



**MDAH**

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**In This  
Issue**

- \* DNO / Bucas
- \* KidsPark
- \* One of the Dads
- \* MDAH Co-op!
- \* Playgroup  
Calendar
- \* A few good books

[www.mdah.org](http://www.mdah.org)

# Minnesota Dads At Home

Connecting At-Home Dads and their Kids to Play and Learn

## **KidsPark - Affordable Flexible Daytime Child Care**

Ever need just an hour or two (or three or four) to get some stuff done? One of the main points of being an AHD, at least for Elizabeth and I, has been that Benjamin does not have to be in daycare every day. Being home with Benjamin is great, but it doesn't allow much time for completing adult chores, keeping business appointments, performing home improvement projects, having a lunch date with your spouse, etc. That is where KidsPark comes in.

KidsPark is a nonprofit child care service sponsored by the Macalester-Groveland Community Council. It started about 17 years ago by at-home-moms who were frustrated at how hard it was to arrange flexible daytime childcare.

KidsPark is state licensed and staffed by three childcare professionals. It follows the school year calendar and it open from 9 am to 3 pm Monday through Friday for children sixteen months to five years at a cost of \$5.25 an hour per child. Infant care is also available from 9 am to 12 pm on Tuesdays, Wednesdays, and Thursdays for a flat fee of \$18 per morning. Parents pay an annual \$50 registration fee. A \$60 co-op fee is also collected, but refunded once parents complete nine hours of cooperative service. Options for service include, assisting with the childcare, maintenance and upkeep of the center, fundraising, and other things that arise during the year. It's pretty easy.

Elizabeth and I were so pleased and impressed with KidsPark, that I joined the Parent Advisory Council that makes policy decisions, organizes fundraising events, etc.

Really the best part of the whole experience has been the positive effects it has had on Benjamin. He started going when he was about 17 months old. He loves going and it has provided great social opportunities for him. It has given him self-confidence and independence. It was a great springboard for Preschool.

**KidsPark - 961 St. Claire Ave. in St. Paul.** For more information contact KidsPark at **651.695.4008** or stop by the center in the warming house next to Groveland Elementary School at 1961 St. Claire Avenue, St. Paul. Visit the web site at [www.kidsparkdropin.org](http://www.kidsparkdropin.org).

Mark Smith, MDAH Member

## **November DNO brings us back to Buca's**

Contact Mike Christianson ([mike@mdah.org](mailto:mike@mdah.org)) for all the details and keep an eye out for the reminder emails through the MDAH Yahoo email group.



# MDAH November Calendar

## MDAH

Connecting At-Home Dads and their Kids to Play and Learn

### Playgroups & Local Area Dads

**Far South Apple Valley Comm. Ctr**  
Ryan Shriver  
ryan@mdah.org

**St. Croix Valley TBD Each Week**  
Dave W. or Allen C.  
dave@mdah.org  
allen@mdah.org

**Southwest Wooddale Park**  
Justin McCarthy  
justin@mdah.org

**Southeast Edgcumbe Park**  
Mike Christianson  
mike@mdah.org

**Northeast North Dale Rec Center**  
Nate Hamilton  
nate@mdah.org

[www.mdah.org](http://www.mdah.org)

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1	2 Don't forget to VOTE!!!	3 Southwest Eden P. Ctr. 9:30-11:30 Northeast North Dale 9:30-11:30	4	5	6
7	8 Far South Apple Valley 10:00-12:00	9 St. Croix Valley TBD 9:30-11:30	10 Southwest Eden P. Ctr. 9:30-11:30 Northeast North Dale 9:30-11:30	11	12	13
14	15 Far South Apple Valley 10:00-12:00	16 St. Croix Valley TBD 9:30-11:30	17 Southwest Eden P. Ctr. 9:30-11:30 Northeast North Dale 9:30-11:30	18	19	20 <b>National At Home Dads Convention in Chicago</b>
21	22 Far South Apple Valley 10:00-12:00	23 St. Croix Valley TBD 9:30-11:30	24 Southwest Eden P. Ctr. 9:30-11:30 Northeast North Dale 9:30-11:30	25 <b>Happy Thanksgiving</b>	26	27
28	29 Far South Apple Valley 10:00-12:00	30 St. Croix Valley TBD 9:30-11:30				

For directions to playgroups and other MDAH events contact your local area dad (see side bar), or [www.mdah.org](http://www.mdah.org)



## MDAH

Connecting At-Home Dads and their Kids to Play and Learn

### Welcome New MDAH Members

\* Brad Trelstad  
Minneapolis

\* Joe Kucala  
Maple Grove

\* Joel Ryan  
St. Paul

\* Kenyon Hathaway  
Crystal

\* Pete Seng  
Edina

[www.mdah.org](http://www.mdah.org)

# One Of The Dads

## Steve Everett, 47, Bloomington

**Wife:** Christy

**Kids:** Max (30 mos) and Same (7 mos)

**Grew up in:** Minneapolis

**Education:** MBA-University of St Thomas (2002), BA-Metropolitan State University (1991)

**Hobbies:** I've got two young kids; I have no hobbies. At best, it's reading, digital video stuff (family) and occasionally seeing an old friend or two for coffee.

**How long have you been at home with your child?** About 2 1/2 years, since the time when our older son, Max, was born.

**How did you connect with MDAH?** Ran into John Meier at the Richfield Dunn Bros. He had two small boys about the same age. We got chatting and he mentioned MDAH. Went to the Wooddale group on September 1 (lots of nice guys) and the Apple Valley group (nice guys too) a couple of weeks later. It's been hit and miss with other kid commitments (ECFE, Community Ed, swimming, general timing) but I hope to regularly get to some outings.

**What made you decide to become a stay-at-home dad?** Christy had a job and I didn't when Max was born and we wanted one of us at home to parent the kid(s). Moved to Bloomington to be closer to Christy's job-- Guidance Counselor at Jefferson HS.

**What is most rewarding about being a stay-at-home dad?** Knowing that at much as humanly possible I am with them to experience the beginning of their lives--growth, development, joys and frustrations.

**What do you like the least?** The end of the days when I'm tired and there's still food, baths, etc. to be completed.

**What is one of your favorite things to do when not with the kids?** Have some coffee with old friends and talk about what's going on.

**How long do you plan to be a stay-at-home dad?** At least until they're in school, and perhaps longer depending on the family needs.

**What is your favorite quote?** "There is a god, and I'm not it."

**Best advice for other dads?** Hang in there, cut yourself some slack, and enjoy this unique opportunity to witness the birth and development of someone(s) so precious to you.



## MDAH

Connecting At-Home Dads and their Kids to Play and Learn

Look out for future emails with info on MDAH Poker and MDAH Basketall

Have you read a good book lately?  
Send Your Book Review To  
dave@mdah.org

[www.mdah.org](http://www.mdah.org)

# More MDAH Goodies

## The MDAH CO-OP

### *Making MDAH Dads' lives easier*

The MDAH co-op has begun and is a great way for established MDAH Dads to help each other out when they need an extra hand for baby-sitting or a house project. The reasons are only limited by your imagination and might range from taking a nap, going out for a job interview, help fixing a fence or wiring a switch, getting some exercise, and son on!

So if you would like to hit the bike for a quick ride, you'd hook up with another MDAH co-op member and have them baby-sit while you ride. The member who helped out receives points to then use for himself down the road.

for more information on the new MDAH Co-op, contact Mike Smith 763.285.1035 (mikes@mdah.org) or Paul Johnson 651.695.9853 (paul@mdah.org).

The more we use it the better it will work.

## A Few Good Books

Tom Vytlačil recommends the following:

- \* *The Diaper Bag Book for Babies*
- \* *The Diaper Bag Book for Toddlers.*

“ . . . great suggestions for activities and games you can create for your kids with simple objects. I bought the one for Toddlers and it has about 200 pages of ideas, one per page. Each page also tell you what skills it helps the child develop. The books are not in major bookstores yet but can be purchased through this site, [www.buyteachercreated.com/estore/search/searchResults?SEARCH TERM=diaper&WHICH FORM=powersearch](http://www.buyteachercreated.com/estore/search/searchResults?SEARCH TERM=diaper&WHICH FORM=powersearch)”

Dave Weiss Also recommends:

- \* *Father Need: Why Father Care Is as Essential as Mother Care for Your Child* by Kyle D. Pruett, M.D.
- \* *The Stay-at-Home Dad Handbook* by Peter Baylies

“ . . . Just finished Dr. Pruett's book. A great read that really helps all fathers realize how important their roll is whether they stay at home or not. Dr. Pruett is the key note speaker at this years National At-Home Dad Convention in Chicago on November 20th. Peter Baylies is an acquaintance of mine from the National Convention in Chicago. A great guy with a very straight forward book for new At-Home Dads or dads considering the move. Find books on line or at bookstores, Dr. Pruett's book through Broadway Books, and Mr. Bayleis book through Chicago Review Press.