



Sam introduces himself as a husband to Emily and father to two children. His son (5) & daughter (3) are “full of energy” and he describes family life as “a lot of fun”. Emily works full time in media and spends approximately half her week commuting to work in London. Sam (also full time) co-runs an award-winning audio branding company, WIZZFX (see www.turninglittlestones.co.uk/sponsors). He works remotely from home, meaning that he is an *Everyday Dad* whilst also running a business and working full time!

“It would be nice to be a dad picking up from school”.

Sam recalls these words which he spoke prior to his son’s birth. At the time, Sam was a 5 days/week commuter working long days. He had always known that he wanted to be involved in his children’s upbringing. The reality is that he is more involved than he had anticipated! However, he has **no regrets** and counts his involvement in his children’s upbringing as a blessing. He especially values:

- seeing the children grow up... being present for the *firsts* (first steps etc.).
- being able to attend school and nursery events.
- Being there for the children in the moment (end of school etc.).
- being able to join in their play and giggle moments.

“... these are very special”.

Different qualities of parenting

Sam explains that he and Emily complement each other by bringing different skills and speaking different *love languages* to their children. (Caroline signposts Turning Little Stones BLOG - love languages).

He loves being outdoors, getting muddy and growing things with the children, which he believes are making memories.

Saying this, we both recognise (and respect!!!) parents who manage parenting single-handed. (Caroline signposts to Turning Little Stones podcasts - season 1; episodes 14 & 15).

Practicalities and boundaries

Before 9 o’clock, Sam’s head is full of managing breakfast and the practicalities of remembering everything needed for the day ahead. “Then at 9 o’clock, I need to swing into my work head space”.

Working from home means that the family space is also a workspace. Although Sam has a separate space where he can work, he realises that it can be difficult to get the balance right. He also *wants* to be around and not miss out!

As a creative, Sam can share some aspects of his work with his children, and they can see what their father does at work.

Interestingly, some childcare approaches refer to children’s play as ‘work’. Initially introduced by Maria Montessori, the idea is that it values and legitimises children’s activities, who are actively developing as they ‘play’.



It takes a village to raise a child.

This African proverb is widely used to emphasise the place of community in sharing the responsibility to raise children well. A whole community will include all kinds of people, including ages and genders.

Sam and Emily have thoughtfully considered their childcare arrangements, including how both sets of grandparents can best enjoy quality time whilst helping practically with the childcare 'jigsaw'.

For children who have fewer father figures in their lives, Sam is showcasing '*Everyday Dadding*' simply by being at the school and nursery gate. (This is something Dr John mentioned in Turning Little Stones Podcast – season 2; episode 9).

And finally...

Sam concludes with a very practical message for *Everyday Dadding*...

"sleep is your friend... early nights are essential"

The challenge of working full time whilst being an *everyday dad* is to book end the children's days by being present for them. This means being disciplined, putting the laptop and phone aside when work is done.

... and... cherish each day ... they are gifts!

Further information, practical guidance and advice are available through,

Turning Little Stones PODCASTS, SPONSORS & BLOGS

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See website www.turninglittlestones.co.uk for details.

Sam's business is

www.wizzfx.com

Everyday Dadding Podcast