

## Looking Back to Avery's First Day

### Description

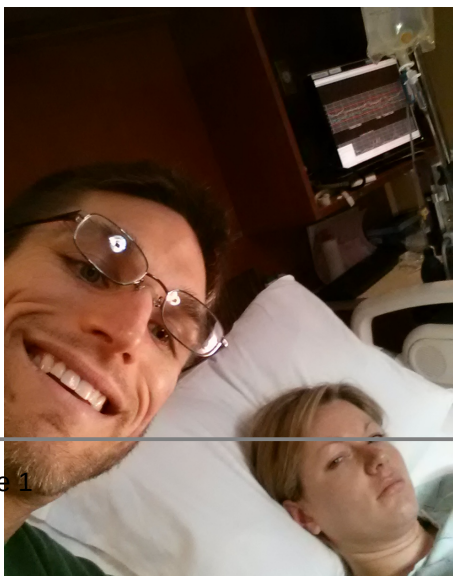


We've only just begun riding the choppy waves of parenthood, and can already feel the frustration getting to us some days. Right now, it's centered mostly around sleep...or the lack thereof.

Something that helps me look past the difficult times when Avery is being fussy, is thinking back to the day she was born. The journey to just getting pregnant was very long and emotional, and I'm so happy we are parents to a healthy, beautiful baby now.

So, when Avery has the floodgates wide open with the windpipes blaring and doesn't show signs of stopping, it helps to ease frustration by thinking back to the day we first met. Kelley started going into labor at the Baylor Regional Medical Center of Grapevine the morning of November 15, 2013. We just spent our first night there and were ready to see our dear Avery!

Kelley was in a major pain and I kept on trying to make jokes throughout the day that were only met with evil glares. After what seemed like ages with Kelley not progressing, she finally made a huge jump basically skipping any of the stages in between. By early afternoon, she was ready to deliver our baby!



Kelley, not happy with anything I did. This didn't help.

We all know labor and its lack of joyful, fun moments, so I'll spare the details. Once Kelly started pushing, it wasn't long until our little Avery was born and in her arms.



Thumbs up for a job well done by my wonderful wife!

The feeling that overcame my whole body is one I can't describe, but it felt wonderful, like nothing I've felt before (besides when I first saw Kelley walking down the aisle). I was a dad!

I remember being very adamant that both Kelley and I not have any visitors until we had our skin to skin with Avery. We had learned so much on the benefits of skin to skin and wanted to make sure we started things off right. We did, and it was another wonderful experience to add to the already awesome day.



Skin to skin with dad!

Avery was born at 4:13 p.m. that Friday afternoon, 12 days earlier than her due date of November 27th. Although she was early, she was still perfectly healthy and weighed 7lbs 9.3ozs.

Kelley did have some blood pressure issues so we had to stay a couple of extra days at the hospital, but all turned out well and we were able to bring our daughter home on a nice, sunny day.

Thinking back to that day and how far weâ€™ve already come lets me relive that overwhelming feeling and helps me to not be as frustrated during Averyâ€™s fits. Yes, they will always be frustrating, but Iâ€™m not going to go crazy and pull my hair outâ€¦yet.

**Do you have certain memories you use to help ease any current difficult situations youâ€™re facing?**

**Any other methods to help quell frustrations that you care to share?**

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