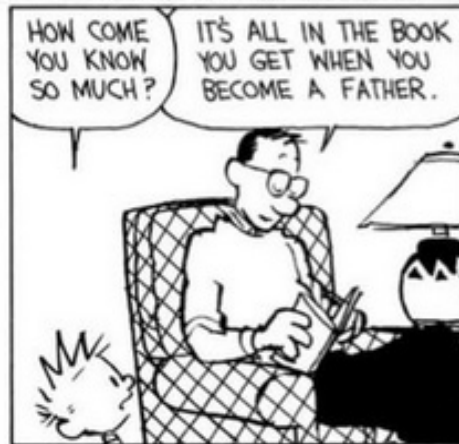
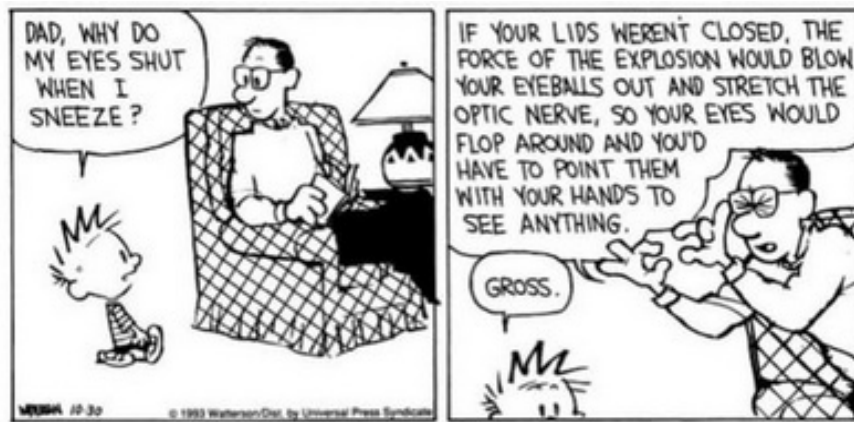


Pursue what is needed . . .



And yes,
this is
where
we begin.

(it will give you wisdom to consider)

Old Man River

and with a lot of help from friends.

A Cabin Captures G2K (Good To Know) paperback
An Outing Adventures publisher. First published in Minnesota in 2022

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Introduction

It is was mid November of 2020 & I was working on my new laptop (the old one basically 'pooped' out after 4 years. It was frustrating to back up my files, to get everything I could onto my hard drive and then to start working again with everything being a little bit different.

The good news – in looking over all my files I saw again all the various images, quotes and stories I had saved and in seeing Tony Dungy's **ALL PRO DAD** posting for November 18th . . . I thought . . . wow, good words and I have a bunch of 'C&Hs' that will go great with that.
So – here you go*.

For Dads . . . we all are at different stages of our 'Dadhood' and for some, you're at the beginning end of your learning curve, others are in the middle, and the rest of there have 'been there & done that' and we're now wanting to find ways to help pass on the wisdom that we have learned. And that is what this book is for. For all dads to look at good information to consider; to determine if insights can be leveraged and or to see that some information provided can be added to by your insights and shared further with the next generation or others as desired.

So thanks for reading and thank you to Tony Dungy, Bill Watterson and all the others who contributed to all of us thinking and taking on the actions that we are glad we did.

*** = But then - just as life does - things changed.**

I had most of the following all drafted and I had set it aside, trying to think - how best to line this up with all the other good stuff that I have been accumulating? I realized I had a series of FREEBooks that I could create and share with my Lakes Area Men's group - and anyone else that may find the 'Dad stuff' good to consider. So then, know this.

This book was altered so it could go a bit deeper into what **A Dad's Book A: Challenge** shared. Why? Because dads are human too and anything we can do to help all dads to be better Dads . . . is a great challenge to pursue. Therefore, this book will take the new dads a bit deeper into things that they should consider . . . and as a bonus, it is a book for all other Dads to ponder as a was of checking in on their thoughts and actions in process (aka . . . are things okay or are adjustments needed?).

Oops and one last thing to clarify before you read on any further. That is - if you have not noticed by now, you will see more of my goofy word use, probably wrong punctuation & in some cases - questionable humor and I hope you would agree with me - those are all okay (as in . . . 'We got ya Old Man). For example: in some situations I will use the word 'dads' and it is in lower case. That is me putting all dads in the grouping of 'those who have fathered children.' But then, you will see 'Dads' with the upper case 'D' & that is when I want to address those dads who want to be the best Dad that they can be (engaged, learning, growing) = all of you out there.

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Chapter One: *Know the basics . . .*

Chapter Two: *What just happened?*

Chapter Three: *Solutions for difficulties . . .*

Chapter Four: *How to have spoiled kids.*

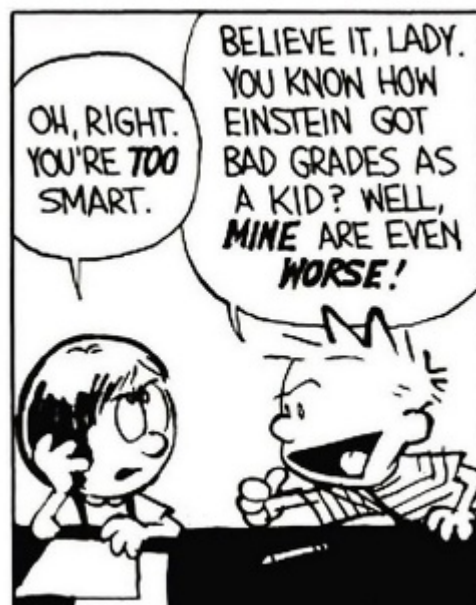
Chapter Five: *Pursue consistency at home.*

Chapter Six: *Remember your role.*

Chapter Seven: *Kids rule & Dads drool.*

Please note: this book is just another to be made available in this 'interesting' format (with follow up books in process).

[and remember, for your kids . . .]



The Path to Success

is built upon
the 4 'I's . . .
*Intelligence,
Imagination,
Integrity,
& Influence.*

And please note this:

Originally, what you will see in Chapter One below, was not a part of my original plan for this book. But, after Book A was made available, so many friends asked if I could include the **Lessons for [new] Dads** in this Book B.

Well, I thought it would be fun to add a few more of those lessons and they are on the pages that follow. But please know this: Remember that what is shared is a collection of insights gathered that are provided as a set of quick reads. And yes, we all are different. What helps some, may not help others. What some like, others won't, etc. etc.



So, take on all of the following pages at your own pace. Then, as you do so, jot down any ideas and or actions that come to mind as you work through this book. And, if you have any questions that we should address in our next book, let me know.

Chapter One: Know the basics . . .

For first time fathers (aka 1st Time Dads), we have this 7 lesson intro for you (and if you want the remaining lessons, please order our 1st Time Dad FREEbook which is available in pdf form via our **Contact Form** for this website).

So, lets get started and yes you know by now that it is easy to become a father (I can explain this in another book if needed) but know this – it is harder to become a Dad.

As to the why should we trust you on this ? Because what you will find shared is based on lessons learned as told by our good friend and 4 time Dad – Chip Monk, as well as some added insights as provided by his wife – Ima. For example, **Lesson 1:**



Knowing when you are in over your head is good and knowing when you are burying your child in the grocery cart . . . is even better.

So, watch over the weeks to come as our own Outing Expert (Chip Monk), shares his insight on how best to be a better 1st time Dad.

His insights will help all new Dads to be smarter, to be prepared and to be loved by their wife and kids because they are better dads than others.

Therefore - lesson #1. Babies love going out with you; they even love sitting in and playing with the cans, the boxes and whatever that is placed in the grocery cart. Just remember - you can only bury them half way with grocery items before you have to start wondering . . . **'Do I need a bigger cart or should I lift them up and out of the loading zone?'**

[sorry for the zoom in required on these – hence get the pdf]

And as always, each lesson shared by Chip, closes with a Bible verse to ponder as you move forward with the lesson shared.

There you go, you R welcome - another baby saved from a dumb dad action (sponsored by our [Outing Loves You Dad's Group](#) - of our [Outing Parents on the Look Out Club](#)).

And remember [Genesis 1:1](#) *In the beginning God created the heavens and the earth.*

Why? Because there is a sequence in life that makes sure things go as they should.

Thank you for pursuing this learning. We hope it gives you great insights as to how to be a better Dad (and now, 6 more lessons to go, you can take them a day at a time if you wish).

Lesson 2 – Dealing with the pooh

Yes, the dreaded diaper disaster, super duper pooper, junk in the trunk, super stinker, you name it challenge that every dad hates to deal with . . . but does because that is what dads do.

So let's start with the basics - **how do you know there is a messy diaper to deal with?**

The smell is awful? There is a noticeable 'lump in the trunk'? You are clueless but your wife says 'Change his diaper Sweetie'. Yes, yes, yes. Or, if you are like Chip and do it the old fashion way - you 'check the package'
[hence our visual conveniently provided].



The how you know when it is needed can vary. And even if it takes you three hours to clean off the yuk and stink from that 'decontamination' action, just remember – you are at least partially responsible for the creation of that mess. Especially if

it is a big, nasty job, junior probably inherited that skill from you. Which brings us to 'actions required' - and yes, now you know why we call this **Lesson 2 [Dealing with the pooh]** . . .



Just remember the Do(s) and Don't(s) . . .

Do: Sniff carefully, look carefully and 'expose' carefully every time you are in close proximity to the 'danger zone'. Once you have verified that a clean up [aka decontamination] is required; first - have all cleaning materials and a new diaper ready, second - carefully remove outer clothing and save for re-apply action, third - wipe off the 'yuk' (hold your breath when you need to), fourth - once effectively cleaned you then apply the required butt creams, powders and/or lotions, and fifth - you redress your child and be mentally ready to do it all again (cause it will happen).

Don't: Just say 'Nope, false alarm' - your wife won't fall for that a second time. Do not assume a half-as_ job will suffice, get it all clean or you will do it again (wives are known to inspect). Do not 'Not' cover your boy with a 'protective shield' during your clean and replace actions - you'd be surprised how often junior can wiz all over the place. And do not pay someone else to do the dirty work for you - your child can pooh & pee more times then you have extra money so 'suck it up buttercup' and do the job'

Why? A clean baby is a happy baby (and trust me, that is good!)

That's it - you R welcome - another baby saved from a dumb dad action (sponsored by our **Outing Loves You Dad's Group** - of our **Outing Parents on the Look Out Club**).

And remember [Genesis 1:27-28](#) So God created mankind in his own image, in the image of God he **created** them; male **and** female. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

There you go, two lessons shared and you haven't thrown up yet (or have you?). We know these insights help & we are glad to give you insights. Just remember, it is not as bad as you think & we thank you for wanting to be a better, wiser parent.

Lesson 3 – Change is good

Yes, the wisdom continues to roll out freely and . . .



Yes, it is as simple as this – **if your baby's diaper is dragging on the floor or the smell is too much = change the diaper!**

How best is up to you but if you are not sure, consider the following (this builds upon Lesson 2): Clean the 'soiled area' well (a nice careful approach is recommended, no pot scrubbers or abrasive sprays) and prep as required.

For those of you who are using the 'cloth diapers' - remember to use approved diaper pins for 'securing the package'. For those using 'disposable diapers' - remember to have the adhesive tape appropriately applied in place for 'securing the package'. Believe us, too many Dads have done a poor job and naked babies crawling around is not good.

Oh, I know that you think you have this understood . . . don't be fooled. If you want to do something right, make sure you don't do it wrong – good intentions only go so far you know.

Hence, **Lesson 3 [Change is good]** . . . is only good if done well. If you need to, Dads - have your wives check your work a few times until you get this mastered. You both will be glad that you have. Oops, we almost forgot - don't forget to effectively rinse out, wash and dry soiled cloth diapers before reuse and yes . . . throw out those stinky, used disposable diapers - they are not 'reusable' no matter how well you try to clean them up.

That's it - you R welcome - another baby saved from a dumb dad action (sponsored by our **Outing Loves You Dad's Group** - of our **Outing Parents on the Look Out Club**).

And remember: **Proverbs 1:5** *"let the wise listen and add to their learning, and let the discerning get guidance."*

And yes . . . you are welcome and don't stop reading because it is as they say, there is more to the story.

Lesson 4 – Playing with Baby

Now before you read the following, remember this, dropping a baby once can be considered an accident. Twice or more is just stupid, clumsy and in some states . . . criminal.

Playing with your baby is good and doing it right is what counts!

So keep these rules in mind and you [and baby] will have fun.



First: having baby pull your finger is not 'playing' - so stop doing that.

Second: as the picture shows you, the 'high toss' is not safe - so stop doing that.

Third: if baby is giggling, you are probably on the right track - just make sure it is safe.

Fourth: remember your wife; if baby is not happy, she's not happy - so keep them happy.

Fifth: sharp objects = bad, chemicals = bad, heavy objects = bad - so think twice before 'doing'.

Hence, **Lesson 4 [Playing with Baby]** . . . is to be the start of fun memories being made. Watch and learn from other dads when you can - some are good and some are as dumb as a box of rocks. **Be a good dad.** Why? Because if your baby is afraid of you . . . you clearly are on the wrong track. **Be wise my friend and you will do well.**

That's it - you R welcome - another baby saved from a dumb dad action (sponsored by our **Outing Loves You Dad's Group** - of our **Outing Parents on the Look Out Club**).

And remember: [Proverbs 1:7](#) "The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction." (and FYI: fear of your wife is good too)

So don't be 'stupid is as stupid does' – be smart and safe . . . your wife, your baby and you will be glad you were.

Lesson 5 – Testing Baby's bottle

And no . . . you're not looking for the taste of vodka in that (just because you were caught once doesn't mean you will be able to catch someone someday – cause your kids will fool ya!).

So learn from the following words of advice.

We know, you're thinking . . .

Advice like this can't be free - butt it is.

Just remember these three things for

Lesson 5 [Testing Baby's Bottle] . . .

First, hot is bad, warm is good.

Second, don't cross contaminate the formula (this picture is key).



And third, know that the transition from formula to cereal is not to be taken lightly. Don't be like Gramps who thought all you had to do was to cut off the tips of the baby bottle nipples to make them bigger [as in making it easier for the 'rice krispies' to flow through].

I know . . . you are thinking “Is that it, isn't there more?”

Basically: listen to your wife, read up if you can and think twice = don't have regrets.

That's it - you R welcome - another baby saved from a dumb dad action (sponsored by our **Outing Loves You Dad's Group** - of our **Outing Parents on the Look Out Club**).

And remember: [Proverbs 3:1-2](#) "My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity."

And also know – just because you don't like the taste of the baby's food – doesn't mean it is not good for them. The only bad smell to worry about . . . comes out of their other end.

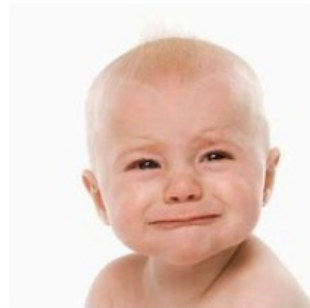
Lesson 6 – Making Baby smile

At a minimum, share this lesson with your wife – we know that she will agree with it (and isn't that good enough?).

Why? **A sad baby raises suspicion while a happy baby casts out doubt** (boo-ya!).



So, in other words, it all boils down to this.
If your baby is sad or crying, what do you think will be your wife's reaction when she walks into the room (and you're in charge)?



So remember this as you pursue **Lesson 6 [Making Baby Smile]** ... having a smiling baby defuses everything (have you ever sat in a plane with a crying or screaming baby?).

Do the good things, the fun things - not the dumb things so that you have a happy baby (it is the '2nd Law of Life' after ... 'A happy wife is a happy life').

A happy baby is a happy family (friends and others really like it too).

And yes we know the above is probably shorter than you thought it should be, that's okay [you're smarter than you look].

That's it - you R welcome - another baby saved from a dumb dad action (sponsored by our **Outing Loves You Dad's Group** - of our **Outing Parents on the Look Out Club**).

And remember: **Proverbs 3:7** "Do not be wise in your own eyes; fear the LORD and shun evil."

Now get out there & have fun with that baby. They may not remember all the fun times but there is a good chance that you will – and that is what memories are for – the good stuff!!!

Lesson 7 – Waking Baby

Okay, we know that you think you know, this one is a piece of cake (as the saying goes). Well, you're wrong and here is why.

Yes you are noticing that it is a Mom (in this picture) who is doing right while the Dad is ... well, not right.

So - what do you dads need to know for **'Waking Baby?'**



Remember **Lesson 7**

[Waking Baby]

A sleeping baby, like a happy baby is a good thing ... builds on Lesson 6 [A happy baby is a happy family].

First, until you start to see your baby getting into a good sleep routine, you will see times where you think some noises would wake your baby – and they don't ... and other noises that you think will not wake them – does. Second, you also have to remember that your baby is a little person in the making ... how they go to sleep, stay asleep & wake up is unique to them (and if you end up having multiple kids, you will see what we mean by this). And third, is the following guidelines.

So **NO loud noises - and this includes air horns, fireworks or blaring music** ... and using gentle ways will be the way to go. Now I also know you are already thinking... **'Can I use those loud methods when I have teenagers?'** Well, lets not go there for now.

That's it - you R welcome - another baby saved from a dumb dad action (sponsored by our **Outing Loves You Dad's Group** - of our **Outing Parents on the Look Out Club**).

And remember **Proverbs 3:13** "Blessed are those who find wisdom, those who gain understanding."



Therefore, if you keep all the above in mind, you and your baby should do well. Just remember, there will be times when you have to go do something and you will have to wake that sleeping little angel and they will unfortunately be a little devil (cranky, and in some cases – really mad). It's okay, it happens and they (and you) will get through those 'unhappy moments'.

And there you go – lessons 1 through 7. If you would like to see lessons 8 through 16, please order the full booklet . . .

First Time Dad (16 Days, Ways & Decisions)

Thank you for reading all of the above and don't forget why you are on the path of learning . . .

It is to obtain the goal of being a Dad – one who you are glad that you became, as well as one who your child (or kids) are proud to have.

And yes - you can do this!

WHAT IS A DAD?

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail.

purehappylife.com

Chapter Two: What just happened?

This chapter builds upon the first one and is to help you to know some key insights that you need to know as your kids preschool years unfold.

The first being that your child may develop an active imagination. And second, don't be surprised how quickly those first years will zip by. So consider the following insights as you prepare for those school years that will unfold ahead (aka pick & choose what to embrace, what to learn as you go . . . (because the mistakes you make on your first child can be avoided in the kids that follow).



Therefore – with your kids imagination and time racing by, every Dad needs to step up to the challenge of being the best dad that they can be.

These three insights on the pages ahead will help you to do so (the **ABCs** of the early years).

A) As soon as you can – establish a regular bed-time.

And know that this is one of the harder things to do when you may be tired and you have thoughts of . . .

Maybe it would be okay if little Calvin or Susie played on and tired themselves out? The problem, little kids don't know what is best for them and that is why you and your wife are the parents – you need to establish the routines that are best for your family.

Then, once you have the time for bed established – make it a time for your child to enjoy. It may be a time for talking . . .

I DON'T HAVE TO GO TO BED NOW! I DON'T HAVE TO DO WHAT YOU SAY!



ACTUALLY, YOU DO. IT'S IN YOUR CONTRACT.

MY CONTRACT? WHAT CONTRACT?

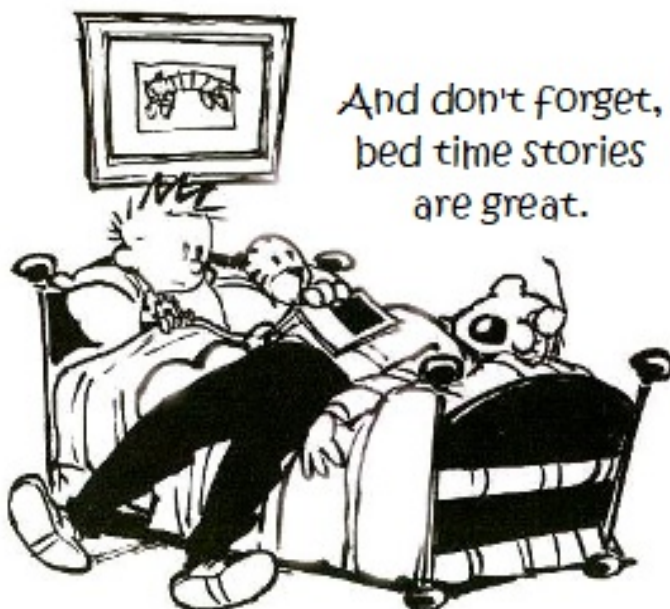


OH, IT'S A PRETTY STANDARD PRE-NATAL FORM. I HAD POWER OF ATTORNEY SINCE YOU WERE JUST A FEW CELLS. PARAGRAPH TWO SPECIFIES YOUR BEDTIME.



DAD SAYS I CAN RENEGOTIATE WHEN I'M 18.

THIS 7:30 BED-TIME WILL BE TOUGH TO EXPLAIN TO YOUR PROM DATE.



And don't forget, bed time stories are great.

or for reading stories. I know a fun tradition that we started when my wife and I would get our boys ready for bed. They would line up back in the hall and then the first would run and jump down the stairs where I would be waiting and I would catch them. Then the next one would do the same, and then the next (all fun).

B) Know that your child will have their own way of communicating.

Some kids will begin to talk early and well while others may seem to be pretty quiet or start out with a mouthful of marbles (jibber-jabbers).



Just know that there is no specific 'your child should be talking by month xx'.

You will notice that they can understand a lot – long before they can talk in words and sentences. Start with the basics (yes, no, Mom, Dad, and then try the colors, shapes and numbers; alone with the classics of please, thank you, and 'I have to go potty'. Get those started and you will see them get better.

So have fun with your child as they grow from their toddler to tyke stages. Encourage them and read with them – this will help them to build their talking skills. And if you think their ability to pronounce words is not as you would think – have their hearing checked (it could be that they are not hearing clearly).



C) Know that the honesty that you develop in their early years can be built upon as their later years unfold. Now what that means, you will have to decide. To help you, please consider the following examples.



First, your kids will come to you with tons of questions (they're kids, that is what they do). Most likely you will answer them honestly and yes there may be a time or two (or many more than that), where you



IT'S BECAUSE HOT AIR RISES. THE SUN'S HOT IN THE MIDDLE OF THE DAY, SO IT RISES HIGH IN THE SKY.



may end up giving them creative responses. Just know when you need to follow up with the famous 'I was just kidding'.



WHY DOES IT GO FROM EAST TO WEST?



Second, in building upon the above, don't forget that trust is earned. Build a foundation of trust between you and your child because if you don't, they will stop coming to you for answers or help.

Third, never forget that you are a role model – so, keep it all honorable.

Oops . . .

Time out time.

This is just a reminder for you that all that was shared above and for all that is covered by the pages that follow are intended to give you a set of considerations for you to ponder and then pursue in going forward as you deem best.

Now, if you are reading this via a digital viewing, then make sure you have something

available to jot down any thoughts or action items that you wish to pursue. If you are reading this via its printed booklet form – then go

ahead and jot down anything that you wish via the spaces provided or along the borders . . . just do it!



Chapter Three: Solutions for difficulties . . .

Tony Dungy via his **ALL PRO Dad** blog shared the following insights which is good to consider if you have kids struggling in their learning. And FYI: I've paraphrased some aspects that were shared and added my comments and yes Bill's comics help to give us a chuckle as we sort through, process the insight shared and then decide if action is needed.

Consider this . . .

[10 Solutions to Difficulties Kids Have with Learning](#)

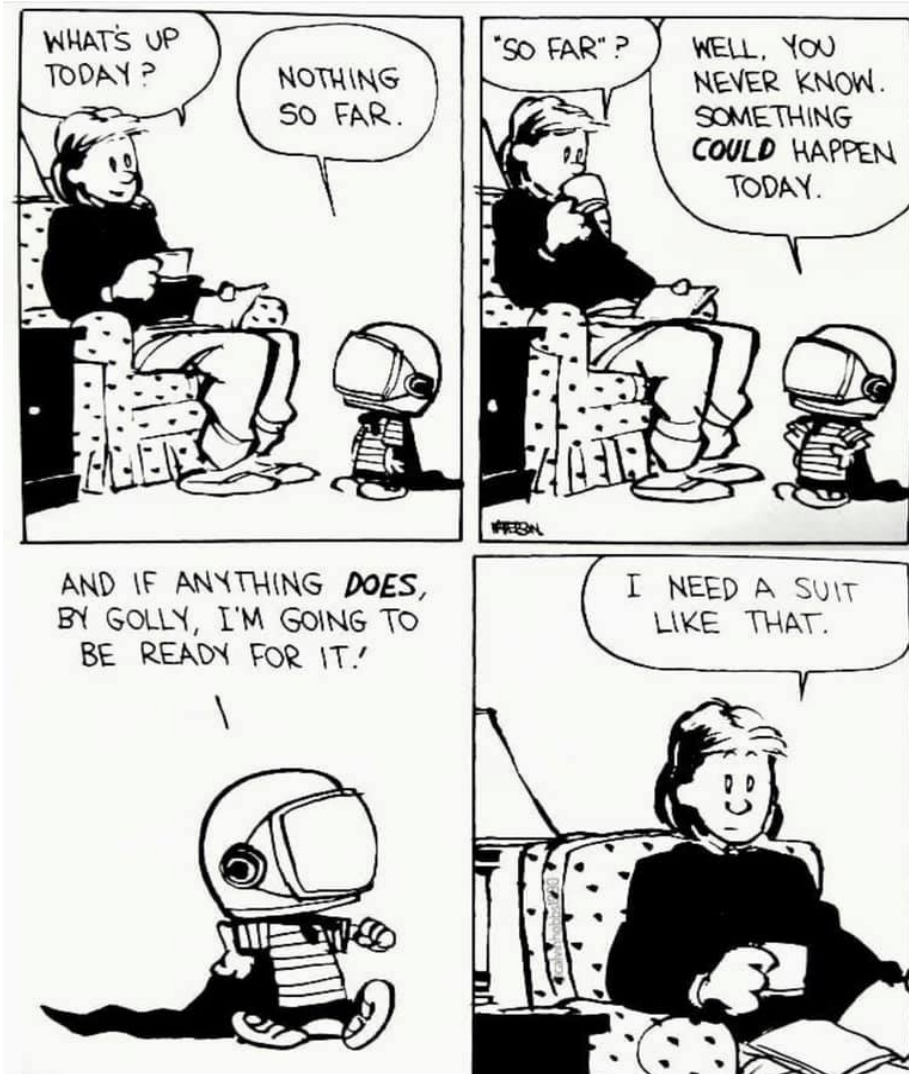
Report card times come all too soon and sometimes parents are frustrated, because their child or kids seem to have difficulty learning and in consideration, Tony shared these 10 most common difficulties kids have with learning.



So - are you interested in taking a look at these 10 difficulties and to see if your kid(s) have any of these challenges? I hope you continue on.

1. Preparedness (it's not just for Moms)

This is everything from homework not done to pencil not sharp to brain



not tuned in to
body not rested.

Solution: Be as in-tune with school as you expect your child to be, teach your child to take responsibility in all elements of life, and make sure you know what your child needs to know (and it goes beyond just school work).

Remember, every kid is different.

You need to figure

out what helps them to be prepared and foster that as best you can (create routines, set schedules, check before they go off to school, etc).

And don't forget those broader aspects to share and teach – if there is an emergency or a fire, being careful with strangers, understanding what is right and wrong with out with friends, etc. For if our kids have the best awareness possible for what to do when needed, the better they will do.

2. Distraction

For your kid(s), something is more interesting or more compelling than the lessons they should be focused on. It could be the student up front, or the big game your kid is thinking about, or the fight he or she witnessed before class, or the text he or she wants to send. **Remember - learning requires concentration and some times – distractions are the problem.**



Solution: Collaborate with your child's teacher, identify distractions, identify potential reinforcements, and design a short-term reinforcement schedule to help encourage concentration.



And don't forget – sometimes it may just need to having that talk with your kids to understand what is distracting them and why.



3. Anxiety

Is your kid worried about grades? Did something happen on the bus? Is he or she being bullied? Is there trouble or illness at home?

It all comes down to being able to see a change in your kids & don't forget, if you are not watching

their actions, are you even seeing if they have some anxiety issues?

Solution: Make sure you listen to your kids, ask open-ended questions, reassure as to deal with challenges, nervousness or frustrations, and if needed - take steps to intervene when there are circumstances that are overwhelming or significantly distressing your kids.

And as an added FYI . . . please don't underestimate the stress on your kids from peer pressure or what they believe society expects of them. Sadly, kids pick on each other and they can be cruel. So keep an eye and an ear out for how your kids are doing (aka be engaged).

4. Behavior

There may be a dozen reasons a child acts out, is defiant, or disrupts the class. Regardless, behavioral issues have



a real impact on learning. **Solution:** Learn the “A-B-C’s” of your child’s acting out. **A is for Antecedent** (what comes immediately before the



behavior?),

B is for Behavior

(as in what behavior is the issue?),

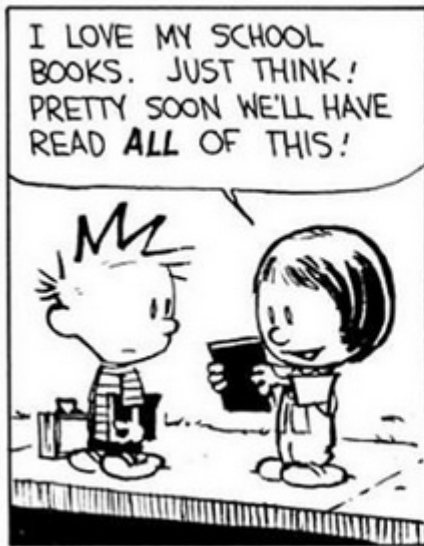
and **C is for Consequence**

(as in what happens as a result of the behavior?).

It is often possible to modify B when we understand and change A and/or C. We need to work with our kid's teacher to establish consistent interventions that reinforce appropriate alternatives.

5. Reading Below Grade Level

For kids, reading difficulties with both decoding and comprehension can compromise learning in every subject area, including math. Reading



I LIKE TO READ AHEAD AND SEE WHAT WE'RE GOING TO LEARN NEXT. IT'S SO EXCITING TO KNOW STUFF.



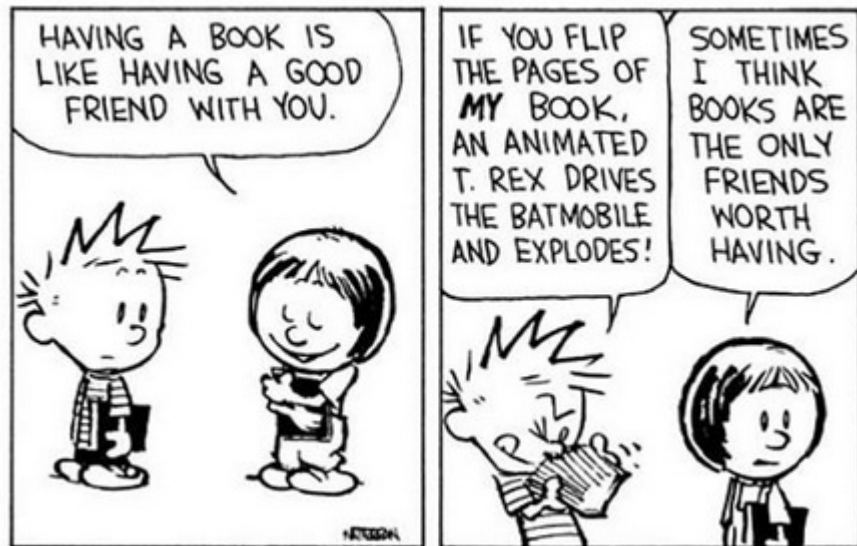
deficits compound over time if not addressed quickly.

Conversely, progress in reading can quickly right the ship and lead to improvement across the board.

Solution: Read to and with your child every day, and if that does not seem to help as it should, then engage a tutor, and talk with the school about a reading specialist.

It all comes down to this . . . reading is such a critical skill.

Don't ignore this in your kid's preschool age and as they learn. Help them learn to read and find ways to keep them excited about reading (and yes it is true . . . books are always better than the shows or movies that try to convey them).



6. Lack of Motivation/Laziness (can happen to us all)

This is even common in children who are otherwise good-natured and cooperative.

Finding the right motivation and addressing the tendency to avoid hard work will impact the quality of their learning.

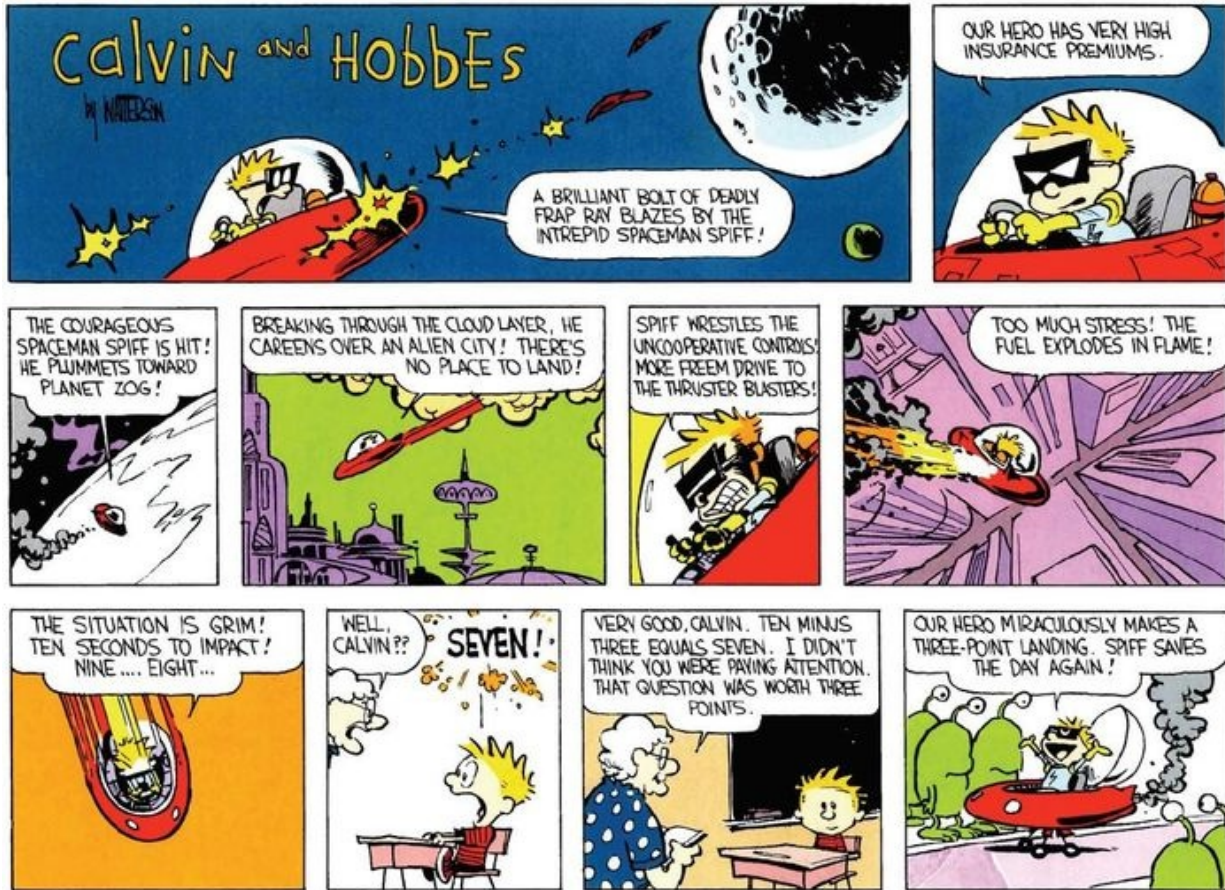
Solution: Take steps to demonstrate that learning is fun; reward effort, not just results; and be a motivated learner yourself. *For this challenge is one we all deal with from time to time so we should not be surprised when our kids have it flare up in their lives as well. Watch for this, deal with it and if you can, find a way to be a good role model (as in: if your wife is having to get after you about projects or actions you're not doing and you should, then yes . . . you are not being a good role model for your kids as you should).*



And please don't forget – if you have more than one kid, there is a good chance what motivates each of them is different. Change gears as needed and as best you can – mix in the fun so your kids appreciate 'you getting after them' and are not frustrated by you.

7. Testing

It's important to remember that 'making grades' and 'learning' are not always the same thing. There's much debate around "teaching to the test."



NOVEMBER 30, 1986

What remains clear is the fact that too much testing can interrupt the joy of natural inquisitiveness and introduce pressure that is incompatible with learning. **It's important to remember that "making grades" and "learning" are not always the same thing.**

Solution: Expose your child to the arts and or sports, don't pile on the pressure, and make sure you have a good rapport with your kid's teachers (and for a bonus, join your PTA, and get involved in the conversation and as best you can - lobby for a well-rounded education for all).

8. Lack of Sleep

A child who routinely gets less than an appropriate night's rest will not and cannot learn.

Sleep deprivation negatively impacts physical health, mental health and adequate learning.

Solution: Talk to your pediatrician about what is right for your child, establish a predictable evening routine, restrict screen time in the evenings, restructure bedtime rituals.

Now, is this easy to

make changes for the evening routines – getting kids to settle down and ensuring good nights sleep? Possibly not but it is easier if you start when your kids are younger. Come up with a 'school time routine', one for weekends if you think there is a slight adjustment there and then have a 'school is out routine'. And then, most important – if what you are trying is not working, then make some adjustments and once working – be consistent.





9. Poor Nutrition

There is a growing conversation around the impact of “Food Deserts” (areas, especially low-income, that have limited access to affordable nutritious food) in the US. What we discuss less is how many children in homes where good food could be accessible still have low-nutrition diets.

Solution: Become educated when it comes to diet;

approach better nutrition as a family, ask for help if necessary, do not assume “full” means “satisfied.”



Now Dads . . . I'll admit that this one is probably more of the challenge that falls on your wife than on you because they

may do more of the meal preparation that you do. So, be appreciative if that is true and be helpful. Teamwork here is most beneficial!



10. Absenteeism

Continuity is key to good learning. Children who routinely miss school



for any reason will have difficulty learning regardless of other mitigating factors.



Solution: **Get to know your child's teacher(s).**

The key to solving this problem is to know what the reasons or factors are behind what you have identified in your children and what solutions have worked? Also, take your child's school attendance seriously - be a school cheerleader in your



own home, become directly involved via PTA and other volunteer opportunities where and when you can (because it never hurts when your kids see and know that you are focused on them and the success or challenges that they are having in school.

And now for the added dose of reality. In today's world, there is a good chance that both you and your wife are buried in your own jobs and then juggling things at home. Don't let you work life blind you to what is happening in your home life. Your family is too precious to let problems derail it.

Chapter Four: How to have spoiled kids . . .

We see we are on a good path with Tony Dungy via his ALL PRO Dad blog insights – and here is his wisdom what you can do if you want to have spoiled kids. It is titled: **7 Ways to Have Spoiled Kids**

If you want to avoid having spoiled kids, then stay away from these 7 habits (thanks again Bill Watterson for your added visuals and humor).

1. Pick up after your kids instead of letting them clean up their own messes.

Sometimes it's just easier to clean up your children's messes rather than instructing them how to do it for themselves. It's hard, but resist the temptation. Instead, set aside enough clean-up time after playtime so you don't feel rushed. Then give each child one task at a time until everything is put in its place so they do not become overwhelmed. Let them know that if they don't clean up, there will be consequences.

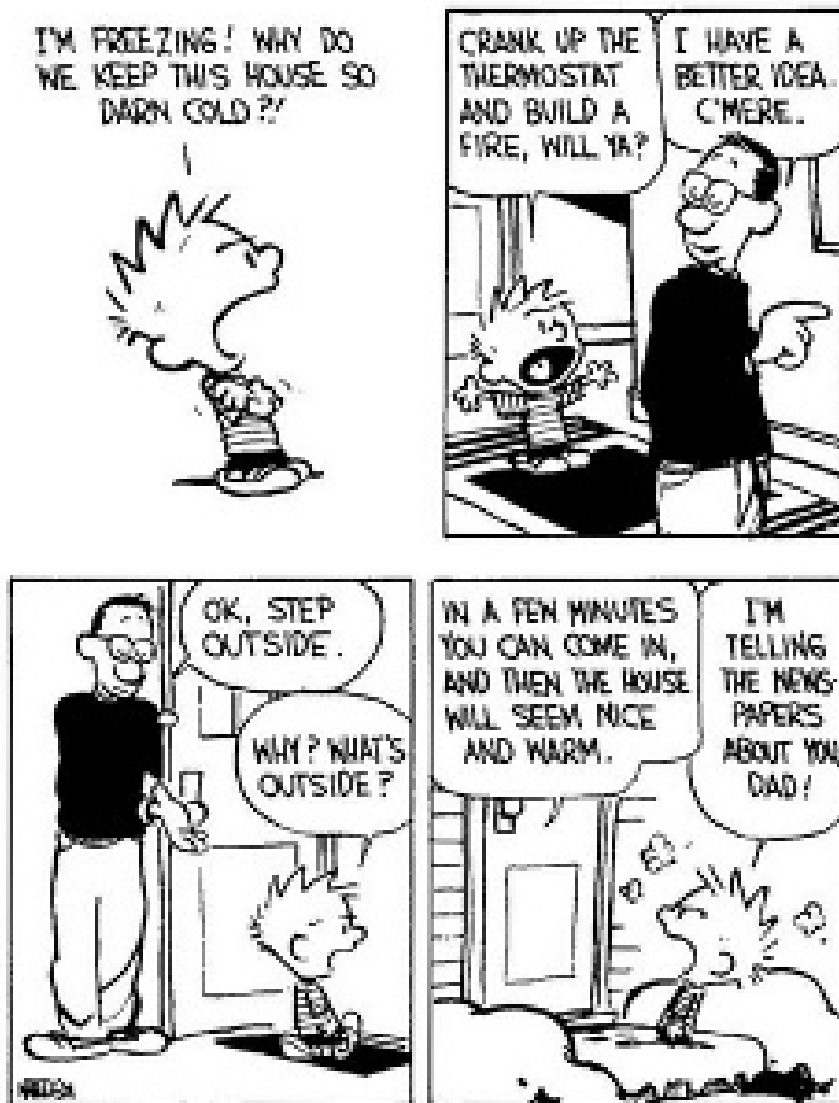


You have to let your child know what role you both play.

As the parent, you must take charge.

2. Let them boss you around and talk disrespectfully to you.

Spoiled kids can be master manipulators. They use words to induce guilt and to control their parents. As soon as this begins to happen, make sure you put your foot down. You have to let your child know what is not allowed and what is acceptable. **As the parent, ensure respect.**



And we also want to warn you of the desire to occasionally play the . . . 'Good Cop/Bad Cop' routine between your wife and yourself. Yes you may find it can seem to solve some issues from time to time – but know this . . . in the long run, you will find that the 'Bad Cop' will not have your kid(s) coming to you when you wish they would. And they will have a false view of who you really want to be.

Remember . . . teach respect and model it to re-enforce the lesson (which may not be as easy as you would think but step up as best can).

3. Give them everything they want— even if it's not good for them.



Limits are absolutely necessary for everyone. Your child may not like them, but they are in his or her best interest.



Parents must work as a team to draw limits for their children. There should be limits on what they wear, the movies they watch, the video games they play, the food they eat (the stuff you determine is not good for them), the music they listen to, and even the friends they should have.



As your children get older, the limits can be extended in certain areas,



but until then, **parents must enforce the limits or limits merely become suggestions.**

And that is the challenge that you need to take on (aka reward

your kids when they deserve it and not make it an expectation).

It will help them to become appreciative in life.



4. Let them drop out instead of sticking it out.

When your child asks to quit an activity or sport, make sure you know his or her motive. Perhaps there is a good reason for their decision, but if children simply don't feel like putting forth the effort, they should not be allowed to quit. Many studies show that extracurricular activities help children learn valuable lessons or skills and can also help them academically. **As the parent, be a role model for dedication.**

This is often a challenge that can easily become a tear jerker for your child or for you if this is not handled well.

So - please don't take this one lightly. You don't want to make it, easy for your kids to drop out of challenges but you also do not want them to get so stressed that it leads to life impacting regrets.

And remember, don't over-react. Do the best that you can and if you goof up - just learn from those times.



5. Excuse their rude or bad behavior as just “kids being kids.”



Since when did being a “kid” mean you can be rude, disrespectful, or careless in your actions? Age does at times go hand-in-hand with certain actions,

especially when dealing with developmental behavior, such as crawling and toddlers.

However, age should never be a blanket excuse for patterns of disrespect or disobedience.

Now in thinking on this – don't be surprised by all the things that your kid(s) will do that may as the saying goes . . . drive you batty (like how I worked that in?).

Just remember you were a kid once too and yes kids will be kids. Your job is to . . .



**Be the parent,
don't be the hypocrite.**

6. Don't follow through on discipline.

When we ease off of an agreed-upon punishment or scrap it altogether, we are communicating to our child that our words don't mean much. So when you tell your child, "If you don't stop that right now, you'll go to your room," follow through.



And please do not forget that all acts of discipline or punishment – need to 'fit the crime.' Don't let your anger or frustrations push you into an over-reaction. Kids are learning and you don't want them just hating

you and not learning the lessons (so find the right balance).

And please understand and embrace this . . .

As the parent, be leery of punishment – ensure discipline.

7. Do everything for them.

As your children grow up, they should become increasingly self-sufficient. Unfortunately, it doesn't always work out that way, especially if



they're used to you doing everything for them. Little by little, start to reinforce your child's independence and self-sufficiency by limiting the things



you do for them. Teach them how to do those things and increase their responsibilities around the home. If they don't want to comply, limit the time they spend on the computer or watching TV. "He who does not work does not eat" is a good rule to live by in a family.

As to what is that 'work' that our kids need to do? That is for you and your wife to discuss and to implement as you deem best. Just remember to keep everything age appropriate and you'll probably be okay (and yes I like the actions of kids having to pick up after themselves, when they get a bit older – helping with 'the dishes' and even mowing the yard never hurt anyone, although it has probably frustrated kids occasionally). And don't forget – an allowance for chores done is helpful too. Which means: **As the parent,**

remember to be fair and firm.

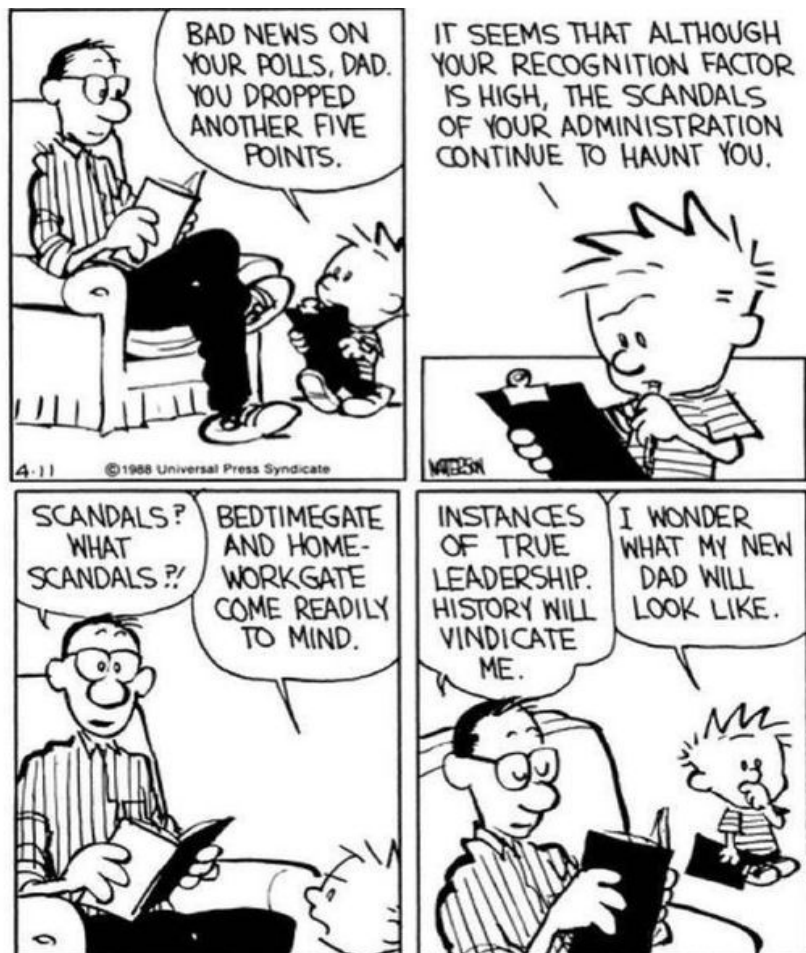
Chapter Five: Pursue consistency at home.

We hope by now (as you read this) that you are seeing there are some good insights to consider from Tony Dungy and his **ALL PRO Dad** blog insights. And here is his: **10 Consistencies Your Kids Need at Home** that may help you a lot. [thanks Tony, Bill & Andy for these insights]

And we start with these words from Tony . . . Consistency in parenting offers stability to your kids when they need it most. Structure is a part of everyday life. We have schedules and routines that work for our homes. Your family rhythms may look totally different than the family's next door—and they should. Each person in your family is unique and has different needs. One cookie-cutter schedule does not fit all.

But whatever our structure and routine, it is important for parents to maintain consistency, or else the structure will fail. Here are 10 practical ways to show consistency in parenting at home.

And with that as an introduction, we ask you to consider the insights shared over the pages that follow as options to embrace – and *don't forget the closing words for each below.*



1. Mornings

Having a morning routine sets us up for a successful day. Tony shared that his kids were allowed to leave their rooms at 7 a.m., aren't allowed to watch TV before breakfast, and can expect a hug from my wife at the bottom of the stairs every morning. Build a morning plan that works for your family. This an example they pursued, would that work for you?

Remember . . .



Every family will have their morning routines unfold. Just make sure that you and your wife, and your kids put in place the routine that starts your day well.

Everyone being happy and well is always better than being crabby and frustrated.

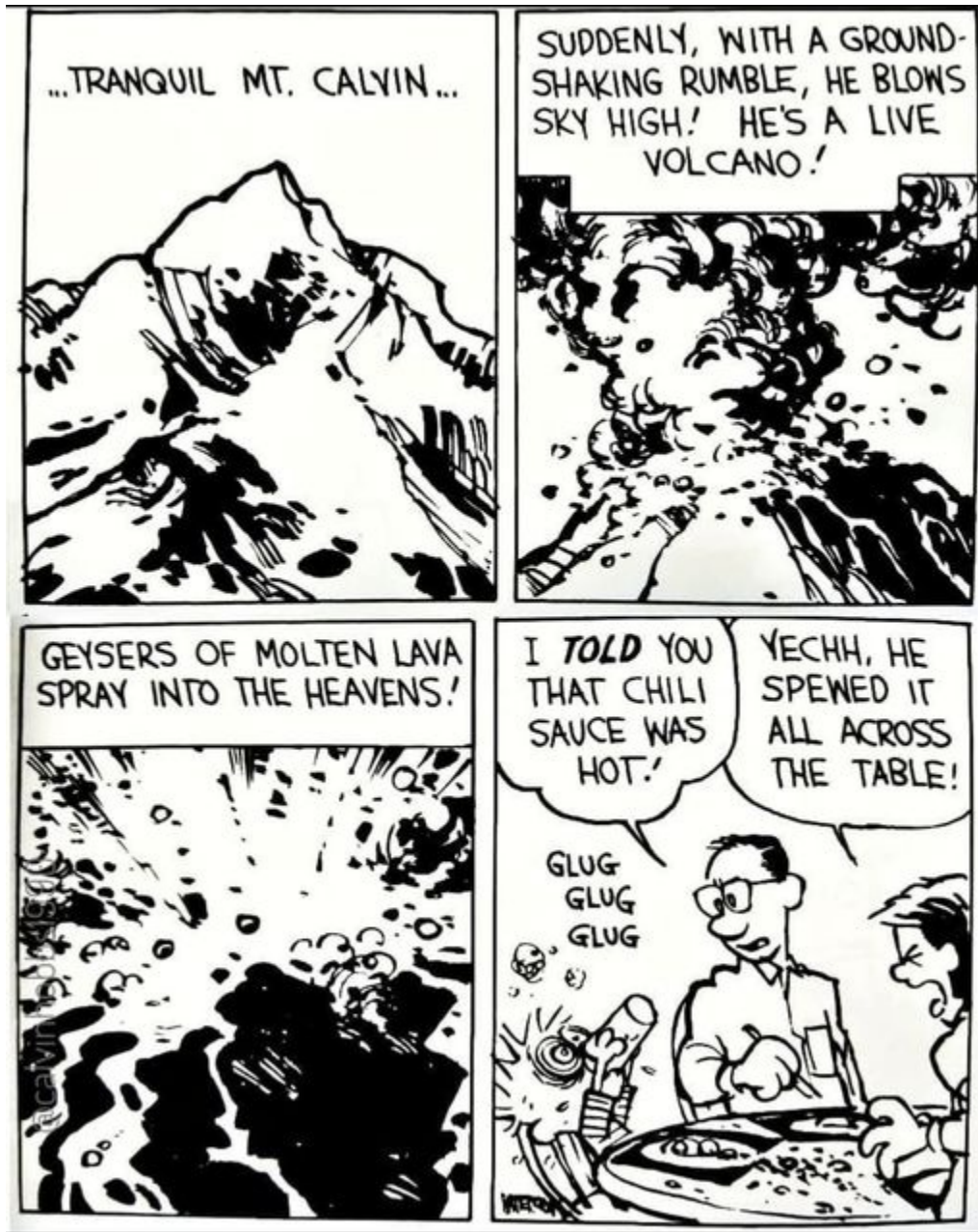
Pursue a good routine to start your day.

2. Mealtime

Early on [Tony shares], we let our kids eat wherever they wanted—and then we were frustrated when we wanted them to stay at the table and they wouldn't. But it was our fault, not theirs, because we hadn't shown them how to sit and eat at the dinner table. We need to be reasonable and flexible along with consistent at mealtime.

Now this is one that I would say is 'easier said than done' because what works for one family may not work for another. I can not state this any stronger then to recommend .. please .. find a way to have as many meals together as you can.

Have family fun meals together.



3. Bedtime

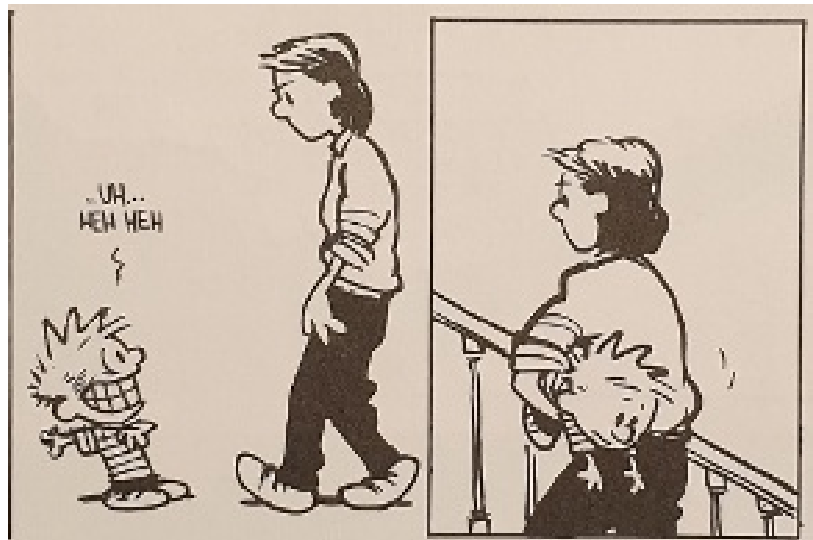
When it is time to go to bed [per Tony], we say three things every night (for our kids): drink, potty, brush—and then the kids can get in their beds. If you find yourself frustrated with bedtime, it might be because you lack consistency.

Now the above is to give you one example to help get your 'thinking on this' going. As for my wife and I when our kids were little, remember my words from earlier (page 15).



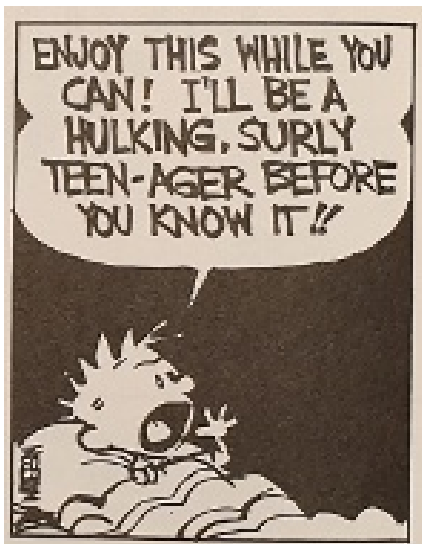
That was what we called 'tradition.'

Which brings us back to you. Think about this and make sure you and your wife are in agreement on bedtime actions.



Oops, I almost forgot . . . my wife and I are believers in prayers.

If you can, establishing bedtime prayers is a great tradition to start (you decide).



4. Discipline (the opportunity for correction)

It starts with . . . 'make sure the punishment fits the crime.' If you have multiple children, you will start to hear them say, "That's not fair." Having consistency in how you discipline is important for maintaining stability and will eliminate some confusion for your children.

Remember #6 up on page 35?

That was the warning of when we as parents don't do the discipline of our kids as we should – we unleash behaviors in our kids that become more and more problematic as time unfolds. So please, consider the following insights:

Andy Andrews shared these for our use . . . He states:

Correction – When I use this word, I mean to “**put your child back on track**” . . . like a course correction in a plane or car. It involves stopping the child from going the wrong way & redirecting them to a better way. This usually requires both words and actions.

Discipline – The dictionary definition of this word is “**training people to obey rules or a code of behavior, using punishment to correct disobedience.**” I would say, however, that discipline as we describe it here should have a broader aim than simply making someone “obey rules.”

So please think and do what is best for your kids to learn.



5. Chores

What chores do you expect your kids to do? Consistency here creates kids who are disciplined and work hard. Be sure also to tell the kids what the consequences are for failing to do their chores.



Now . . . what are the type of chores to consider for you kids? Well yes as these images shared inspire= helping to shovel snow is a winter fun time; cleaning up their room/making their bed, is another. A kid favorite of 'doing the dishes' is an age old chore and don't forget the Fall Time classic – raking leaves. The key – your kids are not your slave labor but there is no reason why they can't help around the house. So from actions like the above or taking out the garbage or walking the dog . . . you get to decide what the right chores are.

Just make sure if their chores are done in an age appropriate way, there should be appropriate rewards for them being done well.



6. Snacks

If not managed - kids will ask for a snack almost every five minutes.

Building a snack-time structure helps kids take ownership and responsibility for this simple request. For example – why not every day at 10 a.m. and 3 p.m., allowed them to have a snack?

It's amazing how quickly they can learn how to tell time when you put in place a plan like this.

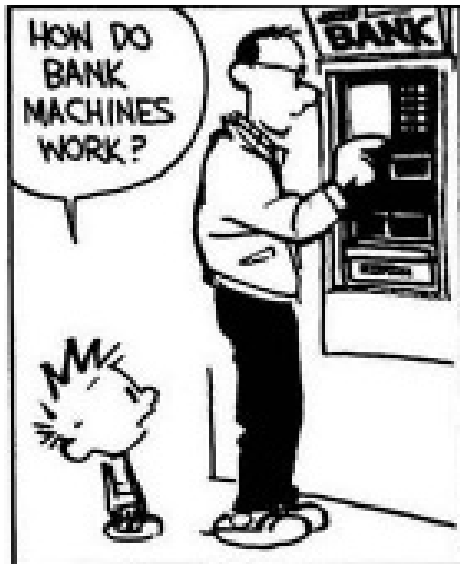
Now the above is a good plan to keep in mind but beware of grandparents. They are known to 'bend the rules' when they visit and those 'what are allowed snacks' or timing of snacks can get goofed up when they visit (and that is one of the reason the kids like it when their grandparents visit, the sneaky stuff seems to happen).

So it all comes down to this (in regards to snacks), manage it well and

keep the snacks healthy and everything should work out well.



7. Technology



Setting technology limits sets expectations that your kids need. Without consistency, you will find yourself putting an iPad in their hands every time they throw a fit and this will reinforce bad behavior.

When the limits are established, your kids know what to expect and a standard has been set.

NELL, LET'S SAY YOU WANT 25 DOLLARS. YOU PUNCH IN THE AMOUNT...



But this needs you to understand what was just stated above (and yes you can go read that again now if you need to). The walk away lesson



to be learned is that the various electronics (cellphones, tablets, video games, etc) are a privilege to be used – not to be viewed as an entitlement.

So do yourself a favor and make sure that your kids have the right

appreciation for any technology that they get to use . . .

because **parents can give and parents can take it away.**

8. Family Time

When is your designated family time? We try our best to do something fun on Friday nights together. The key is for parents to make it consistent and ongoing to ensure we are making family time a priority.

Now this is one that I would encourage you to not take lightly. Why?

Because if you don't try to make family time a priority, you will find that work or busyness around the house or of taking kids here and there can easily consume any time that may be left or not really left at all.

So, work with your wife and come up with a plan where your family can have enjoyable times together each week. And if you do it right – all of you will enjoy them and look forward to more of them in the weeks, months and years ahead.



Now for my wife and I – for our kids, when they were little, we normally tried to also have a big vacation every other years or so. That may be something you want to try and to pursue as well and as the years unfold, bigger, better or different plans can unfold. **Include your kids in finding what fun things you all can do, because fun times are great memories.**

9. Respecting Your Wife

Consistency here includes respecting her face to face and behind her back.

If I talk bad about her to my kids, I open the door for them to be disrespectful to her. This is not helpful for my kids or honoring to their mother. You cannot control every situation or circumstance, but you can be consistently in control of your attitude – and respect is a part of that.



Now here is another challenge to think on and to not think it is simple to do. And I'll use myself as an example.

Over all the years that my wife and I have been married, I have always tried to be respectful of my wife – but what I found was that I could do or say things that hurt my wife's feelings and what was so frustrating was

that I was not realizing I was doing it when I did it. Which is the big lesson to be learned. That is – be careful of what you say and do because it may seem normal or valid to you but it could be hurtful to your wife.

Do all that you can – forever- to respect, honor and love your wife.

10. Attitude

You cannot control every situation or circumstance, but you can be consistently in control of your attitude. When you establish a consistently positive attitude, you bring a presence of stability and structure that rubs off on their attitudes.

And with those words shared – know this. First, the good news . . . and that is . . . everyone has an attitude (no one is left out). Second, is the bad news . . . that some have what is called . . . a 'bad attitude' (grumpy, negative, and difficult). And the third, is the big challenge upon you as a parent and that is to help your kids to develop a good attitude (of being happy, positive and helpful).



It starts with you being a role model (are you one with a good attitude or a bad attitude?). This is critical because your kids are always watching the things that you and your wife say and do. It then builds upon those actions you take to encourage an environment of good/positive attitudes (and the key is – do you?).

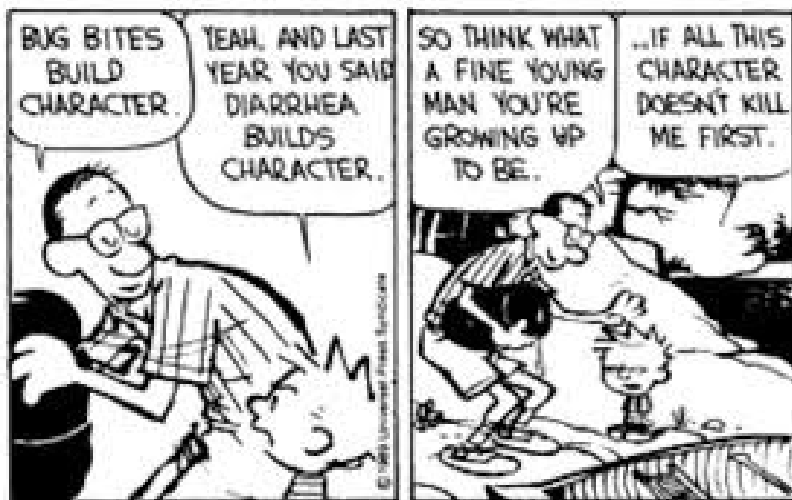
Do what you can to help your kids to develop an attitude worth having.

And before we leave this chapter – let me add this . . .

Back up on page 46 (about 'family time'), you see Calvin wearing his Dad's glasses and teasing about . . . 'building character'). And that is something to remember as your Dad Years unfold – you or your wife or your kids may say things that you all will either laugh about or tease a bit about now and then and that is okay.



And don't forget that character is built all year long.



Chapter Six: Remember your role.

If you are still reading this – you are on your way in your Dad Journey.

Don't get cocky, remember you your position in the dynamics of your family. And a good start are these insights . . .

[this helps to remind you of your 'Dad' role verses your Wife's role]

Answers given by 2nd grade school children to the following questions:

Why did God make mothers? 1. She's the only one who knows where the scotch tape is. 2. Mostly to clean the house. 3. To help us out of there when we were getting born.

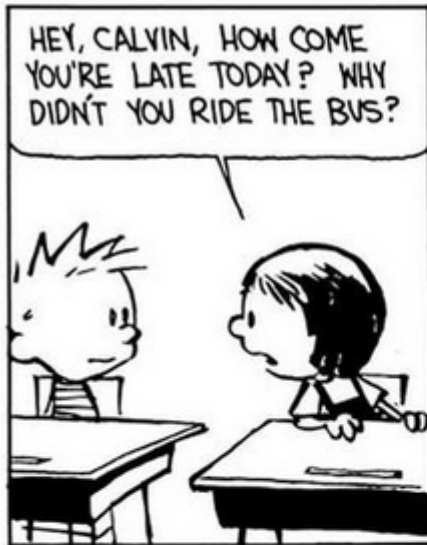
How did God make mothers? 1. He used dirt, just like for the rest of us. 2. Magic plus super powers and a lot of stirring. 3. God made my Mom just the same like he made me. He just used bigger parts.

Why did God give you your mother and not some other mom? 1. We're related. 2. God knew she likes me a lot more than other people's moms like me.

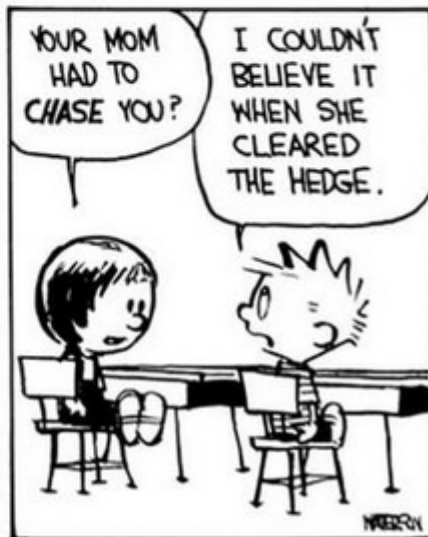


What ingredients are mothers made of? 1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean. 2. They had to get their start from men's bones. Then they mostly use string, I think.

What kind of little girl was your Mom? 1. My Mom has always been my



mom and none of that other stuff. 2. I don't know because I wasn't there, but my guess would be pretty bossy. 3. They say she used to be nice.



What did your Mom need to know about your Dad before she married him? 1. His

last name. 2. She had to know his background. Like is he a crook? Does he get drunk on beer? 3. Does he make at least \$800 a year? 4. Did he say NO to drugs and YES to chores?

Why did your Mom marry your Dad? 1. My dad makes the best spaghetti in the world. And my Mom eats a lot. 2. She got too old to do anything else with him. 3. Grandma says Mom didn't have her thinking cap on.

Who's the boss at your house? 1. Mom doesn't want to be boss, but she has to because Dad's such a goof ball. 2. Mom. You can tell by room inspection. She sees the stuff under the bed. 3. I guess Mom is, but only because she has a lot more to do than Dad.

What's the difference between Moms & Dads?

1. Moms work at work and work at home and dads just go to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller and stronger, but moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's.
4. Moms have magic, they make you feel better without medicine.



If you could change one thing about your Mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mom smarter. Then she would know it was my sister who did it and not me.
3. I would like for her to get rid of those invisible eyes on the back of her head.

What does your Mom do in her spare time? 1. Mothers don't do spare time. 2. To hear her tell it, she pays bills all day long. 3. I think a good part of it is thinking up things for me to do.

What would it take to make your Mom perfect? 1. On the inside she's already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I'd diet, maybe blue.

Which brings us back to where we began this chapter – and that is to make sure you understand and appreciate the blessing that your wife is because there is a good chance that she will deal with more of your kid's antics than you will (but that is only if you make the mistake and don't partner with her as you should). So then, with the above – you have a better insight as to how kids think and view their parents. You probably noticed that we did not include examples of what kids answered in regards to their Dads. Yes you



want the truth but as we know – in your early Dad years . . .

You can't handle the truth!!! (you'll see that in **Book C for Dads**).



So think of 'Dad Time' as not just for 18 years and then they're out the door . . . no . . . once you are a dad – you are a dad for life. Which means the only thing that changes are your kid's size and attitude (which is interesting because that is what changes in us as well as we age). That is the key . . . attitude.

If yours and theirs is good, a lot can be accomplished. But if theirs and or yours is a bad one, you should not be surprised by the troubles that will arise (so keep reading).



P.S. There were so many great things about Moms in the above that I hope that as you see what kids think about their Moms . . . it helps you to think twice on your role in your family. Now – for that role of yours, I recommend you consider the following and then add to them as you deem best.

a) Understand that you need to embrace the long game plan (your child may not be that last one you have so you and your wife need to be a team to ensure



We all can have problems at one time or another. When I was a kid, I was addicted to the hokey pokey but I turned myself around.

your family's finances, fitness and fun are pursued for the happiness you want). Hard work, sacrifices, planning and leadership all need to come together to achieve the goals you have for your family. b) Some may be lucky, others often are not. So learn from others, determine what you want to achieve as a family and then work your plan to get there. And c) Know that you're going to make mistakes along the way. Keep them to a minimum – as best you can and learn from them when they happen. This also requires you to apologize when needed. Which ties into the last challenge and that is to never forget that you are a role-model. What you do well or poorly on, will be seen by your kids and it will make an impression on them as to what a man is, the same as a Dad. For how well you do on these – will impact your kids and your grand-kids.

Now, is there anything else? Certainly, but this book and the other Dad books are being made available to help you in figuring out the role you will decide upon pursue as your Dad Years unfold.

Chapter Seven: Kids rule & Dads drool.

I know you are already thinking . . . *I'm not sure if I am liking the direction this one is heading.* Well, it is as simple as this. If you don't know by now that you are not as smart as you think you are . . . well, then this chapter leverages some insights into the the minds of kids [to help put things in perspective]. And we start with this quiz.

FFT #19 Know that we're not as smart as we think we are...

How can you tell? Take this quiz and see how you do.

1. How do you put a giraffe into a refrigerator?



Stop and think about it and decide on your answer before you scroll down.

The correct answer is: Open the refrigerator, put in the giraffe, and close the door. This question tests whether you tend to do simple things in an overly complicated way.

2. How do you put an elephant into a refrigerator?



Did you say, Open the refrigerator, put in the elephant, and close the refrigerator?

Wrong Answer.

Correct Answer: Open the refrigerator, take out the giraffe, put in the elephant and close the door. This tests your ability to think through the repercussions of your previous actions.

And at this point you are thinking . . . I see what you are doing.

3. The Lion King is hosting an animal conference. All the animals attend - except one. Which animal does not attend?



Correct Answer: The Elephant. The elephant is in the refrigerator. You just put him in there. This tests your memory. Okay, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.

Okay, maybe you got that last one above – how about Q4 below?

4. There is a river you must cross but it is used by crocodiles, and you do not have a boat. How do you manage it?



Correct Answer: You jump into the river and swim across. Have you not been listening? All the crocodiles are attending the Animal Meeting.

This tests whether you learn quickly from your mistakes.

It all boils down to this. First, our thanks to the Food For Thought (FFT) Initiative for their #19 lesson. That is to remind you that you can gain insights from various resources – but you have to be on the watch for insights, to recognize them and to remember them. Because if you don't, you are missing great insights to consider, to sort through

According to Anderson Consulting Worldwide, around 90% of the professionals they tested got all questions wrong, but many preschoolers got several correct answers. Anderson Consulting says this conclusively disproves the theory that most professionals do not have the brains of a four-year-old.

and then for you to add to your wisdom bank account.

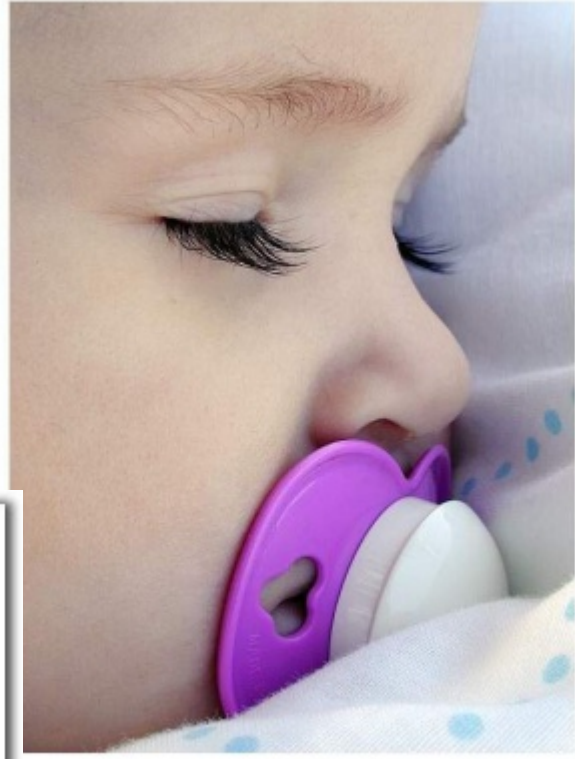
And now before we leave chapter two – we add these images and insights for the younger generation. See if any of these make sense to you for remembering and pursuing.

First:

Sleep as much as you can

Second:

Look for affection when you need it...



Third:

Get serious once in a while...



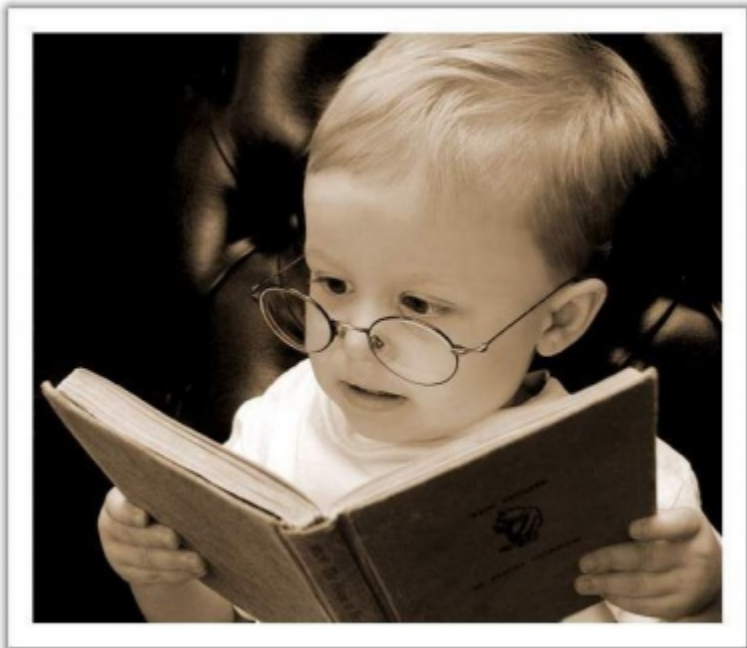


Fourth:

Show some affection...

Fifth:

Get angry once in a while...



Sixth:

Read books that you enjoy...

And seventh:

**regardless of
what your
challenges may
be...**



And why do we need you to know all of the above?



Change your looks...

Because . . . each of us need to be on the look out for those insights that help us but we also need to be able to leverage our discernment (aka . . . is this something I really want to do?).

Take this Baby OMR picture and the words below it. Each of us can do things to change how we look but do we make the effort to change how we think?

If we are not learning and adjusting as we need to, we may be just coasting toward what we think is happiness . . . but is most likely . . . regrets.

Closing (for now)

Yes we know that you are wondering, is this it?

And the answer is no.

The next two books will share additional insights for you to consider but you need to remember this [before continuing further . . .], that these books are like life. Some stuff is what you would expect but often there are surprises along the way.

And that is what these **Dad Books A, B & C*** are for.

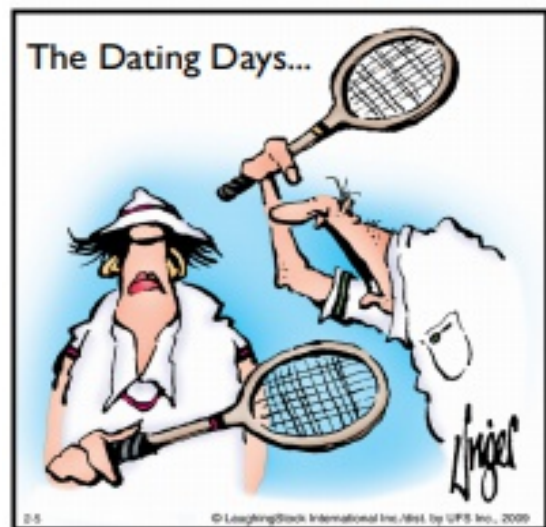
(* = see page 64)

Which presents us with this opportunity (which was not available when Book A was published months ago), that being these out-takes [aka insights for lessons but not long enough for their own chapters].

#1: Jim offered up a great mini-series that covered the 'Dating Years' through the 'Kid Years' and ending with the 'Kids R Gone Years'.

Those out-takes are here with some considerations for you. Your assignment if you choose to accept it – is to determine if you agree or would modify the insights given. Here goes . . .

a) Don't forget those fun times back when you & your wife were dating. **Do Date Night's as your years continue.**



"For the last &#% time ... over the wire fence is not a home run!"



"Is it OK if I run out and stick a few coins in the old parking meter?"

b) And yes – there will be times when you think back to that big day and you smile . . . it was a great day. But don't let that be the only great memory that you and your wife have. Focus on growing in your relationship and if you do – you'll have more & more great times, great memories unfold.

c) And then before you know it, your first child arrives (and if you are not careful, the follow up ones can come along pretty quickly as well). Yes they are also known as little bundles of joy, just never forget that as their years unfold.



"Where's the kids?"

d) Which is a great reminder for you . . . and that is this. It doesn't matter if you have one child or many – they will do some things that may test you to your limits; just love them anyway.



"Take that off of Dad's face. It's time for school."

e) Remember that continuous learning is good. But also remember to not get cocky.

As the good book reminds us . . .

(Proverbs 3:7)

Don't be wise in your own eyes.

Fear the Lord and shun evil.

And teach this to your kids.



"That used to be my best subject.
Ask me the capital of Spain."

f) And never forget that being a parent is not a competition. There will be things your wife is better at and there will be things that you are better at. You are a team and the better your teamwork – the better everything will be at home.



#2: Is to remember that being a Dad is not a sprint (18 years and you're done) . . . it is a marathon (once you are a Dad – you'll be their Dad until the day that you die). **Gain patience and perspective** so that you can be the type of



'Dad' that you are glad that you became & they are glad as well.

#3: All of the above (and in the books to follow) are 'tools in your toolbox' aka insights. The good news is that you get to pick and choose what you think is helpful. The bad news is - time works against your good intentions. Remember that your life is a juggling act. Your time is spent juggling the needs of your wife and kids, along with work, finances,

Does the world see you . . . and you see you, as you want to be seen?



your health, and what's left . . . time with friends, time in service to others and then time for yourself. So . . . do the best that you can and make sure you love your wife and your kids.

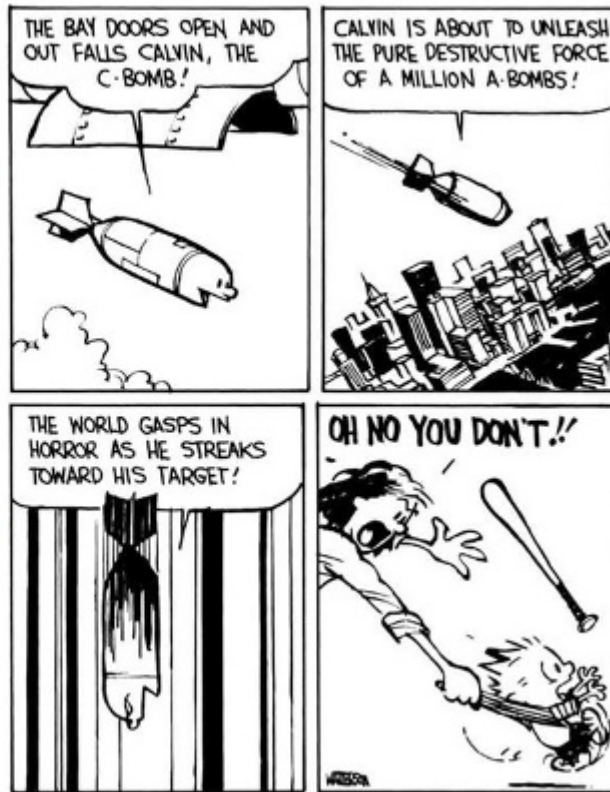
And with those words above – that ends this second book.

Now, is there anything else? * = Yes, Book C is in process and it will be made available as soon as possible.

Thank you for reading and considering all of the above.

Oh yea, and . . .

Know this:
One day can change your life.
One day can ruin your life.
Just remember that you get only one chance at life, so live it as best you can, with no regrets.



So, thank you for doing what you can to be the best Dad that you can be.