

# IDAHO DADS MATTER!

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

Volume 2, Number 7

## The Pondering, Patient Dad

*...He Listens, Learns, and Parents Accordingly*

NAMPA—Daniel Hamrick came to parenting with a broad set of life experiences learned from being a musician and being in the military, but those challenges and triumphs were trumped by becoming a dad.

The experience of being three-year-old Jaina's father has made him philosophical about parenthood. "You are not raising children, you are *teaching* children how to be good, functioning adults," he says, noting that fatherhood, for him, creates "a greater sense of how big an effect upbringing can have on a person."

Reflecting on his own upbringing "has made me hyper-aware of how I treat my daughter—understanding that love is not a feeling we have, but is the things we do," he says, pausing to consider the matter some more and then continuing: "Loving your child does not always mean you are going to feel good with your child. Sometimes your kids are going to make you feel bad. Love is being able to look out for someone's best interest even when you don't feel good about them."

"Love is an action, and patience is a choice," he says, which is an opinion he developed after talking with another dad at his daughter's swim class when he was being visibly patient with Jaina. "My daughter had not been wanting to get in the water; she

was having a bad day. He (the other dad) was like, 'Man, I don't know how you do it, I'm not patient enough. I would have just taken my kid and left.' I told him that patience is a choice you make when you are feeling frustrated; it's choosing to be compassionate."

Daniel says it's important to remember "how we felt when we were small and feeling sad and angry. Just being emotionally available is probably the biggest thing you can do for your children. Let them know that grownups have these feelings, too—sad, angry, frustrated, helpless, scared—and that it's okay to reach out for help."



**“Patience is  
being  
compassionate  
when you’re  
feeling  
frustrated.”**

—Daniel Hamrick