



NO KIDS

NURSERY

RHYMES

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 eignig 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 as well
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 chrüücht 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 stimmts
für mi stimmts

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 immuun, 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 umezert.

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 Zweiernspann?
 Wenn mä au mit meh Hilf haa chan?

Laufts 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
 Bued 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 Erwachsne
 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 künstlichi 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?
 Depressione 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.