

Delightful Angst ~ music for parents ~ the early years



Feats of Mediocrity

Composed by Chris Gibson/Lyrics by Mary Beth Abel

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***Chris Gibson/spoken word, vocals, whistling, guitars, bass guitar,
piano, drums sequencing, and electronic sequencing***

André Montague/vocals and melody contributions

Mary Beth Abel/vocals

***Song title and theme inspiration/the words and writings of
Genevieve DuPuy***

*Parents are heroes
We get more done before 9 am
Than most do all week
Juggle that
You know how it is
But it's all worth it
There are no medals or tiaras
No Oscars or applause
There's no sleeping in or
Sleeping through the night
But you do get to re-enjoy Santa Claus
If you ever did in the first place*

Getting through a day without crying
That's a Feat of Mediocrity
Getting by after being woken at 4 am

Trying to drink your coffee without spilling it
while a kid invades your lap
That's a Feat of Mediocrity

Can you comfort a hollerin' kid in the middle of the night?
I can!
Can you whip up a bottle like nobody's business?
I can!
Can you do all the voices of Sesame Street and talk to Matchbox cars?
Can you say no to your kid again and again in the face of mounting tears?

Can you play a kazoo while changing a diaper?

I can!

Are you a Master of Distraction? oh yeah yeah [WHAT WAS THAT?!?]

Can you crawl on your knees to pick up the toys in spite of your bad back?

Can you sit through a class about potty training without losing your shit?

Can you sing twinkle twinkle 10 million times?

I can!

Can you get everyone out the door on time?

I can!

Can you let your kid do his own thing that's NOT like all the other kids?

Can you feed the whole gang and still drink your coffee HOT! before it gets ice cold?

Can you pop awake at 2 and again at 4 and 6?

I can!

Can you work all day and then play, play, play?

I can!

Can you chase your kid around the bend and up the stairs and down again?

Can you untangle hair no matter what's in it? You don't want to know . . .

Can you have deep thoughts while your kid is screaming?

Uh . . . no!

Can you grocery shop and manage your tot?

No. . . or sometimes?

Can you cut your kid's nails and not have her wake up or bleed!?!?

Can you fold laundry in your sleep and get it put away RIGHT!?!?

Can you carry your kid for a thousand miles?

No! Kid, you gotta walk this time!

Can you wrangle your kids on a plane at 40,000 feet?

Barely!

Can you deal with boogers and snot and vomit and poop where you least expect it?

Can you spend date night going to McDonald's? . . . Can I have your fries? . . . Uh . . . No!

You have no idea what it's like to be a baby – or a toddler.

What do you know?

You've forgotten!

I want choices.

I want power . . . yeah

I want all your love.

I want hugs.

I want all demands met.

I don't want to go yet.

I want to stay right here.

I want to play.

Go-Ah-Whay!

I want to hold your leg.
I want to pull your shirt.
I'm hungry now!
I want to eat all this dirt.

I want to pull your hair
I want to grab your face
I WILL YELL
IN THIS QUIET PLACE!

I want to lay right here.
If you pick me up.
I will flop like a noodle.
Or a stiff board.
No car seat for me.
No sir-eee . . . yeah
If you push me in, I will yell.
I'll make you want to scream like hell.
But, I know you can't.
Cause' I'm too cute . . . other parents are watching you.
You're stuck with MEEEEEEEEEE! Yeah!

Parents are heroes
Excelling in Feats of Mediocrity
They go high
They go low
On hands and knees
Until the last Cheerio

The kids are awesome
They're gonna be okay
You're gonna be okay

Some moments will suck
Juice spills – there's cat poo
The dog pees on the floor

You'll want to run away
And join the circus
You're already there

The kids are awesome
They're gonna be okay
You're gonna be okay

Breathe in and breathe out
You Excel In Feats of
Mediocrity! Yeah!

Parents are heroes – Excelling in – Feats of Mediocrity . . . yeah

Parents are heroes
Excelling in Feats of Mediocrity
They go high
They go low
On hands and knees
'Til the last Cheerio

Parents are heroes – Excelling in – Feats of Mediocrity . . . yeah