

# IDAHO DADS MATTER!

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

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## The Ready-To Parent Dad

*...He Tells His Children Daily that He Loves Them*

ST. ANTHONY— Katie likes joining her dad for a burrito at the Maverik Adventure's First Stop convenience store in town. "It's kind of our daddy-daughter date," he says, noting the tradition was born of necessity when he and Katie needed to grab dinner when Katie's mom, Sarah Everill, was working late as a teacher doing parent-teacher conferences.



"It's always been a special time for us driving there; we're out in the country so there's nothing around us for a couple miles. McDonald's is also a special go-to place for Katie and her dad—and Katie's brother Zach, 3, who now joins in the long-standing father-child going-out-for-dinner tradition.

Katie likes her dad reading to her at home before bedtime and she reads to him, too. "I'll take her to school some days, but mom works there so she goes with mom for the most part," he said. I try and spend a few minutes with Katie in the morning (but) she doesn't like morning wrestling."

"Zachary likes wrestling his dad on the living room floor. "Seems like the mornings he wakes up and wrestles me, the better his day goes. The days he doesn't wrestle me in the morning don't typically work out that well," he said.

"It (wrestling) starts with me picking him up and just giving him a hug in the morning, and I'll sit on the edge of the bed, and he loves to start pushing on my legs and trying to push me over. Usually he succeeds, and then I flip him around and lay on him and hug him and tell him, 'My pillow is moving!' and it's usually a five-minute wrestling session from there."

Zach follows his dad around during the day. "It doesn't matter whether I'm out mowing the lawn or plowing the driveway on the tractor or whatever it might be; he's right there with me," Trevor said.

Sharing his parenting philosophy, Trevor said this: "Spend time with them. It doesn't matter whether it's two minutes or ten minutes. Just spend a few minutes with them every day. One big thing before I leave for work is I make sure to tell them I love them. Make sure every day your kids know that you love them," says Trevor. "The best way to show it to them is by how you treat their mother."

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