

A Father's Realizations

by Tallys Yunes

March 23, 2015

- ◇ 9:05pm EST. My daughter is here! 7 lbs, 10 oz, 20 inches. I cannot believe it. She is perfect and I am so happy. I already love her so very much.

March 27, 2015

- ◇ I have become a multi-tasker (never been one before). The other day I was jiggling her with my left arm, while eating scrambled eggs with my right hand.
- ◇ When she wakes up in the middle of the night asking to be fed, I leave bed upset. But when I see her beautiful eyes looking at me, I can only think "I love you!"
- ◇ Touching poop does not gross me out (as I thought it would).
- ◇ There is a new definition of soft skin in my dictionary.

March 28, 2015

- ◇ Sleeping for four 2-hour stretches (with diaper-change and feeding breaks in between) is NOT equivalent to sleeping for 8 hours.
- ◇ Sleep deprivation has decreased my IQ by at least 20%.
- ◇ When they teach you to change diapers, they forget to say that the child will be violently kicking their feet forward and backward the entire time (makes it much harder).
- ◇ Someone should invent a changing table that warms up, as well as diaper warmers.
- ◇ People who manage to go through their doctoral studies while having a newborn at home are heroes.

March 31, 2015

- ◇ When my daughter is in the car seat, I drive like a 95-year-old.
- ◇ The idea of a 10-minute nap at *any* moment of the day sounds amazing.
- ◇ Nature is smart in making newborns irresistibly cute.
- ◇ I feel the urge to protect her from everything; even her own hiccups.

April 1, 2015

- ◇ The word spoken most often in our house the past 9 days was “latch.”
- ◇ Whoever invented newborn clothes with all those buttons has never had to dress a newborn in their lives.
- ◇ Trying to thread a newborn’s arm through a long-sleeve shirt is like trying to thread cooked spaghetti through a curvy straw.
- ◇ Adults should also do tummy time.
- ◇ Burp cloths should be called spit cloths.

April 5, 2015

- ◇ As the daughter of someone who loves beer, it is fitting that Lavinia’s first restaurant outing was at Yard House.
- ◇ As the daughter of someone who loves Indian food, Lavinia did not mind drinking milk seasoned with Indian spices.
- ◇ Nose Frida is my best friend.

April 13, 2015

- ◇ A high changing table and a good wipe dispenser can change your life.
- ◇ Trying to keep socks on a newborn is like trying to keep the sidewalk in front of your house clean by washing it (as many South Americans do).
- ◇ I have had my first instance of holding my daughter with my left hand, while typing on the computer (for work) with my right hand.

- ◇ Due to lack of sleep, I have lost the ability to learn or memorize new things. Only ask me questions about things I knew before 3 weeks ago.
- ◇ My new nickname is ZT (Zombie Tallys).

April 22, 2015

- ◇ If my arms did not hurt, I would like to hold her with her head against my cheek the entire day.
- ◇ I have naturally started referring to her as “daddy’s edamame”. Not sure where that came from.
- ◇ I often find myself staring at her face and wondering what she will look like when she is older.
- ◇ Bathing one’s baby right after a feeding is a terrible idea.
- ◇ When she is fussy and I manage to soothe her and put her to sleep in my arms, I feel so content it is hard to describe.
- ◇ Seeing my wife as a mother has made my love for her grow exponentially. She gets more beautiful by the second.

June 3, 2015

- ◇ The majority of our longest and most entertaining conversations happen when she is lying on the changing table.
- ◇ She makes so many speech-like sounds already that I am sure she will be speaking complete words by 6 months of age.
- ◇ She can already recognize my face and she smiles when I come close. This fills my heart with joy.
- ◇ I find myself crying at the end of reading a few of the baby books we bought for her. Some of those stories are really sad.
- ◇ She has started reaching for objects and grabbing them, and her head support is getting better. It is truly amazing to witness every little bit of progress she makes.

October 3, 2015

- ◇ Every new behavioral development is magical and exciting, except when it consists of your daughter learning to pull your chest hair (ouch!)
- ◇ I used to think walking wasn't exercise. But when you strap 21lbs of baby to your body and walk for 2 hours, calories get burned.
- ◇ After having my own daughter, I've noticed I now find other people's babies more beautiful and more adorable. I think she's mellowed me.
- ◇ Young babies cannot do much in terms of returning love. But when she looks up at me and gently touches my face with her little hand, I can almost hear "I love you daddy." That's sheer bliss.