

# IDAHO DADS MATTER!

*A Specialty Publication by The Down To Earth Dad® Featuring Idaho Parents!*

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## The Interactive Dad

*...He Puts His Children First and Foremost*

POCATELLO—Nick Millward’s fifteen-year-old daughter Sierra “doesn’t want to spend time with me, especially in public,” he jokes, but she does play games and watch movies with her dad at home, and they listen to music and laugh together about the songs. “I share music from the 60’s and she plays modern music,” he explained. “She really does like to spend as much time with me as possible.”



Lynlee, 11, likes cooking scrambled eggs for the family and enjoys dining out with her parents. “Our favorite is Thai food,” he said. “She’ll watch movies with me and Sierra now and then.”

Nine-year-old Warner plays Minecraft and board games with his dad, and Everett, 8, likes throwing the football in the front yard. “His love language is spending time with me,” Nick

said of Everett. “He likes to play and watch football. He likes to reenact plays outdoors that we’ve seen on TV, and we play Xbox football games indoors.”

“Radley (“Quinn”), 5, likes me reading him books. He has a good imagination, so we do imagination play with him. Usually when we’re playing with toys together, he’ll pretend that he’s trapped someplace and he needs to escape, and to do that he has to tell me and his mom who we are—what roles we are to play in his imaginary drama—and we’ll help him out,” he said.

Two-year-old Declan snuggles up to his dad when he comes home from working the nightshift. “Sometimes for the first couple of hours after I get home I’ll be sleeping with Declan and my wife (Kristy Millward),” he said.

Nick puts his children at the top of his priorities. “Adults need alone time for sure, but before I find ‘me’ time, I give 10 or 15 minutes to each child. Before I sit down or do something for myself, I remember to give the kids my time first,” he said, and he offered this advice for other fathers: “Get to know their interests and encourage them to go further with those things; like in football, don’t only encourage them and go to football games, but also help them study about, and get better at football and see how they’re going with it. Help them know what to do to go to the next level.”

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