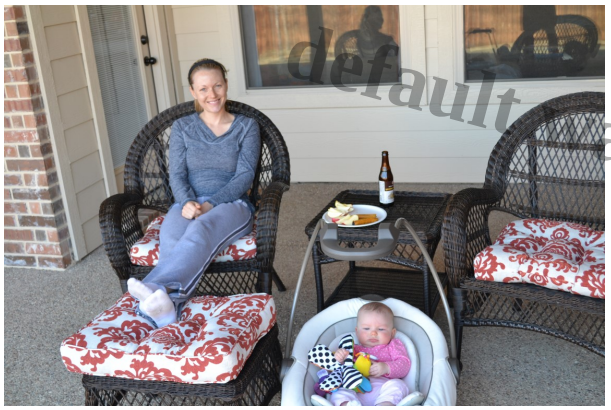
Hanging With My Daughter in the Dad Cave

Description

For a Monday, Avery and I had a pretty good day. She wasnâ€™t perfect (show me a baby that is!), but her afternoon fussiness was nothing new. I expect Mondays to be difficult for all of us because Going Mom has to go back to work and misses her after spending 2 days at home. Itâ€™s never a fun transition. Plus, Avery and I miss Going Mom and I know Avery doesnâ€™t like going back to taking the bottle after 2 days of boob!



Enjoying Our Weekend Outside

But, alas, we forge through it and look forward to the weekend ahead. Avery graced us with another long night in her crib and easily fell back asleep in our bed after feeding. I always fear sheâ€™ll just be restless and Iâ€™ll have to go to the recliner. And by fear, I mean kinda enjoy it since I know I canâ€™t always hold her like that. Bittersweet.

Another positive for Monday was the improved weather! Sun shining, light wind, and warmth equals a great day to get out and move! So, after her lengthy morning nap, we took off for a stroller run around the neighborhood with Abby (our Golden) in tow.

Ready to go with my air guitar!

Iâ€™m not sure how so many new parents gain weight when a sleeping baby is so cherished. Just take your baby out for a walk in a baby carrier like the Onya or Ergo or in a jogging stroller and start moving. If they fall asleep, you wonâ€™t want to stop for fear of them waking. Itâ€™s good for you (moving = exercise and being healthy), and good for them (more sleep = less fuss)!

Although babies are young and may not understand everything, itâ€™s never too early to lead by example and show your child how to live a healthy, active life. I WILL NOT be a dad that just sits in front of the T.V. chewing on his shirt and waiting for someone to fix him a meal. Not that I know anyone like thatâ€¦.

On the run, Avery never made a peep until around 6 miles, and phew, I was happy to call it quits at that point! Abby was exhausted and ready for water too! She just turned 7 and still acts like a tiny, energetic puppy. Good for her health, tiring for us!

Sample watermark
Run is done and weâ€™re happy.

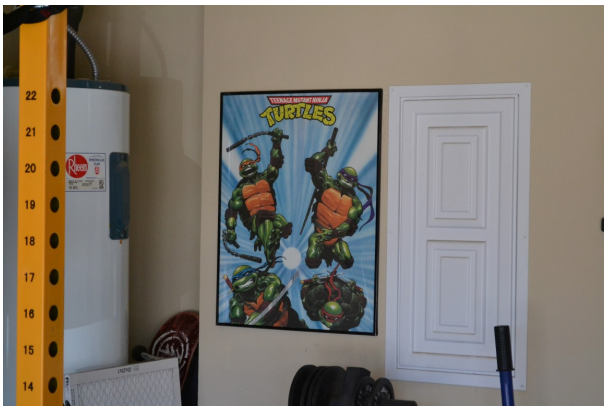
After the run, Avery was in a good mood so I decided weâ€™d hang out in my Dad Cave (i.e. the garage) to enjoy the nice weather. Most people think media rooms and sound systems when a Dad/Man Cave is mentioned, but I prefer being active, so none of that for me.

I use my power rack for strength training while Avery is taking her morning nap and enjoy the challenge of lifting heavy. Iâ€™ve had pictures of a Ferrari and the Teenage Mutant Ninja Turtles framed just sitting in the garage, so with the nice weather, Avery hung out with me while I hung them both.

So proud.

Like most guys, I have my fancy exotic car obsession, and Ferrari is my top choice, but Iâ€™ll always be devoted to Subaru. Plus, the STi isnâ€™t too shabby. I had one years ago, was stupid, and now I donâ€™tâ€¦.*sigh*

Anyway, Iâ€™m more excited about the Ninja Turtle picture. Canâ€™t you tell?



Since Avery was still happy and wanted to â€œhangâ€• out some more, we did just that. Yep, I made a corny use of words and Iâ€™m not ashamed. Just wait, one day Iâ€™ll share some good puns with you, theyâ€™re great!

Could be a good workout!

After messing around long enough, Avery grew tired, hungry, fussy, and annoyed with me hanging on pull up bars. So, we headed inside for a food and nap time.

Going Mom made it home right as Avery woke up and was excited to see her little girl well rested and happy. It makes me happy when I can get Avery to be rested like this so sheâ€™s ready for Kelley and not worked up from being too tired.

We enjoyed the rest of our night and Avery went to sleep easily. Another Monday survived!

Dads out there, do you have a Man/Dad Cave?

Moms, do you have something for yourselves?

Date Created
2014/03/11