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CALGARY AUTHOR'S NEW BOOK HIGHLIGHTS THE CHANGING FACE OF MODERN FATHERHOOD

Former journalist turned stay-at-home dad suggests men actually have an easier time than women when it comes to being the primary caregiver.

CALGARY, June 16, 2017 - It's probably the number one excuse that fathers all over the world have used for decades, if not centuries: "staying home with the kids and running the household is simply too difficult". Not so fast, says Calgary author and daddy blogger Gregory Tysowski.

The part-time writer and full-time dad argues that society's outdated perceptions of family gender roles actually help men succeed at managing the ups and downs of stay-at-home parenthood, even with considerably less effort than their female counterparts. Tysowski expands on this thought in his new book *Dad@Home: Fully Domesticated*,

"Women are getting the short end of the stick... again. I'm convinced that if you compare the job that I'm doing with ninety-nine stay-at-home moms, I would very likely rank close to the bottom of the pack. If a woman had my culinary skills, my penchant for allowing us to run out of clean underwear and my ability to let a mess stew for days, she would be considered a terrible stay-at-home parent. Yet, somehow, if a man does all of that he gets a ticker-tape parade."

With Father's Day weekend approaching, Tysowski's views on parenting are especially relevant as the debate over what caregiving role fathers should play in today's family unit takes centre stage.

Gregory Tysowski has been a certified expert at the stay-at-home dad position for over thirteen years. He's the proud owner of two great kids, both co-produced with his lovely wife of over twenty years. In a past life, Greg received degrees in both English and Journalism and enjoyed careers in Broadcasting and Advertising before becoming the primary caregiver of his kids. *Dad@Home: Fully Domesticated* is available at Amazon.

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