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FIVE

DAD CONVENTIONS
TO BREAK TODAY TO
MAKE YOU A BETTER
DAD AND HUSBAND



LISTEN,



I grew up learning how a dad should act like most of us:

TV and Movies.

Thankfully, I have ignored most of Homer Simpson's advice on discipline: "Why you little!"

Tim Allen's advice on responding to questions: inaudible grunt

And Arnold Schwarzenegger's advice from *Jingle All the Way* on work/life balance: ignore your kids and wife, forget to buy the most popular kids toy, and lie about all of it.

However, I think there are several conventions floating around that deserve to be ignored.

Why? Because ignoring them can make you a happier, healthier, and more present dad.

Want a few? How about 5!



HOW YA FEELING?



1 KIDS' BIRTHDAY PARTIES.

Don't Go!

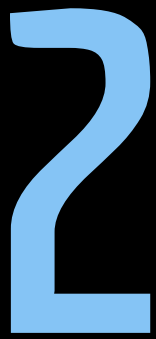
Wow, I am coming hot right out of the gate on this one. Now, I am not saying don't go to any birthday parties. But in our house, we have a "if we don't know/like the parents, we don't go" policy.

Our kids are too young to just drop at a party without us there, and ya know what dad, I know you spend lots of time working your tail off for your family.

Why should you give up your only time to recharge to go to some sensory overloaded Peter Piper Pizza for 2 hours while you have no one you like to talk to, as you watch your kid mainline sugar, pizza, and flashing lights.

You know that at the end they'll only complain they didn't earn enough tickets to cash in for the cheap plastic toy they wanted, and would have cost you much less than those Skee-Ball tokens.

However, I am not a total jerk when it comes to parties. We happily go to our friends' kids' parties. Whatever the kids do, we know we'll enjoy the company. Remember dad, you gotta fill your own tank when you can.



NO TIME TO EXERCISE. Sorry, not a valid excuse!

Man up, dad, and get to working out!

Listen, I get it, you are tired.

At the end of the day you've had enough, and it's likely you are dragging early in the morning.

But here's the deal: you must be fit to be there for your family.

You can get benefits from strength training in as little as 15 minutes a week!

There is science to back it.

There is also my 4 years of experience doing it since having kids left less time for me to workout.

Check out these videos:



Virtual Workout - Dr Ben's 15 minute HIT with Bands



HIT For Metabolic Health on the Road - 15 Minutes Twice a Week



Just 15 minutes, twice a week for optimum Metabolic Health



DADS CAN'T COOK.

C'mon Chef. You can!

You want your kids to be healthy, right? And strong, right? And self-sufficient when they turn 18, right?

Then cooking for and with them is a great path. I have met too many young adults (and, honestly, old adults), who are baffled by the concept of simple cooking.

Let's man up, and be there for your family.

And, I know there isn't much time in the day to prepare and cook.

But you know what there is?

Crockpots, Instant Pots, and Air Fryers.

Each of those words has a favorite recipe of mine linked to it. Each one is good for 1-2 nights of dinners.

HERE ARE A WEEK'S WORTH OF RECIPES

[Crock Pot Garlic Parmesan Drumsticks](#)

[Crock Pot Balsamic Roast](#)

[Instant Pot Lemon Garlic Chicken](#)

[Fall-Apart Pressure Cooker Pot Roast](#)

[Best Damn Air Fryer Pork Chops](#)

DON'T SAY I NEVER GAVE YOU ANYTHING



4 HOUSE CHORES ARE FOR MOM

What year do you think it is?



I get it, folding laundry and doing the dishes aren't exactly high on the manliness scale.

Stallone has never made a movie about scaling a giant pile of unfolded towels, and Van Damme never roundhouse kicked a sink of dirty dishes (although that would be pretty badass to see), but the house needs to run and things need to get done.

Mom had to carry your kids for 9 months, then shove them out of her body. Maybe she breastfed for a couple years. If you are like mine, she was insane enough to repeat this process 3 times.

She's probably tired.

Show your kids what teamwork is like, and ya know, you just might get on your wife's good side too if you help with some chores.

And, if you really hate doing something, try helping earnestly and be so bad at it she insists on doing it, and you'll still come out ahead in the "at least he's trying" department. I may know this one from experience.

Let's just say my wife would prefer I round house kick our dirty dishes...they'd probably end up cleaner.

5 YOUR KIDS CAN'T SEE YOU BE WRONG

Honestly, they've already figured it out.

There is this, how shall I say, “Dad Pressure” to be the Alpha. The Man Who Has a Plan. The One Who Shall Never Be Wrong.

Why, you can't show weakness in front of your kids. They need to see you as their rock!

Yet, I will say from experience you can either be honest if you make a mistake (like, say, yelling at them), and apologize, or pretend like nothing happened

At some point, they are going to see through your lies and omissions.

Do you want them to grow up and be a liar like you, dad?



Or do you want to raise humble, responsible little humans that own their own mistakes?

This is a choice only you can make, but for the sake of humanity, **I hope you choose wisely.**

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