

TOGETHER WE CAN SHAPE THE FUTURE ...

Let us continue to fight the good fight for flexible organizations and supportive public policy ...

But there is also a revolution men and women can start in their own homes.

[Listen to](#) the recording of our last Thursday with ThirdPath call and hear two leaders - one a mother and the other a father - provide inspiring examples of how they moved ahead in their careers while also carving out time for their families.

[Read the quotes](#) in this email of Dads rewriting the narrative of what it means to be a father. Not only are they making changes in their own homes, they are meeting with other "Dad-Revolutionaries" across the country in local Dad groups.

These pioneers are stepping out of rigid gender assumptions - both at work and home - and setting limits around how much time they give to work so they have plenty of time and energy for family.

But what about the rest of us?

Were you hoping to be part of this revolution but somehow you got off track? Or maybe you're frightened you will end up in the wrong place so you keep putting these decisions off to some future point?

Join our next Thursday with ThirdPath call and let us help you be part of this revolution!

Thursday November 10th, **Dr. B Hibbs** will share expert advice about helping couples navigate past their differences and become more satisfied with their work-family solution, and their relationship with each other. Dr Hibbs is author of the book, ***Try to See It My Way, Being Fair in Love and Marriage.***

Learn how the greatest insult to a relationship can occur "not from the disagreement" says Dr Hibbs, "but from how couples handle it, talk about it, and repair it."

Come celebrate the revolutionaries who are changing what's happening at home.

/Jessica and the ThirdPath team

The Revolution at Home Brings Diversity Not Conformity ...

Whether working full time ... working flexed and/or reduced hours ... or staying home full time ... today's fathers are writing diverse narratives of what it means to be a modern father and modern family.

Read on to see why these dads love the way they've arranged work and family. Or [click here](#) to learn more about a dads groups in your neighborhood.

Dads working full time ...

Dan (New York City Dads Group) - My wife and I have developed a rhythm of working together to balance work and home life. Most days I handle getting our daughters things together for the sitter and drop off / pickup. Jen handles getting our daughter ready for the day and getting us out the door on time. In the evenings we share in the tasks of bath duty, laundry, story time and bed time routine. I enjoy this arrangement because Jen and I split up the responsibilities giving us each one on one time with our daughter but still have time together as a family.



Dads flexing work hours ...

Sat (New York City Dads Group) - Every morning is a game of Rochambeau. My wife and I evaluate our relative need to be in the office, and the one with greater need goes to work in the office that day. My older daughter is in pre-school so she gets dropped off by whomever is going to the office. The other will work from home juggling our 18-month-old and work. Our entire system depends on short-term need. Every day and every week are different. It's a crazy juggling act, but we seem to make it work. I love that we have the job flexibility to allow for this alternate work environment. It affords me a stronger relationship with my kids while allowing my wife to have greater balance as well.

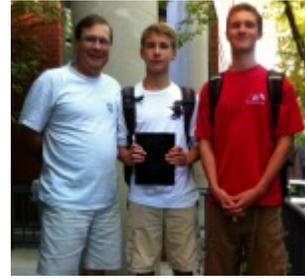


Miguel (Chicago Dads Group) - I'm a stay at home dad who works part time and enjoys every minute of both. After 20+ years in the button down corporate world, I took a step back and decided that I wanted to stay home with our daughter since we knew she would be our only child. She brings me joy and excitement every day. I love being able to be around for all the big milestones as well as the silly little things. Of course it helps that my wife works full-time which covers our day to day necessities. Keeping my hand in the working world allows me to have some balance and engage in grown up conversations. I wouldn't trade this for anything!



Dads staying home full time ...

Dan (Chicago Dad): You never know what life is going to throw at you. All you can do as a couple is adapt and make sure you are there for each other. Our "style", dates back to the end of 2005 when I left a high pressure banking job for what I thought would be a 12-18 month break to spend more time with our 3 boys and decompress. Almost 8 years later, I remain "retired" and a full time stay at home dad. My wife's career flourishes (I'm very proud of her), and I would not trade the time I have had seeing my boys grow and mature. Being the only dad at school events clearly designed for moms and continually asked why you aren't "working" can be tiring. But taking comfort in knowing you were there for your kids makes it all worthwhile.



Chris (Philadelphia Dads Group) - My wife and I always knew that with her working in corporate America and trying to advance among her ranks, that teaching for me would be put on hold while I stayed at home. My wife works long hours and will often bring work home, but we always prioritize family time by eating meals together, playing outside, reading, and making an effort to spend quality time with each other on the weekends. I like that our arrangement is atypical in both aspects. She is a female rising star in what some see as a male dominated field while I am standing out as a stay at home parent in what used to be primarily a female dominated role. In that way, I feel we are both breaking ground and proving to our children that you really can do anything you want with your life as long as you truly love it. Being the best father I can be to my children has been the most rewarding job I have ever had.



Trevor (LA Dads Group) - At an early age, I knew that I wanted to be a stay at home dad. I told my wife, before we got married, that I was going to stay home with our kids. It helps that she has been at her job for almost 12 years now. I worked in advertising for almost 20 years, left my last position as an Art Director. I am living my dream, I am so thankful to be at home everyday with my boys and watch them grow!



Letting Go of the Score Sheet ...

When the give and take feels unfair within a relationship, couples often start keeping score of the growing injustices. In contrast, "When your relationship has the warmth that comes from appreciation and reciprocity," says Dr Hibbs, "you are more able to let go of the little things."

To break the negative cycle and reconnect in a more positive way, Dr Hibbs guides couples through four steps.

Step one - Recognize when an injustice has been done. This can be difficult and it may even feel like you are putting your relationship at risk. It also means opening yourself up to the role you have played in the situation - although this injustice may not be 50-50, none are 0-100.

Step two - Acknowledge the harmful consequences of the situation - and do this in a way that shows true remorse, compassion and helps each of you hold yourselves personally accountable.

Step three - Identify actions that can help restore a sense of fairness - some might be small "everyday changes" (not reading email at dinner and asking about each others' day), some might be "high-impact changes" (changing jobs or coming to couples therapy).

Step four - By following this process, couples begin to regain trust. And as Dr Hibbs points out, "As your reserves of trust rise, feelings of love and security flow. Your relationship begins an upward, hopeful spiral."

Want to learn more?

Join Dr Hibbs on our next Thursday with ThirdPath call, and learn how to work through disagreements, create new solutions, renew trust, and develop a spirit of cooperation.