

Five Photos, Five Stories Challenge (Day 2): Skin-to-Skin Bonding

Description

So this guy, a divorced dad with a beautiful daughter and a Russian KGB hamster named Hammy, nominated me to take part in the Five Photos, Five Stories Challenge and I have accepted. Okay, heâ€™s actually my good blogger friend, [Gary Mathews](#), and heâ€™s full of witty sarcasm and lots of love for his precious girl. Check out his blog if you get the chance, he always has a great story to share about his day.

The Five Photos, Five Stories Challenge require you to **post a photo each day for five consecutive days and attach a story to the photo (It can be fiction or non-fiction, a poem or simply a short paragraph) and then nominate another blogger to carry on this challenge. Accepting the challenge is entirely up to the person nominated, it is not a command.** I have no clue on the origin of this thing, but hopefully youâ€™ll enjoy what I have to share.

Todayâ€™s picture is from the day Avery was born. Kelley and I both have read plenty about the benefits of [skin-to-skin contact](#), and that even dads should need to take part. Immediately after birth, the nurses handed Avery over to Kelley for the instant mother-daughter skin-to-skin connection. It was beautiful (and kinda gross) to see and words cannot describe my emotions that day.

After bonding with Mommy and getting cleaned up, it was my turn for skin-to-skin bonding with our precious baby girl. I was proud to be DAD and my pride only grows more and more each day!



The feeling of holding your newborn child close to your bare skin is pure bliss. There is no doubt that the [Oxytocin](#) levels were through the roof in our tiny room at the hospital with our tiny daughter as healthy as can be.

I truly believe that Avery's™ bond with Kelley and me is unwavering, and we have skin-to-skin to thank for playing a major role. It's™ hard to think back to how small she was then compared to now, and how there is still sooooo much more growing to do. Looking back is a great reminder to not look too far forward.

For my second victim nominee, I am inviting Kevin aka Spike Zelenka who blogs over at [Double Trouble Daddy](#) to accept this challenge. As blog name implies, he is a full-time stay-at-home dad (I hear theyâ€™re pretty cool!) and father of twin boys. Spike and I share a common interest in quality craft beer, wine, and scotch, and heâ€™s an all around great guy with a fun personality. If you check out his [Whoâ€™s Spike](#) about page, ask him why his picture is sideways. I honestly donâ€™t know, so if you find out, please tell me. ðŸ™,

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