

Oakton Community College, in conjunction with
the *At-Home Dad Newsletter*, presents:



10th Annual Convention

Saturday, November 19, 2005

8 a.m. to 4:30 p.m.

Oakton Community College
Des Plaines Campus, 1600 East Golf Road

Over the past decade, Oakton Community College has developed a proud legacy of supporting men whose top priority is their children, and who validate that commitment as the primary caregiver in their family. This year, **Dr. Kyle Dean Pruett** returns by popular demand, to help celebrate the convention's 10th anniversary. Dr. Pruett is a clinical professor of psychiatry and coordinator of education at the Yale University Child Study Center in New Haven, Connecticut. He also is the principal author of more than 60 original scientific articles and books including the award-winning *The Nurturing Father, Me, Myself and I*, and *Fatherneed: Why Father Care is as Essential as Mother Care for Your Child*. He has worked as a consultant to ABC News, *CBS Morning News*, and *Sesame Workshop*, and served as a co-host, with Oprah Winfrey, of *Begin With Love*, a nationally distributed videotape for new parents. Dr. Pruett lectures internationally and represented the U.S. at the first United Nations International Summit on Fathers and Children. He has been a columnist and contributing editor to *Good Housekeeping*, *Parents*, and *Child* magazines. Dr. Pruett hosted his own Lifetime Cable series, *Your Child Six to Twelve with Dr. Kyle Pruett*, and has appeared on *Oprah*, CNN, National Public Radio, and *Good Morning America*. A graduate of Yale University and Tufts University School of Medicine, Dr. Pruett's areas of expertise includes the development and mental health of infants, toddlers and young children. He also focuses on school and day care consultation; the clinical and legal dimensions of fatherhood; and how children's lives are affected by the media. Dr. Pruett and his wife Marsha Kline Pruett, Ph.D., M.S.L., are parents to three daughters and one son.

Program

- 8 a.m. **Registration and Continental Breakfast**
- 8:30 a.m. **Welcome and Introductions** (Bob Frank, Ph.D., Peter Baylies, Barry Reszel, Brian Chalmers)
- 8:45 a.m. **Keynote Address**
At-Home Dad . . . So What? HERE'S WHAT!
Dr. Kyle Pruett, Yale University, Child Study Center
- 10 a.m. **Break**
- 10:15 a.m. **Small Group Discussions**
Coordinated by Dr. Kyle Pruett, and facilitated by veteran at-home dads.
- 11:15 a.m. **Review of Small Group Data**, Drs. Laura Cobb and Kyle Pruett
- 12:15 p.m. **Lunch, Conversation, Book Signings, and Therapy Consultations**
- 1:15 p.m. **Let's Talk About It, Part I**
These are facilitated small group discussions, not lectures. Share your own thoughts and experiences as well as questions and solutions.
Old Guys Help the New Guys: Veteran At-Home Dads Tackle Any Question
(Bruce Drobeck, Jim LoCascio, and Dave Weiss)
Let's Have Some Fun: Injecting Creativity Into Parenting (Marshall Cook)
A League of Your Own: Starting and Marketing Your At-Home Dads Group (Bill Beagle and Steve Wolcott)
The At-Home Dads Lounge: Just Hang Out and Talk Informally
- 2 p.m. **Let's Talk About It, Part II**
Role Reversal in 2005 (Ron Dayney)
Dealing With Sleep Issues (Hans Lonroth)
School's In Session: What's an At-Home Dad to Do? (Chad Curtis and Chris Coby)
The At-Home Dads Lounge: Just Hang Out and Talk Informally
- 2:45 p.m. **Break**
- 3 p.m. **Let's Talk About It, Part III**
Ten Years On: Growing the At-Home Dads Community (Jay Massey, Barry Reszel, Steve Klem, Marty Josephson, and Bob Frank, Ph.D.)
Stretching the Household Budget (Gary Foskuhl)
Stuff Happens: Parenting in Tough Times (Richard Axel)
The At-Home Dads Lounge: Just Hang Out and Talk Informally
- 3:45 p.m. **Large Group Discussion**
How Do Our Wives Feel About Being Married to At-Home Dads? (Linda and Bob Frank, Ph.D.)
- 4:15 p.m. **Favorite At-Home Dads' Anecdotes** (Bob Noonan)
- 4:30 p.m. **Ten-Year Wrap-Up** (Bob Frank, Ph.D., Barry Reszel, and Brian Chalmers)
- 4:45 p.m. **Surveys and Farewell**

Speakers, Facilitators, and Resources

Florida

Steve Klem has been an at-home dad since the birth of his daughter 10 years ago, and has missed only one At-Home Dads Convention. Steve took over AOL's "DadChat" in 1998, and since then has moderated specific topic discussions as well as free-flowing conversation. Married to a financial manager for a government contracting firm, Steve and his family live on Florida's east coast, near the Kennedy Space Center.

Jim LoCascio has been an at-home dad since 1998, and is the founder and organizer of the At-Home Dads Florida Fishing Trip, held each March in southwest Florida. After graduating from the University of Connecticut, LoCascio worked in publishing before teaching middle and high school while working toward his MAT from Sacred Heart University in Fairfield, Connecticut. He lives in Cape Coral with his wife Lisa, daughter Ally, and son Nicolas. He also serves as PTO president at their elementary school.

Illinois

Brian Chalmers gave up a grueling career in advertising to become an at-home dad five years ago. He and his wife Debby decided to try the role reversal for one year, and never looked back. He now shares his days with five-year-old Jack and two-year-old Marisa, calling it "the most rewarding and challenging career" of his life. In his leisure time, Brian enjoys listening to music, creating digital art, microbrew beers, and playing guitar.

Laura Cobb, Ph.D., wrote her doctoral dissertation on at-home dads, and earned her doctorate in family studies from Purdue University. She is a Certified Family Life Educator and a National Board-Eligible Certified Counselor with a decade of instructional experience and more than 3,000 supervised client-contact hours. Dr. Cobb has received numerous awards and grants, and has published scholarly journal articles on topics related to marriage and fatherhood. In 2005, she served as president for the European branch of the American Counseling Association. She currently serves as the Family Advocacy Program Assistant with the Installation Management Agency-Europe in Heidelberg, Germany, and adjunct professor at the University of Maryland.

Ron Dayney is not your typical at-home dad, always keeping one foot in the business world as a self-employed electronics and computer engineer. This arrangement has provided him with the flexibility needed to juggle career and family. After becoming a single parent to a young daughter in 1989, Ron remarried in 1992 and had a second daughter. His wife continues to maintain a successful corporate career.

Robert Frank, Ph.D., is a licensed clinical social worker and associate professor of psychology at Oakton Community College. His national research focuses on fathers who are the primary caregivers for their children, spurred by his role as founder of the At-Home Dads Convention. Robert has written two books, *Parenting Partners*, and most recently, *The Secret Life of the Dyslexic Child*, about his struggles growing up with dyslexia.

Bob Noonan is a veteran at-home dad with two teenage sons. While wife Vicki pursues a successful career in commercial real estate, Bob spends much of his time volunteering at his sons' schools. He has started to revisit his interior design and architecture roots with "Let Bob Do It," a small business venture focused on design, handyman, and subcontracting work.

Barry Reszel is a veteran at-home dad who takes care of 11-year-old Bradford; 8-year-old Christina; and wife Lori Miller. He is a part-time writer and editor, regular coffee shop habitué, occasional guitarist, and hopeful spirit starter at St. Joseph Parish in Libertyville. Barry has worked as a coordinator for every At-Home Dads Convention since 1997.

Massachusetts

Peter Baylies is the author of *The Stay-at-Home Dad Handbook* (Chicago Review Press, 2004). In 1992, he became the full-time caregiver for his six-month-old son, and started the *At-Home Dad Newsletter*, featuring articles written by and for at-home dads, playgroup information, and a message board. The newsletter is a sponsor of the annual At-Home Dads Convention, and is available online at www.athomedad.com.

Minnesota

Dave Weiss has been a full-time at-home dad for more than seven years. Passionate about the adventure of fatherhood, Dave volunteers with Minnesota Dads At Home (MDAH), and the new Dads' & Family Center, serving fathers throughout Washington County, Minnesota. This is Dave's fourth convention, and his first as a facilitator. He and his wife Georgi live in Stillwater with seven-year-old Jordan and three-year-old Toby.

New York

Richard H. Axel, DLCSW, is the work-at-home father to 16-year-old Alexandra. His oldest daughter, Stephanie, 27, is a Syracuse University graduate who currently works as a teacher in Florida. Richard has a private practice in Manhattan and works with individuals, couples, and families. He is the author of *A Father's Love, A Daughter's Power* (published in 1999), a useful resource for fathers raising daughters, based on the actual experiences of both men and women seeking to engage pro-active parenting.

North Carolina

Chris Coby was an at-home dad for nearly six years while wife Rita worked in the corporate world. When their children, Jonathan, 9, and Summer, 7, started school, Chris resumed his teaching career at their elementary school in Wake Forest. Chris was named a 2004 Blue Ridge Hero by *Blue Ridge Outdoors Magazine*. In October, he celebrated five years as a cancer survivor by competing in his third Ironman triathlon.

Ohio

Bill Beagle has been an at-home dad for six years to three "reasonably well-adjusted" children. In 2000, using the "build it and they will come" strategy, he developed a Web site for Dayton Dads at Home – although he was the only member. Five years later, their ranks continue to expand. With a bachelor's degree in finance as well as an MBA, Bill previously worked as a senior financial analyst and operations manager for Bank One and General Electric. Bill also is a member of the local city council, serves on the Tipp City Library Board of Trustees, and manages several investment properties.

Gary Foskuhl was born and raised in Dayton, enlisted in the Army as a musician, and accepted an offer to attend West Point. He graduated four years later, went on to attend helicopter flight school and was shipped to Fort Campbell, Kentucky, where he married his New York beloved, Tracy. After serving with the 101st Airborne Division in Desert Storm, Gary felt his service debt had been paid and he hung up his uniform. When his wife found a secure corporate job, Gary became the primary caregiver to his three children. In the decade since then, the Foskuhl family has grown to five offspring and is currently living in Dayton with no legal action pending against them.

Texas

Bruce Drobeck, Ph.D., is a licensed marriage and family counselor, and full-time instructor of life span and child development at the University of North Texas. He also teaches classes for expectant fathers at hospitals near his home in Southlake. Bruce served as the primary caregiver for both of his children, who are now young adults.

Wisconsin

Marshall Cook is a professor of writing and creativity at the University of Wisconsin-Madison, Division of Continuing Studies. He is the author of more than 20 fiction and non-fiction books, including *Freeing Your Creativity: A Writer's Guide* (Writer's Digest Books), and *Murder at Midnight* (Monona Quinn Mystery Series). He also is the editor of *Creativity Connection*, a newsletter for writers and independent publishers.

Marty Josephson has been an at-home dad since 1991 and is the founder of Dads-At-Home, an e-mail discussion group. Marty, his wife Jan, and their two growing daughters live in Milwaukee, having experienced and survived various workforce-related life changes, from unemployment to business startups. Marty plays clarinet and saxophone with local groups and stays involved in community activities.