

10 Month Photo Session + Friday Foodie Fun Facts: Mushrooms

Description

Our past few monthly photo sessions have been quite eventful to say the least, but it seems Avery has calmed down a bit since then. She still [fights with her bear](#), as if it just insulted her crazy, curly hair, but keeping her on the chair wasn't as difficult this time.

Going Mom had to work later than usual, so I figured I'd try and take a few 10 month pics alone before she arrived home. If I tried this for her 7th, 8th, or 9th session, I would've failed miserably, and maybe have an injured baby!

For this reason, I started with her on the floor in fear of what might happen if I set her on the chair and step away.



But, much to my surprise, Avery actually stayed away from the chair's edge once I gathered the courage to test her. Matter of fact, she didn't do much at first.



No worries, she quickly warmed up and started flashing some funny/crazy faces as she tosser her bear around. Here are some of my favorites from the solo session before my wife came home to assist.



Iâ€™m cute and you know it!



There might be poop and there might notâ€¦ only one way to find out!



Check out my spit bubbles!



Quick, Dad, look over there!



Hey bear, can we be friends forever?



What? I canâ€™t hear you!



Yeah, thatâ€™s what I thought!

Thankfully, Kelley arrived home ready for more picture taking, so we went back to the chair. I suck at getting Avery âœœdressed upâœ• and choose clothes that make it easier for diaper changes over how she looks. Sorry, Avery, thatâ€™s why people always ask âœœHow old is HE?âœ•

Since it was late, Kelley opted just to put a bow on Avery after I talked her out of picking a completely new outfit. Iâ€™d say Avery was just happy to have both parents at home and spending time with her.



Iâ€™m on to you, bearâ€¦.



Still cuteâ€¦.check!



This is my bashful pose

Our love for Avery is unconditional, and her personality develops more and more each day. Not long ago, we had a baby who would just lie dormant wherever we sat her and she was completely reliant on us to move her. But now, ha, sheâ€™s zipping all over the house and makes it apparent sheâ€™s ready to walk very soon!

I could go on raving about our sweet girl forever, but now itâ€™s time for Friday Foodie Fun Facts. This month, I have partnered with [Life of Dad](#) and [The Mushroom Council](#) and recently published a [sponsored post for #ShroomTember with a recipe and details on how you can win \\$500](#). Today, Iâ€™m going to share fun and interesting shroom facts from The Mushroom Councilâ€™s website.

Besides being delicious when cooked or raw, mushrooms deliver a host of beneficial nutrients not found in many other foods. Their wide variety and multiple uses make them perfect to always have on hand. Instead of the normal list, here's a handy infographic to loaded with mushroom info.

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The healthy benefits of mushrooms span far and wide, and if you™d like to learn more, visit [The Mushroom Council™s page on the nutritional benefits of mushrooms](#).

Hope you found one or more things you didn™t know about mushrooms and you™re inspired to go out and try some this weekend.

Are you a fan of mushrooms or can™t stand the sight of them?

Any favorite types and/or recipes?

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