

## Avery's Dip in the Pool and We're Running a 5k

### Description

This past Sunday, when I finally broke free from [trying to make my new laptop work](#), Going Mom and I brought Avery to the neighborhood pool. Avery has been in the pool at her Nana and Papa's house, and one other time at the one in our neighborhood, but she cried both times. I would've too, the water was cold both times, but it was plenty warm on Sunday.

Kelley had ordered a cute swim diaper from Amazon and we were ready to put it to use for the first time. Of course, we were unsure of how ready Avery was though!

Turns out, she love it! Kelley hesitantly dipped her feet in the water first, and after not hearing her cry, she let her sit and splash away.



There were several other kids and parents at the pool and Avery was intent on watching what every one of them were doing. In between splashing and jumping on daddy's leg, that is.



Having a canopy over the kid pool was extremely helpful since we [try to avoid sunscreen](#) if and when possible. If thereâ€™s a way to use clothing instead of sunscreen, weâ€™ll do it! But with the canopy, we had no issues as we leisurely hung around with our daughter; probably as she peed. Yeah, yeah, you know it happens.



Avery mustâ€™ve played pretty hard during her first extended pool adventure, because once she was dry and in the stroller, she was out pretty fast! Playing in the pool can be exhausting!



Wow, look at those chunky legs! Sheâ€™ll be great at squatting later in life, and sheâ€™ll need to in order to kick any unruly boysâ€™ in the rear! As much as Iâ€™d like to be a menacing father where I instill fear in any ill-meaning boy, something tells me I donâ€™t have that quality. What do you think?



In my defense, the hat is great sun protection and I went from running right to the pool.

Speaking of running, Iâ€™ll be in another race this Saturday, June 7th, which is the day before my 30th! This time, Iâ€™ll be pushing Avery in the stroller for our first 5k race together! Iâ€™m really excited to be able to do this and hope she enjoys the ride. We run together several times a week and she hasnâ€™t fussed at all lately, so Iâ€™m hopeful!

As always, Iâ€™ll be sure to let you know how it all goes down.

Hey, itâ€™s the middle of the week, so hope you can push through it knowing itâ€™s all down hill from here. ~~Until you have to start again.~~

**Run any races lately? Any with your kids?**

**If not, do you have one planned?**

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