

After the birth  
they say  
    *pretend you are holding*  
    *a diamond*  
    *squeeze tight*  
    *don't let it drop*  
and it's hard not to laugh  
knowing a basket ball  
could slip the hoop  
without even scraping the sides.  
You learn to clench  
for a sneeze or a cough  
and swell the ranks  
of women who exercise daily  
and wonder why  
they didn't start you earlier  
along with those films  
they showed you  
at school.

## PEEL

Avocadoes  
are like eggs  
to peel, sometimes  
the skin lifts off in sheets  
like snake-skin, sometimes it  
flakes off, like dandruff, requires  
picking off in minute pieces or gouging  
out like a wood-carving and whether it's  
worth the effort depends on how it's  
baked, too little sun leaves it waxy,  
too much leaves a mush, it needs  
to be cooked to perfection  
just like eggs.

