnäggli)**

Wetsch keis Baby? Kein Fam-i-lie?  
 Wär doch schön?  
 Wär doch schön?  
*I möcht lieber heile*  
*Kei Traumata verpflanze*  
*Lieber nöd*  
*Lieber nöd*

Bisch nid einsam? Ohni Chinder?  
 Ischs nid schlimm?  
 Ischs nid schlimm?  
*I bi gern eleige*  
*schätze mini Freiheit*  
*für mi stimmmts*  
*für mi stimmmts*

Und im Alter? Ohni Nachwuchs?  
 Das wird zääch  
 Das wird zääch  
*Es git soviel Forme*  
*Z' lebe und au z'wohne*  
*Won-ii xääch*  
*Won-ii xääch*

Und bereusch es? Nid es bitzli?  
 De Entscheid?  
 De Entscheid?  
*S'isch nid immer eifach*  
*Doch d Vorteil überwiegend*  
*Duet mer leid*  
*Duet mer leid*

Und denn Zuekunft? Vo de Menschheit?  
 Isch der gliich?  
 Isch der gliich?  
*D Welt die dreht sich wiiter*  
*Mit und ohni Chinder*  
*Ohni mich*  
*Ohni mich*

**(A Snail is Gliding)**

Don't you want a baby? No family?  
 Wouldn't it be nice?  
 Wouldn't it be nice?  
*(No) I would rather heal*  
*than pass on my trauma*  
*Rather not*  
*Rather not.*

Aren't you lonely? Without kids?  
 Ain't it bad?  
 Ain't it bad?  
*(No) I like to be alone*  
*And appreciate my freedom*  
*Suits me well*  
*Suits me well.*

And in old age? Without offspring?  
 It will be tough?!  
 It will be tough?!  
*(No) There are many forms*  
*Of living and housing*  
*That I see*  
*That I see.*

Don't you regret it? Just a little?  
 Your choice?  
 Your choice?  
*It's not always easy*  
*But advantages outweigh (disadvantages)*  
*Sorry about that*  
*Sorry about that.*

And the future? Of mankind?  
 Don't you care?  
 Don't you care?  
*(No) The world will keep on turning*  
*With or without my kids*  
*Without me*  
*Without me.*

**(Humpty Dumpty)**

My friends exclude me from family fun  
Their new friends have kids  
I won't know anyone  
I can't discuss my baby's  
Cute milestones  
I'm childfree not a monster  
Who's best left alone.

They only call when they need a night out  
They think I'd get bored  
With what their life's about  
My life's quite different  
It's hard to relate  
But I could teach their kids  
To roller skate.

Make slime, play Mario and go on the slide  
I don't see a reason  
For this big divide  
Good for kids to have  
A different perspective  
It might help us all if  
We were more connected.

**(es Buurebüebli)**

En Baby-buuch das maa ni niid,  
das xeht me miir wohl aa, juhé  
Organabse-enkig, Inkontinenz,  
das chunt doch alles früeh gnueg.

Ich xeh wie nach de Niederkunft  
Z'mol Rollebi-ilder uf-er-stöhnd  
Wo mir mal zäme beerdigt hend  
Mir sind no ni-id immun, juhé

Als Eltre-teil luegt alles hi-i  
Darfsch keini Fehler haa, juhé  
Wennd jammerisch bisch selber Tschuld  
Drum friss din Frust und sig froh!

De Fuessabruck ufem Planet  
Wo Schwiizer Chind hinderlönd, juhé  
Verschlingt uufgrechnet vier Welte meh  
Wenn all de Standard wend.

Di eige Chindheit würdi niemerem wünsche,  
nid emal aasatzwiis  
Versangensängst hani soo scho gnueg  
und Druck gitz gratis derzue.

Mini Partnerschaft isch scho erfüllt  
Oisi gemeinsam Zi-it es wertvolls Guet  
Und bruuchi öppis zum erzieh  
Denn chaufi halt en Hund, juhé.

**(A Farmer Boy)**

I don't want a baby-belly  
You can't all be looking at me (woohoo)  
Organ descent and incontinence  
Doesn't it all come too soon anyway?

I see that after giving birth  
Ancient rolemodels resurrect  
Some that we had buried long ago  
We're not immune to this (woohoo).

A parent is on everybody's watch  
No mistakes allowed (woohoo)  
If you complain, it's your own fault  
So, eat your frustration and smile.

The footprint on our planet Earth  
That Swiss kids leave behind (woohoo)  
It would devour four more worlds  
If everyone strived for this standard.

I would not wish upon anyone  
My own childhood, not even parts of it  
I have enough fear of failure  
Pressure comes as a freebie.

My relationship with my partner is fulfilling  
Our shared time is a rare good thing  
If I want to educate someone  
I'll buy myself a dog (woohoo!)



**(Three Blind Mice)**

We broke up  
I broke down.  
My partners tricked me  
They were clowns.  
I always wanted to have my own kids  
But none of my ex partners really did  
Tinder algorithm couldn't find a good fit  
Now I'm childless at 40  
I must live with it.

I care for myself  
I'm healing from the pain  
Of manipulation  
Betrayal and disdain  
My exe's violent behaviour  
Makes co-parenting with him a terrible idea  
You can't raise a family while living in fear  
Now I'm single again  
God, how did I get here?

My Mum raised us solo  
With very little help  
She did a great job  
But it put pressure on her health  
Sometimes I mourn kids I won't have myself  
But life is so vibrant, friends are my wealth  
Kids were not meant for me this suits me  
quite well  
I follow my freedom  
I've stories to tell.

**(i ghööre es glöggli)**

Ich ghööre es Glöggli  
 Es warnt mi scho jetzt  
 Sötsch du schwanger werde  
 Wirsch nid unterstützt.

Din Bruef isch es Hobby  
 D'Bilanz minimal  
 Es langt grad für dich  
 Alles meh wär fatal.

Ob Mensch oder Mueter  
 Bestimmt nid min Wert  
 Ich wett kei Kopie  
 Wo a mir umezerzt.

I gspür au kein Drang  
 nach meh schlaflose Näch  
 Ha z wenig Ressource  
 s System git mir Rächt.

De Tag isch vergange  
 Ich ha nüüt vermisst  
 kei Uuf-opferig  
 und kein Mueterinstinkt.

Xeh nid ii was das isch  
 Ha kein Zuegang derzue  
 Schaffe Kunst, zwar prekär  
 Ha defür mini Rueh.

**(I Hear a Little Bell)**

I hear a little bell  
 And it's warning me well  
 If you will get pregnant  
 You will not find help.

Your job is a hobby  
 Profits are low  
 Just enough to sustain you  
 Not enough for one more (person).

Whether I'm a Mother or just a person  
 It doesn't determine my value  
 I don't need a copy of myself  
 To yank at my arm.

I don't feel the urge  
 For more sleepless nights  
 I don't have the resources  
 The system confirms I'm right.

The day has gone by  
 I did not miss a thing  
 No self sacrifice  
 No mother instinct.

Don't see why I should be like that  
 I have everything  
 I make my precarious art  
 And enjoy my calm.

**(Sing a Song of Six Pence)**

Sing a song of six pence  
I can't afford childcare  
I still live with ten people  
In a big houseshare  
We need co-operative housing  
For those with and without kids  
My housemates are much younger  
Don't know what they'd think of this.

I dream of a huge mansion  
Full of polyamorous artists  
Cross-generational proximity  
Is the care model that's smartest  
A building shared with my friends  
And their adopted kin  
Watch movies, and play games together  
Cook in our shared kitchen.

It's easier to adopt kids  
If you're in a middle-class couple  
We need to think beyond  
The outdated family bubble  
But questioning the family  
Still seems to be taboo  
'The Old Woman who Lived in a Shoe'  
Can teach a thing or two.

**(Siebe chugelrundi Säu)**

Siebe chugelrundi Queers  
 Umsorget sich und ihri Peers  
 Ali tüend luege, ali tüend lose  
 ganz egal ob Rock, ob Hose

Bezoge-sii isch immer Handel  
 Und das Trading isch im Wandel  
 Warum nur im Zweiergspann?  
 Wenn mä au mit meh Hilf haa chan?

Laufte nid immer siide-fiin  
 Verchunnt dis Dasii zu me Meme  
 Du findsch Poly bitz vermässe  
 Hauptsach niemert wird vergesse

Freiwilligkeit und Kernfamilie  
 Liit nid per se uf einre Linie  
 Wahlverwandschaft au nid immer  
 Aber sicher ischs nid schlimmer

Hesch du diis Heu uf andre Bühne  
 Fiired mir grad s Androgyne  
 Bauded Näster, bildet Gflecht  
 Bindet nid alles as Geschlecht.

**(Seven Perky Piglets)**

Seven well-fed, perky queers  
 Care for eachother and their peers  
 Everyone watches, everyone listens  
 No matter if in skirt or jeans

Relationships can be a compromise  
 And how we exchange is changing  
 Why struggle in pairs of two?  
 When you can accept more help.

It's not always as smooth as it seems  
 Sometimes we feel like a meme  
 You think polyamory sounds mad  
 But the main thing is no one's left behind

Consent and nuclear family  
 Aren't necessarily compatible  
 Chosen family doesn't always work either  
 But it can't be much worse.

While your 'hay is on another stack'  
 We celebrate the androgynous  
 Building nests and weaving networks  
 We don't tie it all to gender.

**(London Bridge is Falling Down)**

Nuclear family's falling down,  
Falling down, falling down.  
Let's make a chosen-kin playground  
With timeshare babies

Build it up with mutual aid  
Mutual aid, mutual aid  
Fund care - make sure that it's well paid  
Invent new ways to be.

The old rule book must bend and break,  
Bend and break, Bend and break.  
Extended family takes the weight  
When life gets crazy

Co-parenting's not anarchy  
It's a sustainable way to be  
Parental pressures are stifling  
We all need to be free.

**(Ich gah mit miner Laterne)**

I gah mit mine Fründe\*  
 Und mini Fründ\*inne mit mir  
 Am Himmel lüüchtet Sterne  
 Und unde lüüchtet mir  
 E langi Nacht, spontane Sex  
 Eh, eh, eh!  
 Das simmer, das nämmer, ja gern.

I rede gern mit Erwachsene  
 Direkt und unzensiert  
 Vo Babybrei und Windle  
 Bini nid inspiriert  
 Ich bin als Tante\* en Bezug  
 Eh, eh, eh!  
 Das bini, das wetti, ja gern.

Wett i mich la sterilisiere  
 redet uf z mal alli mit  
 erkläred mir mini Bestimmig  
 und dass es denn «scho no wird»  
 Für mich wär das e Sicherheit  
 Eh, eh, eh!  
 Das weiss, das möchti, genau.

I lueg zu minere Xundheit  
 Und finde Erfüllig ir Kunst  
 Beniide nid all die Körper  
 im Schmerz um Niederkunft  
 I lebe wiiter i mim Werk  
 Eh, eh, eh!  
 Das zählt, das langt, jawohl.

**(I Go with my Lantern)**

I go with my friends  
 And my friends go with me  
 Above the stars are shining  
 Beneath so do we  
 A long night, spontaneous sex  
 Eh, eh, eh,  
 That's us, we have it, yes please.

I like to talk to adults  
 Uncensored about adult things  
 Whimpering and diapers  
 Don't inspire me  
 I take part in family as an Aunt  
 Eh, eh, eh,  
 This I am, this I want, yes please.

If I want to get sterilized  
 Suddenly everyone gets involved  
 Explaining my destination should be  
 And what is yet to come  
 But I want the security of this  
 Eh, eh, eh,  
 I know that, I need that, alright.

I'll look after my health  
 And find fulfillment in art  
 I don't envy those bodies  
 Labour pain rips them apart  
 I will live on through my work  
 Eh, eh, eh.  
 That's enough, that counts, indeed.

**(The Wheels on the Bus)**

The wheels on my bus don't turn that way  
I'm a man and I am gay  
The wheels on my bus don't turn that way  
In my rainbow town.

I might have liked to be a Dad  
But it's a choice I never had  
I *would* have like to be a dad  
But some wheels are not round.

So, I reframe it as a choice  
Because I do not have a voice  
Better to say that it's my choice  
And turn that frown around.

I'd co-parent if friends asked me  
No heteronormativity  
Take turns to drive the wheels on the bus  
All through the town

Some gay men pay for surrogates  
But most of us can't aff-ord that  
My bus wheels are not made of gold  
They're a rusty brown

Some make family by adoption  
For single men that's no option  
The wheels on the bus don't want us  
At the play-ground.

The wheels on the bus go round and round  
And sometimes it can get me down  
The family bus goes round and round  
But my seat cannot be found.

**(Roti Rösli im Garte)**

Roti Hösli und Schmerze  
 D' Eierstöck sind verchläbt  
 I han Endometriose  
 So het's eifach nie klappt

Mit hend glernt derzue z schwiige  
 zu de Unfruchtbarkeit  
 mengi re-agiered hilflos  
 fast als het ich verseit

Für e künstliche Befruchtig  
 Fehlt mer s Geld und de Muet  
 Mengisch machts mi nur truurig  
 Mengisch bliibt mer nur d Wuet

Chumi a mini Grenze  
 Ringe um Akzeptanz  
 Wirdi glich min Platz finde?  
 Fühli mi glich au «ganz»?

Wer kei Chind will, wird sich fröge  
 Warum plagt sie das so?  
 Warum Träne i de Badi?  
 Depressionne im Zoo?

Wenn en Traum muesch begrabe  
 Wo du vor dir hesch xee  
 Würsch du au dranne naage  
 Tät dir das gnau so weh!

**(Red Roses in the Garden)**

Red panties and aching  
 My ovaries are fused  
 I have endometriosis  
 It has never worked

We have learned to shut up  
 About infertility  
 Some (people's) reactions are helpless  
 As if I had screwed up

For artificial fertilization  
 I lack money and courage  
 Sometimes it makes me sad  
 Sometimes all that's left is fury

I have reached my limits  
 I struggle for acceptance  
 Will I find my place?  
 Will I feel whole?

Those who don't want a child wonder  
 Why is this bugging her so much?  
 Why the tears at the pool?  
 Why is she depressed at the zoo?

If you had to bury a life's dream  
 That you saw for yourself  
 It would gnaw on you too  
 It would hurt you just like me.



**(Heads, Shoulders, Knees and Toes)**

I'm trans, so my womb is not mine  
I'm queer, don't want my gender defined  
I'm scared society'd reject a parent like me  
How could family and identity be aligned?

***(I'm a Little Teapot)***

I'm a little teapot short and stout  
Not all bodies can push a baby out  
Endometriosis, low sperm count  
Some have to pay for IVF, or they must go  
without

He's neuro-divergent, she's got mental ill-  
ness  
Polycystic ovaries with adenomyosis  
Her menopause was early, and he's got low  
motility  
They had to take a bank loan out to treat  
their infertility

Their partner is their carer – a chronic  
condition  
They would have loved to have some kids,  
but not in this position  
Chemo-therapy harmed the health of his  
sperm  
They're playing the waiting game, the future  
is uncertain

Gynaecology's underfunded, IVF is unequal  
Gays and singles pay but it's free for some  
people  
One embryo left in storage, but can't face  
more IVF  
Miscarriages and failed attempts put  
marriage under stress

There's nobody to talk to about the loss and  
hurt  
It's not ideal small talk for the coffee break  
at work  
Been trying for ten years now, your hope  
begins to fade  
Your desperate for a fam-ily, but can't take  
much more pain

***(Mary Mary Quite Contrary)***

Mary Mary, it's not that I'm contrary,  
Childfree life is how I choose to be  
You say that it's a shame and I'd make a  
great mum  
But I've known I don't want kids, since I was  
young.

I love my hassle-free life with my part-ner  
We don't need kids for our happy-ever-after  
I thank Mary each day that I don't have to  
give birth  
Because we don't need kids to give our life  
worth

You think my life has a child shaped hole  
But I've got a lot of ve-ry different life goals  
My car-eer, books, cats; I ran a marathon  
quite fast  
I love hobbies, sex and true crime podcasts.

If you have kids, you can still do your own  
thing,  
But you pri-o-ri-tise the rou-tines that  
childcare brings.  
I like to hang out with the children of my  
friends,  
No kids for me, Mary, because the work  
never ends...

**(Incey Wincey Spider)**

Tied up in a web of routines and nappies.  
That kind of lifestyle won't make spider  
happy.

My spider legs need freedom to travel, work  
and play.  
Escape the family drainpipe, enjoy a  
brighter day.

My eight spider eyes, want to see the world  
I like to be spontaneous, I need my dreams  
fulfilled

Pleasure-seeking spider falls in love with  
everything  
Eight legs in life's bathtub, a spider who can  
swim

You think I'm a hed-on-ist, whose life lacks  
an aim  
But Planet Earth is burning – you humans  
are to blame.

You won't live forever by spread-ing selfish  
genes.  
Planet full of humans, glued to your screens

I build webs of kinship, on whom I depend  
Gardens of connection, permaculture  
friends.

So don't be afraid of me because I have no  
nest  
I'm a very social spider, this life suits me  
best.

**(Old Macdonald)**

I don't blame my par-ent friends, if our  
 friendship's been outgrown  
 The bore, and gore, and joy of motherhood,  
 I have nev-er known  
 The other mums,  
 the other dads;  
 Have shared the new exper-i-ences had

They know the chaos of hav-ing kids, and  
 the social structures it brings:  
 Doc-tors, school runs, and sleep routines,  
 the roundabouts and swings.  
 A different life  
 Mine could have been  
 If normative expectations suited me

I have thir-ty two cou-sins and all but 3 have  
 kids  
 I ben-e-fitt-ed from the love, of a fam-i-ly  
 that big  
 But par-ent friends  
 who in-spire me  
 are single, queer, co-parenting.

The trope of selfish childless women really  
 baffles me,  
 Fam-ily can turn your life in-wards, towards  
 communities of similarity  
 I support my neighbours  
 Up my road  
 I help a gardener who's 96 years old

Loneliness is an ep-i-demic, babies won't  
 solve the problem  
 I got a bank loan for IVF, private clinics cost  
 a fortune  
 But I got sick  
 And had to quit  
 Now I val-ue life (...all of it!)

I'm in-com-plete without a kid, when I enter  
 cer-tain rooms.  
 The ex-cess limbs, of carrying him, to the  
 buggy from the womb.  
 Kids light up smiles  
 On every face  
 No kid, no dog, an empty space

Glad to be the other side, of this huge  
 decision  
 Make a choice and stick with it, there's  
 always contradiction.  
 It's strange to mourn  
 Kids who won't be  
 This is a childfree bedtime stor-y.

**(Here We Go 'Round the Mulberry Bush)**

The world population hit 8 billion  
A lot of mouths, a lot of hands  
People will make themselves extinct  
We're running out of resources

We're all supposed to win the race  
To have a dream, compete and thrive  
It's hard enough to pay my rent  
I wouldn't want my kids to face this