

IDAHO DADS

MATTER!

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The Time-Conscious Dad

...He Puts His Son at the Top of His Priorities

NAMPA—David Benjamin (Ben) Abbott ensures his four-month-old son Vyacheslav (Max) gets his dad's full attention when he arrives home from work—once his son recognizes him, that is.



“Max is somewhat indifferent until he sees me up close when I first come home. Then he starts to smile or giggle or smirk. He likes interacting with people and playing. I try to get him some exercise; I'll shake his legs and pretend like he's a machine gun,” Ben said with a chuckle.

“I take him on walks when I get home from work—carrying him around the house and then outside. I try to help him stand, and I help him learn the movements to walk. He really likes trees. I tried to show him flowers once, but he didn't like them so much. I've shown him bushes and I've shown him bugs,” he said.

“He's attentive, and you can tell what he's interested in because he turns his head and shifts his body more and more until he can see it better,” notes his dad, “and I like just watching him and seeing how he sees things. I see the world as an adult, but the world is brand new to him.”

“I'm sore and tired from being on my feet all day when I get home from work, but I try to be present for him by not looking at my phone or checking emails and text messages like I used to do when I first got home because I realized the times he's awake are too valuable to miss,” said Ben. “That's one of the biggest changes in my life since he was born—shifting my schedule around new priorities.”

Ben offers this advice to other dads: “Having children will be harder than you think, but it's also going to be a lot better than you think. The thing that matters most is that you do your best and try hard. No one can be perfect, but no one will ever know your child like you do, either. No matter what, just keep at it; that won't be easy, but the most important thing you can do for your child is to love them and to treat them like what you wish you had been treated as a kid. Everyone's life is imperfect. The best thing you can do is overcome.”

“No matter what just keep at it. That won't be easy. We do have doubts and we make mistakes.”

— Ben Abbott