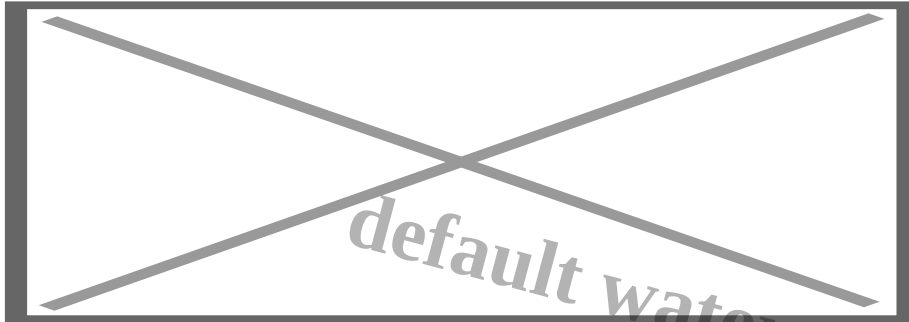


Iâ€™m Leaving Home to be At-Home

Description

Yep, the [20th Annual At-Home Dad Convention in Raleigh, NC](#) put on by the [National At-Home Dad Network](#). So the title is not my best work, but I seriously spend too long thinking of titles sometimes, and I think it works. Any other bloggers or writers in general do that?



I wanted to go to the one last year in Denver, CO, but it was too hard financially and just not easy to figure out. But, no worries, I heard plenty of exciting stories from last year that has me fired up about participating in this yearâ€™s event!

There will be parenting experts as well as dads just like me there to talk and listen to for us all to share tips, ideas, and [crazy poop stories](#). I mean, câ€™mon, what parent *doesnâ€™t* have a crazy poop story? Iâ€™m still waiting to walk into Averyâ€™s room to find that she â€œrepaintedâ€• the walls with a paint scheme you canâ€™t have mixed at The Home Depot.

The convention begins on Saturday, September 26th, but Iâ€™m flying in to North Carolina tomorrow, thatâ€™s Thursday the 24th, to join other early arrivals for a nice beverage while we introduce ourselves. Iâ€™ve been talking to a lot of these guys through social media for at least a year, some closer to two years, and itâ€™ll be great meeting them in person.

Remember how I mentioned that Iâ€™m following the [Squat Every Day program](#) and would make sure I would find a way to squat while traveling? At first I was seeking local gyms that I could go to and use their squat rack, but after stressing too much about something that shouldnâ€™t be top priority during the convention, I came to my senses and stopped looking.

The hotel gym has dumbbells and several machines including a leg press, so Iâ€™ll just do some form of squatting with the dumbbells in order to say that I did squat every day. Once I get back home, Iâ€™ll just pick back up where I left off and Iâ€™d like to bet the world will still go on. Maybe I should spend less time inside and more time enjoying a different atmosphere tooâ€¦

THURSDAY Sep 24	FRIDAY Sep 25	SATURDAY Sep 26	SUNDAY Sep 27
 69° 63° Showers	 68° 63° Rain	 67° 62° Rain	 69° 61° Rain
Precip 50%	Precip 90%	Precip 100%	Precip 90%
Wind NE 12 mph	Wind NE 11 mph	Wind NE 14 mph	Wind NNE 12 mph
Humidity 83%	Humidity 95%	Humidity 100%	Humidity 95%

â€¦or maybe the hotel gym isnâ€™t that bad. Note to self: pack a jacket.

Not only will this be my first time travelling alone in years, but it will be Going Momâ€™s first time to stay home with Avery all alone for a few days. I already have some food prep done since Iâ€™m a good stay-at-home dad/husband, but sheâ€™ll have reign over the kitchen too.

In our home, this is weird as Iâ€™m used to taking control when it comes to kitchen duties (actually, Iâ€™m already feeling a little anxiety set in), but I know thereâ€™s nothing to worry about. Although, she might make her awesome spaghetti sauce; hopefully sheâ€™ll save a little for me! Please, wife, if youâ€™re reading, save some sauce!

Better wrap it up now since I still need to pack so Iâ€™m ready to go for my mid-morning flight tomorrow. Iâ€™ll be sure to share the adventures when I get back, but until then, no more posts for a few days. In the meantime, head over to Garyâ€™s blog, [Skipahâ€™s Realm](#), to see what crazy antics heâ€™s up to. The guy gets himself an awesome girlfriend who treated him right on his birthday (it was last Sunday, the 20th) and suddenly heâ€™s yelling about [walking whales](#) getting in the way.

Have a great rest of the week, and if youâ€™re in Raleigh, maybe Iâ€™ll see you there!

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