

Weekend Recap: Parental Ailments & Toddler Head Planks

Description

You know how you can make awesome plans for the upcoming weekend only to have them fall out of place for one reason or another? That pretty much happened to us this past weekend.

Not like we had a full agenda lined up, we just planned on being in good health to tackle our backyard project and continue with my [Squat Every Day routine](#). Well, an infected and inflamed eye for Going Mom and some sort of sharp pain (thinking rotator cuff tear) in my right shoulder kinda wiped the whole “in good health” part of our weekend out.

My poor wife has been battling her eye infection for several days and it has only gotten worse. I think, but we’re not entirely certain yet, that it’s on its way to getting better, but only time will tell. It’s driving her, and therefore me, crazy, and I wish I could do something to rid her eye of the crap.

For me, I’m sure my OCD habit to exercise with heavy weights almost daily helps my shoulder pain not one bit, but I keep *going* anyway. We had a lot of rain which made the ground nice and soft (very muddy), so I did what I could in the backyard by shoveling dirt and moving it out with a wheelbarrow. Yeah, all “smart” moves when you’re nursing an injured shoulder.

I’m hesitant to go to the doctor because, one, sometimes all symptoms disappear when I do, and two, making Avery go to the doc with me after [her having to go not long ago](#) would be traumatic for the poor girl. Again, time will tell, and then I’ll tell you here on the blog. I know you’re all concerned, right? ðŸ™,

Speaking of, the one person not ailing this weekend was our growing girl, so that’s a plus!



With a painful eye, Kelley still took some excellent shots of Avery while cleaning all around the house. We aren't idle people, so even when we're sick/hurt, we still find stuff to do. The house is much cleaner as a result.

Avery helped Mommy clean and rearrange things all over the house this weekend and she hardly wanted anything to do with me. I'd ask her one question and she'd run away whining to Kelley. Meh, I know [it's just a phase](#). Besides, I was able to get a lot of cooking done for my two beautiful girls without having to worry about tripping over a quiet toddler in the kitchen. Cooking parents, you know what I'm talking about.



Butternut Squash and Kale Fritatta = Winning

She has become great at working out with Mommy and Daddy, and the newest exercise seems to be the plank. Luckily, she's not doing that in the kitchen, yet, but a more advanced version using her head and rocking chair.



I donâ€™t know about you, but that would hurt my neck amongst other things and Iâ€™m proud of her feats. She knows she strong too. How strong you ask? Wellâ€¦



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[Redacted text]

We never taught her to pump her fist like that, but itâ€™s only right that she does it to show her strength. Right?

Not much outside playtime happened as a result of the rainy weather, and poor Avery didnâ€™t exactly understand.



But getting to spend time with Mommy seemed to make her forget about outside. As is apparentâ€™.



Now weâ€™re back to the beginning of another week, but Kelley will be taking off to stay home as I go to the [National At-Home Dads Convention](#) from Thursday to Sunday. Iâ€™m excited, a lot, but I know Iâ€™ll miss my two girls back home and will be eager to see them on Sunday.

I have a little food prep to do so my wife can enjoy my excellent cooking (yeah, Iâ€™m biased) while Iâ€™m away. I feel this week, short as it may be, will still drag on.

Do you still find things to do when you should really just be resting?

Do you like going to conventions? Any ones in particular if so?

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