

It's OK to Cry (My Journey with Higher Order Multiples)

This excerpt is from an article originally published by MOST member Riley D. Smith in Supertwins magazine's Father's Forum.

Yes, there are times when you just want to quit. But you won't.

There are times when you just want to walk out the door and take a month off without telling a soul where you are going. But you don't.

There are times when you would rather toss your wife (or husband) out on her...er...ear. But you never would.

Those are the times when you have to remember it's OK to let someone know how you feel. Holding everything inside is not the way to solve any problems, especially in the demanding world of higher order multiple birth parenting.

Those are the times that maybe starting a personal journal should be undertaken, or giving your wife a Mom's Day off (maybe even asking her out on a date!).

There is one other thing that I have to work very hard at, and I am still not very good. Although there are times when it happens, most often very late at night, when the house is still and I am the only one awake.

Dads, here it is. My one great pearl of wisdom: Don't ever forget that when the chips are down, when your back is against the wall and you just need to release some emotion (because believe me, there will be times), remember, no matter what anyone says, it's OK to cry.