

Why I Feel Like the Worst Dad + Foodie Fun Facts #7: Coconut

Description

Hello and welcome to the end of the work week! Well, for most people anyway. If it's not the end for you, then welcome to Friday!

Does your kid have a favorite parent they gravitate to more than the other? Are you that favorite parent, or are you seemingly on similar polar fields as your child causing them to repel from you? I feel like the latter as of late and it's driving me insane!

For the past few mornings, Going Mom will be holding Avery after feeding her and then tried to hand her to me so she can get ready for work. But, Avery grasps onto my wife's robe and starts crying making her unwillingness to come into my arms obvious. very obvious.

On one hand, sure, I get it, who would want to leave the arms of such a beautiful lady? But on the other hand, what the hell?! I'm Daddy, a pretty nice guy and her only daytime playmate so far.



How can I top those sweet kisses?

It even happens without Going Mom picking her up. I'll be laying inside the playpen with Avery, and Kelley will just walk by and Avery will start crying (real tears and all) as if my presence means nothing. This makes me feel like I'm the worst dad in the world!

I keep telling myself this is just a phase, as we usually do with a baby, but this has been eating away at me since the first occurrence. Please, tell me this ends soon and won't last for months. She's fine when it's just us, but I want her to be happy to come to either of us when we're both around.

Of course, I also want her to eat all of the veggies we give her, go to sleep without a fuss, and let us know the instant she poops. But for now, I'd be happy with her not crying when being handed to me. Otherwise, I just might become crazier than a coconut!

Speaking of, I have some coconut facts to share with you for today's Friday Foodie Fun Facts. How do you like my segue? Hmm, maybe it's my corniness that repels her!

Coconut Fun Facts

1. **Technically the coconut fruit is a drupe not a nut. Typical drupes include peaches, plums, and cherries.**
2. **Coconut oil was the world's leading vegetable oil until soybean oil took over in the 1960's.**
3. **Coconut oil contains MCT's (medium chain triglycerides) which are easy to digest and a great source of energy that also helps boost metabolism.**
4. **Falling coconuts kill 150 people every year – 10 times the number of people killed by sharks.**
5. **In Thailand and Malaysia, trained monkeys are used to harvest coconuts. In some of the countries, annual competitions are held to find the fastest harvester.**
6. **Coconut water can be a substitute for blood plasma. It was known to be used during World War II in tropical areas for emergency transfusions.**
7. **The coconut does not get dispersed like other drupe fruits which spread through consumption by wildlife. Since coconut is very buoyant and highly water resistant, the coconut palm disperses its seed using the ocean.**

I've been enjoying coconut a lot lately and love it's health benefits and flavor! I'll use organic canned coconut milk for smoothies, mixed with beans in a puree, as well as just milk to drink. Shredded coconut is also great added to cereal or sprinkled on baked goods.

Do you like using coconut? Any recipes/tips you care to share?

Any advice on how to get your baby to like you again?

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