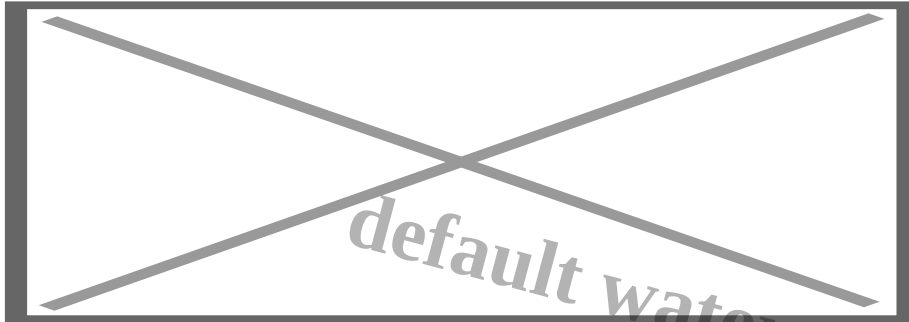


Iâ€™m Leaving Home to be At-Home

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 âœœrepaintedâœ• 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%

or maybe the hotel gym isn'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 Mom's first time to stay home with Avery all alone for a few days. I already have some food prep done since I'm a good stay-at-home dad/husband, but she'll have reign over the kitchen too.

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

Better wrap it up now since I still need to pack so I'm ready to go for my mid-morning flight tomorrow. I'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 Gary's blog, [Skipah's Realm](#), to see what crazy antics he'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 he's yelling about [walking whales](#) getting in the way.

Have a great rest of the week, and if you're in Raleigh, maybe I'll see you there!

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