

Cold Water Swimming and A Psychedelic Moose

Description

After taking our [obligatory bluebonnet pictures](#) of Avery in a strangerâ€™s front yard, our small family made it to our destination; [Nana and Papaâ€™s](#). We hadnâ€™t seen Kelleyâ€™s parents in a while, and they had plenty of hugs and kisses and gifts for Avery.



Steve and Kathy, my wonderful and loving in-laws, had us over for a delicious, healthy lunch of grilled chicken, spaghetti squash, and spring mix salad. Per our request, Kathy left ours unseasoned/marinated and let us add herbs, spices, and other flavorings as we saw fit. Everything was great, and I couldâ€™ve had 3 more helpings!



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But right before sitting down to lunch, I *had* to do some form of quick workout for my mental well-being. Crazy, I know, but itâ€™s me. At first I thought Iâ€™d do a quick session of hill sprints since Kelleyâ€™s parents have several awesome hills in their neighborhood, but wanted something different since I can do that at home too. Then I got the perfect idea; a cold water swim in their pool!

Itâ€™s not quite ideal swim weather in Texas yet, but that was part of the allure. Iâ€™ve heard a lot about [cold thermogenesis](#) lately, and wanted to give it a shot. Iâ€™ve already taken cold showers which suck at first, but you feel ah-mazing afterward. So I borrowed some of Steveâ€™s shorts (thank you, Steve!), and went outside for a quick swim before lunch. I just had to psych myself into jumping firstâ€¦..



After contemplating, I took the plunge and felt an instant stream of goosebumps flow across my entire body.



Brrrrr! But I acclimated rather quickly and went about doing around 11 back and forth sprints. Not by preference, I had a trio of the family dogs there to cheer me on bark at me, and one of them, Harry, decided to photo "bomb" the picture Kelley took of me during a rest break.



See the bomber there in the background? Yeah, you™re welcome, I enjoy sharing *everything* with you guys. ðŸ™,

Meanwhile, Avery getting lots of love with gifts from Nana and Papa and tickles from Aunt Steph and Cousin Taylor.



Avery immediately started *reading* one of the books many books by [Sandra Boynton](#) after taking it out of the giant gift bag from her Nana and Papa. Doesn't she look like she's really getting into the plot?



But reading material wasn't the only thing Avery received, she got a few clothing items from boutique shops in Colorado, where Nana and Papa live most of the time now, and even the most psychedelic (Going Mom and I both used this word at different times) stuffed animal moose ever!



It's hard to see in the pic, but Avery's face shows just how psychedelic the moose is. With peace signs and flowers all over, I was half-way expecting a guitar and a joint to go along with it, but they never did. Probably for the best! After opening her gifts, it was playtime with her Aunt Stephanie and Cousin Taylor.



Avery took interest in a toy car (yes!!!) and proceeded to venture on her own a little.



She even used the remotes to somehow turn the TV directly on to *The Walking Dead*. Guess sheâ€™s hooked just like Mommy and Daddy!



The weather was cooler than it has been, and clouds kept the sun from harshly beaming down on us, so we took things outside for a while. Taylor worked with Avery on her [soccer skills](#), but Avery made sure to hold on to that toy car.



Before we took off back home, Stephanie snuck in more cuddle time with the car-holding Avery as she adored her cute hat.



The hat didn't last long, but they had a nice hand-holding walk around the yard with car still in hand.



It was a busy, fun-filled day at Nana and Papa's, beginning with the bluebonnet photo session. On the way home, Avery took a short nap and then we did a few chores as she ran around like a wild child/any toddler before going to bed.

We had to leave the car with Nana and Papa, but Avery seems to have forgotten the vehicle and is now giving rowing lessons to her psychedelic moose.



I don't think hippies and rowing mix well, but guess Avery will do her best; she's a determined kid, that's for sure!

Have you ever tried subjecting yourself to cold water or air? Ever hear of cold thermogenesis?

Do you have any Sandra Boynton books? We had ["The Going to Bed Book"](#) and enjoy reading it every night, so we're glad to have more in our book arsenal!

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Sunshine Dad

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