

IDAHO DADS

MATTER!

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

Volume 1, Number 24

The Good-Efforts Dad

... He Strives to be 'Present' to His Children Daily

BURLEY—Three kids is plenty—most days—for Kadyn and Nora Hess, the purveyors of love and care for Ava, 7, Jaxon, 4, and one-year-old Mason, but they seem to have the bandwidth for more.

“Jaxon likes playing Nintendo with me, and hops in the back seat of the truck with his sister and rides along just about everywhere wherever I go—to my work in the company truck or to the dump,” he explained. “I’m a task-driven person, so I know where I’m going, but we’ll stop someplace on the way home so they can get a drink or snack, then we pile back into the truck and go home.”



Preschool is big in Jaxon’s world. “Every time he comes home, he’ll just exclaim, *‘I love school!’* He really likes being with the teachers and learning new things,” he said. “He comes out full of smiles and giddy when we pick him up.”

You’ll see Mason running from his dad most days as Kadyn lunges to catch his son. “I let him get ahead of me, then I chase him down; he likes the anticipation of getting caught,” Kadyn said with a chuckle. “He likes sitting on my lap and just watching his favorite program on TV—*Donkey Hodie*.”

Swimming is another favorite activity for Mason. “This summer we took him down to the river and he loved getting carried into the water in my arms. We got progressively deeper and eventually swam around

together. I held him and we just floated, and he really loved that,” Kadyn said proudly, noting, “a father is the protector, the provider of his family (and) the head of the house. He needs to lead by example (and) he needs to be there as a partner with mom to show the children that parenthood has a father (involved).”

“Ava loves walking with me in the neighborhood. On the way home she tells me interesting things about her day, or a fact she read in a book,” he said warmly about the almost daily dad-and-daughter routine.

Asked to share his parenting philosophy, Kadyn said this: “Be present. I struggle with this. Be there so they know they can always talk to you. I struggle with that because, you know, you get home from work exhausted and tired and you just want to take a break. But the kids, they’re excited to see you come home, they want to talk to you. But some days I’m very terrible at it,” he confessed. “But these days I’m more involved and do a lot better.”

“A father is the protector, the provider for his family. He needs to lead by example.”

— Kadyn Hess