

# IDAHO DADS MATTER!

A Specialty Publication Featuring Idaho Parents

Volume 1, Number 3

---

## The Adaptive Father

*...He's Ready to Evolve Daily as a Dad*

COEUR D'ALENE—Kevin Cederquist struggles to get out of bed some days and needs a cane to walk, but the father of three – Chloe, 13, James, 10, and Garrett, 7 – pushes past his physical challenges to be an active dad. “Just be involved,” Kevin says. “That makes the biggest difference. When I’m involved in what my kids are doing daily, they are more likely to come share that with me.”

His autoimmune disease makes some activities difficult, but Kevin paces himself so the family can hit the trails with their dirt bikes, compete together in video games, and be together for dinner. Dads evolve over time, says Kevin. “There are so many things I’ve learned that changed over the course of being a dad (like) understanding that kids aren’t perfect, that it’s OK for kids to know their parents aren’t perfect, and that, if I realize I’ve done something that’s not very fair, I apologize, and I expect them to do the same thing,” he said. “We set boundaries, and I think consistency is the biggest thing.”



Each child gets special time with dad and mom together. “One of the kids gets to stay up half an hour later and do something just with mom and dad, and they get to pick whatever it is, within reason,” he said.

The children enjoy time with dad alone, too. James likes peppering his dad with questions while riding along with his father to the store. “He’ll ask me, ‘How do helicopters fly?’ and fortunately I know the answer because I was a helicopter pilot in the army,” Kevin said. Chloe, on the other hand “likes me to take her out to forest service roads so she can drive,” he added with a chuckle. As for Garrett, well, he’s happy just to cuddle. “Anything we can do, like watch a movie together or whatever else allows him to lay in bed or on the couch with me or his mommy is his preference,” Kevin said warmly. “Being a dad is a journey; it’s a process, and I’m always learning.”

**“Just be involved. That makes the biggest difference.”**

—Kevin Cederquist