

POEMS:

mom didn't raise a quitter
but she also didn't raise a
winner to be honest
i don't know
who she raised
cause it wasn't
me
I look in the mirror and
I see you
I want to hate you.
i want to be able to look at you in disgust
and hope your life breaks you into pieces
as if you were made of glass.
i want you to feel the lump in your throat
as tears start going down your face
making you wonder what you could've done better.
but I cannot wish that upon you.
In fact, I wish you the best.
which is absurd for how you treated me.
for the countless nights, i laid in bed bleeding, wondering what i did wrong,
for the multiple times I defended your name,
for the way I look at myself differently,
It's all because of you.
and yet, I still wish you the best.
and hope you find someone who makes you smile
as I was capable of doing once.

And perhaps when the morning sun rises you will finally find it in your heart to love me.
I cannot take off my
sadness as if I choose to
put it on but rather it is a
Part of my entire being
And soul combined.
I am deeply sorry for
Raising havoc rather than
keeping the peace
Within this family that
Was once there before I
Arrived.
If I could take back my

birth and give it to
Another more worthy I
Would do so.
I fear that leaving this
bloodline is not as easy
As leaving with the train
Though I know you wish
it was.
It is terrible to live a life
Where you do not feel
Wanted even in the
depths of your own
Home.

Memoir

3% live with their father only, and nearly 4% with no parent. At the ripe age of 11, my mom left... again. By the time I was 16, she had given me up. Since the age of 6, my mother has been in and out of my life, but unfortunately; she never raised me. Growing up, I went down a path, that I'm very ashamed to admit. From a young age, I was engaging in drinking and smoking, partying and just having behavioral problems. I had no one to guide me or help lead me down the right path. I was faced with both health issues and emotional imbalances. I got diagnosed with depression, anxiety, CPTSD, bipolar, etc. I also became disabled due to the trauma caused by my mother. Physically, I have brain damage and lose the ability to walk from time to time. Growing up, I had trouble socially, I couldn't make friends nor connect with people. I had no friends and when I did make some, they weren't good people. They got me into drugs and partying. I started using it as a way to cope...until I couldn't anymore. I got so lost without anyone raising me. I couldn't depend on anyone but I became extremely independent. Too independent some could say. I spent my days alone but poured myself into my school work, graduating high school two years early. I had decided I didn't want to be where I was at. I was turning in 15 units a week, I didn't want to be in the same spot stuck. I needed to leave the environment that raised me and go somewhere I could heal. I was lucky in that aspect; however I had no friends, I had formed no relationships of any kind from mentors to friends to partners. I had no outside experiences except for what I was raised in. I was always in survival mode, so much so that I cannot remember my teenage years. My brain is damaged due to abuse and trauma. There is nothing that can heal that. I grew up alone and heavily independent... too independent, I had trust issues and was depressed. I was always stuck in survival mode, that I missed out on being a kid.

“I hope I become deathly ill”
As a child
I hoped
Prayed
Obsessed
That a terrible misfortune
Would fall upon me.
I wanted to see how many people
Truly cared for me,
I wanted to feel seen
I wanted people to notice me
Even if it was for the wrong reason.
I wanted people to reach out to me
To check in on me.
I suppose this
In and of itself
Made me sick,
Because a person
Should not
Desire to fall ill.
- cancerous thoughts

Research

Growing up without a mother can feel incredibly lonely. However, there are psychological issues that can arise due to this single-parent dynamic. From the very beginning of a child’s life, the mother is the most important figure of attachment. When a mother is not present in the life of her children, this can bring major consequences for their development. A child’s overall development is shaped by different aspects, from their physical needs to their emotional life. The relationship between a child and their mother or father is a vital part of their mental and emotional development. Left-behind

children have lower cognitive test scores and academic test scores, and they are also less likely to attend college. In particular, a mother's absence seems to have persistent negative effects on children's development. Parental care in early childhood is viewed as one of the most important factors that help foster the cognitive and non-cognitive abilities of children. A vast literature has shown that the absence of parental care in early childhood negatively affects children's development in health status, daily behaviors, and in-school performance

Growing up without the emotional support of a mother can prevent a child from understanding their feelings. When entering intimate relationships, you may find yourself unable to communicate appropriately, respect your partner, or exhibit healthy personal behaviors.

Not having the teachings and emotional support of one parent, especially for extended periods, can drastically affect how you view relationships in general. And considering a parent was absent, you will also have problems understanding the feelings of your partner as well.

- New environment

Mothers provide emotional support during times of trouble, and without them, this support is gone. In the absence of the mother, these dangers become more terrifying, thus an increase in anxiety and anxiety disorders. The absence of a mother can make you feel self-conscious and awkward. This may be because of the inability to bond with a mother figure, thus causing the inability to bond with women in adulthood.

Growing up without a mother can cause complacency in life. If you are an adult product of a single-parent household, you may feel as though there is a hole inside. This emptiness can prevent you from moving on and growing stronger. It can hinder your goals and put a hard stop on your dreams. If you cannot deal with these feelings, you will be unable to heal from the loss or absence.

- Negative feelings. The child may experience feelings of loneliness or worthlessness, given that they don't receive the care and affection they need. This, in turn, can lead to anger or frustration.
- Poor behavior. This includes not responding to instructions, making unreasonable demands, or hurting themselves or others. In more general terms, the child may be constantly in a bad mood. These are common responses to the absence or loss of a parent or similar figure. Patience and affection are vital when it comes to helping children go through this phase.
- Problems with social relationships. Along the same lines, the child's other social relationships may also suffer. Whether due to a lack of trust or because they have not learned the necessary social skills, children with an absent mother figure tend to have trouble connecting with others. They may also develop a dependency on the people who *are* there for them.
- Emotional imbalances. This means irritability, low self-esteem, depression, anxiety, lack of motivation, and more.
- Health issues. Faced with the loss or absence of their mother, some children may lose their appetite. Coupled with the emotional issues described above, this can lead to problems with the child's physical health.

Children who grow up without parents often face challenges in their cognitive development. Studies have shown that children without parents have lower cognitive scores compared to children with parents. The lack of support and guidance can affect the child's ability to learn new things and process information. Parental absence can

also affect a child's emotional development. Children without parents may experience feelings of abandonment, loneliness, and low self-esteem. These feelings can lead to emotional instability and behavioral problems. Children who grow up without parents may also struggle to form healthy relationships later in life. The absence of parents can also affect a child's social development. Children without parents may struggle to form positive relationships with peers and authority figures. They may also have difficulty understanding social cues and norms, which can lead to social isolation.

Works Cited

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