

Parenting Tip

18 Fatherhood Tips They Should've Handed Out at the Delivery Room – Part 4 (last section)

By Leo Babauta

Being a father can be a wonderful thing, once you get past all the gross stuff, all the stressful events, the loss of privacy, and the bewildering numbers of ways you can screw it up. But other than those few things, fatherhood is wonderful.

Every dad has fears that he won't be a great dad, that he'll mess up, that he'll be a failure. It comes with the job.

Unfortunately, what doesn't come with the job is a simple set of instructions. As guys, we often will skip the manual, figuring we can wing it ... but when things go wrong, it's nice to have that manual to go back to. Fatherhood needs that manual.

What follows are the fatherhood tips I wish they'd passed out to me upon the delivery of my first child. It would have helped a ton. (continued from previous issues)

15. Treat their mother with respect, always. Some fathers can be abusive toward their spouse, and that will lead to a cycle of abuse when the child grows up. But beyond physical or verbal abuse, there's the milder sin against the child's mother: disrespectful behavior. If you treat your child's mother with disrespect, your child will not only learn that behavior, but grow up with insecurities and other emotional problems. Treat your child's mother with respect at all times.

16. Let them be themselves. Many parents try to mold their child into the person they want their child to be ... even if the child's personality doesn't fit that mold. Instead, instill good behaviors and values in your child, but give your child freedom to be him/herself. Children, like all humans, have quirks and different personalities. Let those personalities flourish. Love your child for who he is, not who you want him to be.

17. Teach them independence. From an early age, teach your children to do things for themselves, gradually letting them be more independent as they grow older. While it may seem difficult and time-consuming to teach your child to do something that you could do much faster yourself, it's worth it in the long run, for the child's self-confidence and also in terms of how much you have to do. For example, my kids know how to wash their own dishes, help clean the house, clean their rooms, fold and put away laundry, shower, groom and dress themselves, and much more — saving a lot of time and work for me. Even my 2-year-old knows how to pick things up when she's told to do so.

18. Stand together with mom. It's no good to have one parent say one thing, just to have the other contradict that parent. Instead, you and mom should be working together as a parenting team, and should stand by each other's decisions. That said, it's important that you talk out these decisions beforehand, so that you don't end up having to support a decision you strongly disagree with.

Marriage Tip

No. 89

Marriage Secret #7: Be a Hedgehog

By Mort Fertel

Are you a hedgehog or a fox? Bet you never thought about it. But it's an important question to answer if you want to save and restore your marriage. Keep reading.

In his essay "The Hedgehog and the Fox," based on an ancient Greek parable, Isaiah Berlin describes how different people approach problems. Some people are like foxes; they know many things. Other people are like hedgehogs; they know one big thing. A fox is a clever animal able to devise many tactics for attacking the hedgehog. Every day the fox looks like he has another brilliant strategy to finally win his prey.

The hedgehog, on the other hand, is a slow boring creature whose defense is the same no matter how the fox attacks. Every day the fox thinks, "Aha, now I've got you." But every day, no matter what approach the fox takes, no matter where he strikes from, no matter what time of day it is, as soon as the hedgehog senses danger he thinks, "Here we go again," and he rolls up into a little ball, extends his sharp spikes, and spoils the fox's best laid plans.

Berlin explained that some people (foxes) see the world in all its complexity. Their approach constantly changes depending on the circumstances, but they never develop a unified vision.

Other people (hedgehogs), on the other hand, simplify the complexity of the world into one principle - one basic idea that determines their every move.

Now don't misunderstand. Hedgehogs are not simpleminded. On the contrary, their understanding of the world is so profound that they're able to identify the most fundamental elements. You know, simple but not simplistic. Can you get any more basic than $E = mc^2$? Can you get any more brilliant?

Everyone has problems, issues, and challenges in their marriage. Yours may even be severe. And you will no doubt face a variety of problems over the years. You might think that for each new problem, you need a new solution. But you don't! Think like a hedgehog, not a fox. Remember, for a hedgehog THE SOLUTION IS ALWAYS THE SAME.

It's fascinating the myriad of problems that couples face. It makes for an interesting TV show, but it's just not that complicated. The ultimate answer to every problem is the same - love. LOVE IS THE FOUNDATION OF YOUR MARRIAGE, and all marital problems stem from a lack of it. Got a problem? You don't need a complicated solution. You need more love. LOVE IS YOUR SOLUTION!

Think about it. Remember when you fell in love? What problems did you have then? Hardly any, right? Because you had love!

You know that little thing your spouse does with their eye brow or the corner of their mouth? Remember how you used to think it was so cute? Then one day it became annoying, right? Why? Your spouse used to be thrifty and now your spouse is cheap. WHAT CHANGED? Your love changed - that's what changed! And the solution to that annoying problem (and all your problems!) is to rebuild your love.

The problem in most marriages is the way the couple sees the problem. If you see your problems as the problem; that's your problem.

Fixing problems and developing communication skills can lead to small incremental changes in your marriage. But if you want to transform your marriage, if you want to make a quantum change, you have to implement a pattern of new relationship habits. You have to create love. My solution is to institute a series of relationship habits that slowly but surely builds a new foundation for their marriage.

People get all bogged down in the negativity of trying to solve their problems. It's no fun and it's not productive. The crucial question in marriage is NOT how to solve your problems; it's HOW TO CREATE LOVE. Your problems probably seem complex. But the good news is that the solutions are simple. Be a hedgehog. Focus on building your love. That will solve ALL your problems.

Spiritual Tip

101 Proofs for God: #34 The Giraffe

By Jim Stephens

From the website:

www.101ProofsForGod.Com

The giraffe is one of the world's most amazing creatures. Children and adults alike will stand mesmerized just looking at it for long periods of time.



The giraffe has many features that could not have evolved using the theory of evolution by small incremental steps over many generations. It must have been designed by a supernatural intelligence and come into existence with all of its parts functioning.

Male giraffes can stand up to 18' tall and their necks alone can be almost 8' long. However, they have the same number of vertebrae in their necks as humans, seven. A large male averages 2,600 pounds but can weigh over 4,200 pounds, almost a small pickup truck. The head and neck on an adult giraffe will weigh over 550 pounds.

Think of the engineering skills it takes to create a crane that can lift over 550 pounds and swing it around. You have to know what you are doing. Evolutionists make up a story, without any evidence to back it up, that somehow the long neck elongated by stretching for higher and higher food. Others think the long neck grew because of natural selection and survival of the fittest. The bones in its neck grew longer by mutations and the giraffes with the longer necks were able to survive better because they could reach more food, a competitive advantage. They seem to ignore other facts like it's harder to get a drink and get blood to the brain. It's also harder to breathe and swallow your food. It takes really long nerves to reach from the brain to all parts of

the body. As the neck gets longer, all kinds of other mutations would have also had to be necessary simultaneously in order to support the head way up that high.

Evolutionary scientists are always disagreeing



with each other. Some research even concluded that longer necks is a disadvantage because they die more in droughts and have a more difficult time getting enough nutrition.

Being tall may help you get more food, especially with a 21 inch tongue, but it also reveals your location to any predators in the area.

One of the problems for the giraffe to "evolve" is how to get blood up to the brain 18' off the ground. It takes a lot of pressure to push a full neck's worth of blood (8 feet) up to the brain. You also have to be sure that it doesn't slide back down in between pumps of the heart. The giraffe's heart is 2 feet long and weighs 25 pounds. The giraffe has a relatively small heart and its power comes from a very strong beat as a result of the incredibly thick walls of the left ventricle. The left ventricle that pushes out the blood has a relatively small capacity, but it pumps 170 times a minute (humans are 80) and creates a blood pressure twice that of humans. The heart pumps almost 16 gallons per minute. It takes special arteries to do this and withstand the pressure.

The giraffe also has to have unique veins so that load of blood in the brain and neck doesn't gush down the hill and into the body and heart.

Now think about when the giraffe bends down to take a drink of water. And it's a big drink of up to 12 gallons. Its legs are six feet long and the mouth can't reach the water without first spreading his legs. But when his head is down, the giraffe has just the opposite problem with his blood. The blood is now rushing to his head really fast. If the heart keeps pushing with the same pressure, it will blow his brains out. Now

his arteries have to slow the blood from going down to his brain too fast. But his veins also have to do the opposite from before and help the blood go uphill. So the blood has to flow downhill 8 to 10 feet and then back uphill another 8 to 10 feet back to his heart. That takes some really specialized systems.

Are you following so far? OK, the giraffe is bent over drinking with his front legs spread apart. Suddenly a lion shows up to eat him. He'll have to raise his head from the ground level up to 18 feet really, really fast and start running. If he's slow, he dies and doesn't reproduce. But what happens to his blood when he suddenly raises his head 18 feet in the air. It stays behind. Most likely he passes out and gets eaten by the lion. There is no second chance in nature. You get it right the first time or you don't survive.

Scientists don't really know how all this works. You can read about them putting giraffes to



sleep with drugs and trying to simulate these situations and see what's going on.

Here's another issue for the rest of his body since the giraffe has really high blood pressure. All of his arteries and veins need to be adapted for this, especially the arteries and veins in his legs which are 6 feet long. The blood vessels especially in his feet would be under a lot of fluid pressure to burst. Scientists say that the skin on his legs is really tight to prevent pressure building up in his feet.

Baby giraffes take 14 months in the womb so it takes a long time between generations for any supposed mutation and natural selection to work out. Babies weigh up to 150 pounds and are 6 feet tall when they are born. Mothers give birth standing up, which means the baby falls 6 feet when it is born. That's another little ability that baby giraffes have to be born with. If they don't survive the fall on the first time, no more baby

giraffe. It would take at least 14 months before another baby could be born that might make it.



These are just a few of the special characteristics of the giraffe that all have to come together simultaneously for them to even exist. If only some but not all of these systems are in place, then the giraffe likely dies. So they are all needed in place in the first giraffe.

To say every living thing came about via mindless random processes requires a faith that far exceeds belief in a Supreme Creator. As the renown British physicist Lord Kelvin once wrote: "Overwhelming strong proofs of intelligent and benevolent design lie around us ... The atheistic idea is so nonsensical that I cannot put it into words."

God made the giraffe. He made it for you and me and our children to stare at in wonder and amazement. He made it as a gift for us.

There is a God and He shows us His love for us in all the things around us.

Notes:

<http://101proofsforgod.blogspot.com/2013/04/34-giraffe.html>

Compliments of
Jim and Hiromi Stephens,
Marriage and Family Ministry

For more:

Marriage Tips, Resources, or copies of these
Sunday Inserts visit:

www.TheMarriageLibrary.com

Visit **RESOURCES:** username: Member
password: 20112011