



"We are a society in crisis and the root cause is parenting. This book will give you great tools to become a better parent and a better person at the same time."

Larry Winget, Television Personality and New York Times Bestselling Author, Your Kids Are Your Own Fault: A Guide For Raising Responsible, Productive Adults

EVERY DAY DAD: THE GUIDE TO BECOMING A BETTER FATHER

Scott Hammond

Copyright © Scott Hammond, 2010. All rights reserved.

ISBN: 978-1450-5366-46

The right of Scott Hammond to be identified as copyright holders of this work has been asserted in accordance with the Copyright, Designs and Patents Act, 1988. This book edition published 2010.

Every Day Dad: The Guide To Becoming A Better Father

Editing, cover, and interior design by
WebDirectStudio www.webdirectstudio.com (website)
info@webdirectstudio.com (email)

Notice of Rights All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of both the publishers and copyright owner.

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

Limit of Liability / Disclaimer of Warranty While the author and publisher have used their best efforts in preparing this publication, they make no representations of warranties with respect to the accuracy or completeness of its contents and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the author nor publisher shall be liable for the use or non-use of the information contained herein. The fact that a website or

organization is referred to in this publication as a citation and/or potential source of further information does not mean that the author or publisher endorses the information that the website or organization may provide or recommendations it may make.

The scanning, uploading, and distributing of this publication via the Internet, or via any other means, without the permission of the publisher, is illegal and punishable by law. Please purchase only authorized electronic editions, and do not participate or encourage electronic piracy of copyrighted materials. Your support of the author's rights is appreciated.

Every Day Dad: The Guide to Becoming a Better Father

Scott Hammond

Scott Hammond empowers Dads to step up and overcome the negative influences in their lives. Read it. Live it. It'll help you become the man your children will forever be proud to call 'Dad.'

Richard Paris Borough, Ph.D.

If you want to leave a positive, lasting legacy for your family, read this book. Scott's straight forward style gives you the tools you need to succeed. As one whose life was shaped by an awesome dad, I know how powerful these truths are!

Glenna Salsbury, CSP, CPAE Speaker
Hall of Fame
Professional Speaker and Author of *The
Art of the Fresh Start* and *Heavenly
Treasures*

Children benefit the most by having *two* involved parents — not just the mom. This book will help all dads step up, have fun, and enjoy their role as a parent.

Marjorie Brody, CSP, PCC, CPAE,
Founder & CEO, BRODY Professional
Development

Some dads are so busy taking care of business that we forget to take care of our families. In this wonderful, heartwarming book, Scott shows you how to apply those great business skills to being

a fantastic father. A must-read, and the sooner the better.

Orvel Ray Wilson, CSP
Best Selling Author, Speaker, and Proud
Father

We are a society in crisis and the root cause is parenting. This book will give you great tools to become a better parent and a better person at the same time.

Larry Winget, Television Personality
and New York Times Bestselling
Author,
*Your Kids Are Your Own Fault: A Guide
For Raising Responsible, Productive
Adults*

For every man who wants to have more impact and influence on a daily basis with the people who matter most in his life.

Mark LeBlanc, Author of *Never Be The
Same* and *Growing Your Business!*

It's about time! What a wonderful concept and hats off to you, Scott Hammond, for bringing the extremely important, long overdue issue of fatherhood to the forefront. With shifting roles, two working parents, and changes in the world at warp-speed, we need fathers more than ever to help the women in the world with our shared bundles of joy. To enjoy the laughter, joys, tears,

and milestones, there couldn't be a more important role for the men of this day and age and for the children of tomorrow!

Karen Simmons, CEO, Founder, Autism
Today

Modern fathers have a tough job. They have to be powerful at work, share the responsibilities at home, and be a loving attentive role model. The news headlines tell us what happens when men do not understand "The Business of Fathering". Scott Hammond gives you the guide.

Patricia Fripp, Past President, National
Speakers Association

Fathering is a business that you do not want to fail in. Some men are great leaders in their business and not so great at home as a Father. Scott has written a great book here to help Dads become successful in that important business as well"...

Dr. Keith M. Jowers, Founder, Dads 4
Life, Inc

With so many families at peril, this book is needed right now. I strongly recommend it. No matter what kind of a father you are, you will be empowered by this book to become a better father.

Dr. Alan Zimmerman

As a father, football coach, and mentor, I am blown away by the invaluable resource Scott Hammond has delivered in this book.

Chris T. Vitale

My kids wish I had read this book many years ago - but heck, it wasn't even written way back then. Do your kids a favor (before they become adults) and read *Every Day Dad*.

Michael Benidt

These days most careers require four-year college degrees. Training to become a medical doctor requires years of medical school, internships, and residency. Government heavily regulates licensure of those who wish to offer any type of personal service. However, two people who are old enough to procreate (too young to drive, in many cases) can make a baby. Unfortunately, children do not come into the world with a set of instructions clutched in their tiny hands. Scott Hammond provides great insights into what it really takes to be a dad — a

father. This book is a must read for any man with or contemplating having children.

Michael Roby

When I became a father, several decades ago, I wanted to be the best I could be. After all, that's what I wanted to do in all the (work) jobs I had. There was no book on all that it takes. Now comes along Scott Hammond's book with lessons that, with effort (yes, it requires EFFORT) puts fatherhood in excellent perspective for your success.

Jim Tunney, Ed.D
Author, Educator, Former NFL Referee

Scott Hammond's book, *Every Day Dad*, is an encyclopedia for being a Dad. He understands the business of being a Dad and he communicates it extremely well. This book is a must for every Dad.

D.J.Young, www.Wisdom4Dads.com

An inspiring story of renewal and introspection, this book will make you think deeper and on a more meaningful level about one's purpose in life.

Dr. Nido Qubein, President, High Point
University
Chairman, Great Harvest Bread Co.

Become the dad your kids will look up to and the father your boys will strive to become themselves. A must read for any dad.

Stacy Tetschner

Author, *Windows Into Heaven: Stories Celebrating Down Syndrome*

Scott Hammond blends practical advice with expert storytelling on one of the most important (and often overlooked) issues of the day: Being a better father. By combining practical advice on how to accomplish one's goals with down-to-earth insights on what it means to be called "Dad," he shows the "every man" that he doesn't need to be a "super man" to be a fantastic father. If all men read this book before deciding to have children, I am not exaggerating when I say our world would be a better place.

Scott "Q" Marcus, Speaker and
Recovering Perfectionist

Scott has hit the jackpot! Where else can you find 35 useful, realistic strategies to help you solve a problem which has plagued all fathers since we left the cave? Thank you, Scott, for a practical, workable tool to help us better respond as fathers to the world around us, both on a global level and in our own homes.

Gary Minor, JD

Executive Director, 21st Century
leadership Institute and executive coach

This is dedicated to my father, Bob Hammond, (1921-2004) who taught me the value of the love for God, nature, and people by his kindness and grateful heart.

Acknowledgements

A big thank you to Jesus of Nazareth, Joni Hammond; Bob Hammond; The Hammond Kids (all 9); Scott “Q” Marcus; Dr. Richard Borough; Liz Casey; Yvette Troyna; Barbra Browning; Chris Crouch and the GO System; Mark Smith; Dino Cardelli; Michael Lee; Rebecca Kimbel; Dana, Stewart, Paul, and Gina, and the rest of the WDS team; Shannon Stoltz; Amy Miller; Toastmasters Intl.; National Speakers Association; Business Networking International;

... and many more friends, loved ones, and colleagues who’ve invested their lives in me and formed life-long relationships.

I am truly a blessed man.

I love you all.

Scott Hammond

Table of Contents

Foreword 13

Preface 15

Dysfunction/Life Challenges

CHAPTER 1 - Dysfunction, Problems, Challenges,
and Issues of Fathering 18

CHAPTER 2 - Stress, Anger, and Depression 29

CHAPTER 3 - Life Crisis 56

CHAPTER 4 – Change 82

Goal Setting/Vision/Planning

CHAPTER 5 - Be Present Now 97

CHAPTER 6 - Vision and Mission 117

CHAPTER 7 - Goal Setting 131

CHAPTER 8 - Time Management 147

Relationship Development/Leaving a Legacy

CHAPTER 9 – Legacy 163

CHAPTER 10 - Spiritual Legacy — God Stuff 180

CHAPTER 11 – Communication 206

CHAPTER 12 – Marriage 232

CHAPTER 13 – Parenting 256

CHAPTER 14 - Relationship Development 279

CHAPTER 15 - Leave a Compelling Legacy, Live a
Compelling Life 306

Foreword

This book is about hope, renewal, and Life Renaissance — about what is possible.

I'm writing this as a result of loss, death, and personal depression, all of which have resulted in a personal Midlife Renewal and Renaissance.

The deaths of my father, Bob Hammond and my friend, Dan Gunderson, caused me to think about how I live my life and what kind of legacy I am leaving behind for my children, wife, and friends.

The deaths of two people very close to me made me realize the fragility and temporal nature of our existence. Life really does go by quickly and must be cherished and relished.

My love for God, people, and especially parents and families has resulted in this work. It presents the possibility of incremental, practical, and a workable personal healing and change. It also presents methods for getting back on track as both a parent and as a person of value.

My goal is to help people avoid a midlife crisis and, instead, have a Midlife Renewal and Life Renaissance — a restoration of hope.

I've made great effort to avoid being glib, trite, or theoretical. Rather, I offer realistic, practical solutions, and strategies to live life on purpose and with passion. This book is about the ability to do the desires of your life, to live life on purpose with intentionality. This is about practicality and giving you the tools to take compelling action as you move forward.

This book will help you:
Have pride in your life, marriage, and family as you define them.

Discover satisfaction as a person.

Find hope, by helping you create a workable life and plan for living with purpose, joy, and wisdom.

Save you time, energy, hassle, and money by being direct and compelling in content.

My hope is that the content that I present here will result for you an incremental, workable, personal parenting/life plan that will enable you to leave a positive and lasting legacy.

This will require of you a willingness to be incremental, honest, and courageous. You will need to persevere as you break through into your own Renewal/ Life Renaissance.

I pray that your personal passion in leaving a living legacy through your relationships results in an awesome heritage to all whom you ever know and love.

May this book's content be a signpost along your way.

God bless you on your Hero's Journey.

Scott Hammond, FO-9

www.BecomeaBetterFather.com

McKinleyville California, January 2010

PREFACE

Poopy diapers and the Great American Novel

Imagine, if you will, writing a full-length book with less than 30 minutes a day and being interrupted by kids, life, and poopy diapers. Seem like as soon as I am in a writing groove I am interrupted for the 17th time with a crisis, poopy diaper, or other distraction guaranteed to throw me off-track.

When I write about focus and time management it is because I have paid my dues and have lived what I write! This has been my odyssey in attempting to write the “Great American Novel-Bestseller.” The core of my motivation and intentionality is to tell my story and share what I have learned about fathering and how you can leverage good business acumen to be more fully engaged as a dad.

The three takeaways of this book are quite simple:

Know exactly what you want,

Clearly put it on paper and to top of mind awareness,

Really DO your intentions with appropriate accountability.

Sounds easy doesn't it?

My passion to “expertise” myself in the Fathering field and to grow my speaking business as a result came from the discovery of my real passion: my family. It is through this key passion-discovery that I have found my

“voice” and have been compelled to tell my story via the written word. Undaunted by interruptions and life happening all around me, I have finished my work and hope you will find your voice and the ability to joyfully participate as the father of your family.

Everyone loves a good deal, so we decided to give you a three for one when you bought this book. Why buy three books when one will do? Here are the benefits:

Three distinct sections cover all specific topics so you can start wherever you feel is appropriate. Just start where you wish:

Dysfunction/Life Challenges

Goal Setting/Vision/Planning

Relationship Development/Leaving a Legacy

Pick up or start where you want and when you want. The choice is all yours. You will not get “out of order” or miss something key. You can simply pick back up where you left off or start a new section. This is by intention. I wrote this book under pressure with my attention spans curtailed by life and its practical demands.

Like any great survivor I turned this disadvantage into an advantage which can help you.

It really is like having three books in one and they all work together to help you become that proud parent you want to be. We all want to take pride in our families and give ourselves to them in a consistently compelling way. It is my hope this book will offer you the tools to go

forward in the journey we call life.

Scott Hammond,
www.BecomeaBetterFather.com

CHAPTER 1

Dysfunction, Problems, Challenges, and Issues of Fathering

“Because you’re paranoid doesn’t mean they are not out to get you.” –Unknown

WHAT: Fathers are in crisis of purpose, character, and role as dad.

SO WHAT: Awareness of this “Fathering Epidemic” and its results.

NOW WHAT: Apply quick-relief positive practice, application, and implementation of proven parenting solutions.

Name the three great examples of fathers in current culture. But, here’s a trick: you can’t say Bill Cosby or the guy on the show Father Knows Best.

Go ahead, we’re waiting. Can’t seem to find three? How come? Where have all the good

dads gone? What is it with us guys?

We can build societies, cities, economies, entire countries, but we can't build relationships? What's up with the dads? As I see it, dads are in trouble. Fathers are an Endangered Species!

Everything assaults us: society, work, appetites, pressures, time management, busyness, etc. We have no training, no schools, and no classes on how to be an effective father. Men are dropped into Fatherhood without a clue, a plan, or a prayer!

Secrets to Effective Fathers

Men tend to be great planners, movers, shakers, project managers, people managers, but we are often horrid at building relationships with those we love. Why is that?

Men can run businesses and governments, and even societies, but we often lack at running a family. The family, our wife and children, often get the leftovers of our minds, bodies, and emotions at the end of the day.

Several of the reasons, the issues, problems, and challenges that men face are part of what we call modern life. For empire builders and government runners too many of the skills in our toolbox begin with the prefix 'poor':

Poor time management skills — being too busy and not managing time well enough.

Workaholism, perfectionism, poor skill sets with fathering.

Poor fathering examples — no father-

mentors to speak of.

Buying, owning, and maintaining too many possessions and having “stuff” plus a thousand other distractions — including low-priority activities such as: computer, TV, gaming, hobbies, sports, and illicit activities — all vie to drain our time, attention, and energy so that, at the end of the day, we have little enough to invest where it counts: our family.

When men get stuck, they never ask for directions. How can we possibly admit weakness, vulnerability, or just being generally lost? This all makes for a very sad situation. Dads are not picking and living their priorities. Dads get lost, and they never ask for help.

Slumping Fathers

Webster’s defines the word “slump” as “to drop or sag heavily”. What do Tiger Woods and Barry Bonds have in common? They’ve both experienced slumps in their crafts. (Especially Tiger as I write this.) You are likely either coming into or going out of a parenting slump. We all have them.

Webster’s defines the term dysfunction as “Possessing or having an unhealthy response or approach to life challenges or issues...”

Research is very clear. The American family and fathers in particular are in trouble. For example, Pop’s Culture survey of U.S. fathers shows that over 91% of families are dysfunctional. There is a “father-absence” crisis in the United States today according to the 2004 Fathering Attitudes Survey.

43% of marriages dissolve within 15 years and 60% of divorcing couples have kids.

The average dad spends only 10 minutes a day with their kids.

Over 50% of all parents feel guilty for not spending more time with their children

Dads are in trouble; 91% of us suffer from various internal dysfunctions, responses, behaviors, and practices. What is your primary area of dysfunction — that thing you never think or talk about? And don't make the mistake by instantly going on the responsive and denying there is an issue, you'd be lying to yourself. This book is not about blame, it's about answers.

Top Mistakes Parents Make

Not Making Family as #1 Priority. Dads fail at keeping family relationships at the top of life's priorities. They fail in identifying and making their wives and children the focus of their life and existence.

The benefit and responsibility of having and raising a family is self-evident. The joy and the hard work of nurturing a solid family with contributing members is one of life's true joys in that it adds richness and meaning to our existence.

No Alignment With What You Want And What You Actually Do. Dads lack time management skills and reacting to what's urgent is not quite the same as really living and investing your resources (time, money, focus, gifts, and life units) in family life and

relationships which really matter. We allow the perceived urgency of life and emergencies to really squeeze our time, energy, and focus. We allow the urgent to dominate the truly necessary.

No Accountability or Responsibility. Answering to no one. Not arranging for someone to hold you accountable and ask you the hard questions about living and fathering priorities and the demands made upon you by family means that you are setting yourself up to fail. Without checks, controls, and balances, you cannot spot blind spots before they become gross errors and, by then, it is too late.

Failure and Stress. Failure, stress, pain, discomfort, hurts, wounds, problems, challenges, obstacles, and so much more. The list sounds horrific and I know from experience that most dads have them all and many more in abundance.

Start With The Provider Role: The Bread Winner. All parents and fathers, in particular, feel the pressure, stress, and angst of being the sole or primary provider.

Continuous stress and pressure to make a living despite inflation and increasing energy prices can be a real source of stress for any parent. Financial struggles are the number one cause for divorce. All the studies on divorce indicate money problems are definitely a root of all marital evil.

There are more scriptures in the Bible about money and the handling of resources than anything else. There are literally hundreds of scriptures dealing with money and wealth; more than any other Biblical subject by a long shot. Parents — especially fathers, given their long-term dysfunction in financial matters — can truly grow tired, exhausted, stressed out, and burnt out, exhibiting a spirit of defeat and exhaustion. That's just the money provider part of being a dad. And, unless it's managed properly, it takes its toll.

Many dads are not living lives of congruity and balance. As dads, we forget to live our priorities and we lose our way. If you ask most fathers, they will tell you they wish for more hours to accomplish all of what needs done including personal priorities which never get addressed for lack of time, money and fatigue. This means that things are continually so out-of-whack that the common obstacles, roadblocks, and challenges of life can really tip us over. Life issues, problems, challenges, and trials are all part of the package.

Chuck Smith of Calvary Chapel Costa Mesa has said we are either coming into or coming out of life challenges. Challenges are a part of life. Period. The trouble is, many times challenges come in rapid succession, often in groups of three. Dads get buffeted from all sides. Over long periods of time, the hurt and stress can result in tangible life pathology and actual illness. Real life problems and ways of dealing with its challenges manifest in tangible and

dysfunctional behaviors such as anger issues, depression, and other anti-social behaviors. This discomfort turns to pain, which turns to hurt, which turns to long-term deep wounds.

The Ice Cream Story

This is a true story. We had just had our seventh child, Gabriel, when it happened: depression. My wife had been in bed rest for the last 90 days of the pregnancy with Gabe and things were really stressful. I was doing it all with all my good intended heart. It was not enough.

Gabriel was born with Down syndrome and we were lost in an uncharted world of special needs and barely maintaining our own composure in survival mode. This is that mode where you simply exist and try to do the next thing in your long list of responsibilities as dad, husband, and provider.

One night I found myself at 10:00 pm in the kitchen, burnt out and completely whipped, carving out and leveling craters with a spoon in a half gallon of Ben and Jerry's Cherry Garcia ice cream tub! With spoon in hand and a blank stare in my eyes I went after the frozen nectar with a vengeance. It was then as I carefully carved and rounded the edges in order to keep the level the precious prize that I realized my plight.

I was in shutdown, survivor-man mode. Everything in my world was out of control. I understood my hurt and poor response, and how I was reacting to my family and circumstance. Something had to give or I would simply snap. I

was angry, frustrated, and not my usual chipper self. Pessimism ruled the day and negativity the night.

That night was pivotal because something clicked. I knew that I could not keep going like that and unless I sought help from loved ones and those who could help us process and get through the difficult time I was in, I would not get through it. It was here when faith, friends, God, and good process helped me get whole again.

I learned a valuable lesson: I can be severely hurt and not know or see it. We need help as fathers just to see, admit, and cope with the reality of our situation and plight.

Many of these wounds have to do with the sheer leanness of spirit which ongoing stress, prolonged burnout, sleep deprivation, and sheer physical and emotional exhaustion can cause.

The personal challenges, problems, and hardships that life deals up simply augment and add to this overarching dysfunction. The concept or vision of living life with congruity, balance, and centeredness becomes distant; even unimaginable to many people in this paradigm. When we are not living our values; we reflect this disconnect and become disconsolate as a result.

This non-parity in our lives adds to the downward spiral of our own personal dysfunction and failure. We become self-condemning and our self-image suffers which then causes a self-perpetuating downward spiral into deeper and more serious problems.

This is a core challenge for fathers to overcome as it can lead to sickness and disease of the body, soul, and spirit, and even death. What is the answer? I think it'd be way more poignant and relevant to ask, what are the questions?

What Causes "Father Failure"?

Dads have no real *Strategic Parenting Plan* with a schedule, measurement criteria, and accountability. They lack the resources to get a decent result from their fathering investment. They also suffer from poor follow-through or not enough follow-up in their efforts at parenting effectively.

Many dads are poorly organized, have poor planning, or poor time management, and they get caught up in the Tyranny of the Urgent vs. the truly necessary. Poor communication skills in speaking and listening combined with laziness, apathy, and denial all play a part in lackluster parenting.

A Plan Of Action

In other words, what we need, as dads, is a plan of action — a Strategic Parenting Plan, if you will — which will enable us to cope.

Dads require job clarity to know and function in our roles as well. Dads need fathering accountability to themselves, their families, the community, and God.

This really leads to the questions: Is it possible to cultivate a culture of celebration and

learn how to have fun at home? Can we learn to recognize and strive for success with great vigor and consistency on the home front and still make it a fun and even joyful experience?

*The answer is YES. By being dedicated to a consistent course of methodical action which aligns us with our values, we can bypass the parenting failure so prevalent in our culture. **What's your plan?***

ACTION POINTS For Committed Fathers

1. Recognize and consider your parental failure or dysfunction.
2. Take ownership of the problems by working on the specific challenges.
3. Take ownership of the solution by identifying a *Strategic Parenting Plan*.
4. Identify what has to change: who, what, where, when, why, and how?
5. Take inventory of what is working and leverage your strengths and resources.
6. Talk to your children about how you are doing as a parent. Discuss ways you can work together to be more intentional in planning time together. Then do it.
7. Make contact with a parent-mentor who has good parenting skills; find out what works.
8. Talk with your spouse about any marital tension and challenges you are facing. What realities must you accept to endure and persevere in your role as a healthy

person, spouse, and parent?

9. What are *your top three parenting challenges* today? What will you do to overcome them?
10. Write an in-depth *Strategic Parenting Plan* today.

A Personal Strategic Planner (a \$49.77 value) to get you started is available for free as my gift to you at my website: www.BecomeaBetterFather.com/planner.