

DDD

Dad Deep Dive

Podcast

The Divorced DAD: Recognizing Your Value

Mary Jo Reeser
Episode 9

Synopsis

Mary Jo reflects after her divorce 14 years ago & the perspective she had as a mom then, & now. Both enlightened & humbled by conversations with her adult children, in addition to the newest research about divorce and Dads, she explains why she has a better understanding of the choices she made. She discusses the importance of Moms being advocates for Dads & how they can do this; why shared parenting (50/50 time) has been found to be the BEST scenario for kids, (in all aspects) when going through a divorce. She speaks even to reasons why a Divorced Dad can actually be a better-Dad! Her most important message to Divorced Dads-your value is significant & it is never too late to be a D.A.D.-Daily, Active, & Devoted.

deeper reflections

- Why do you think the circumstance of a Divorce is an opportunity to make you a better Dad?
- If you feel disconnected and distanced from your kids; what could you do differently?
- What areas do you struggle with as a Divorced Dad? How could mom better help you?
- When going through a divorce, why do you think it would be important to shift your thinking (and mom's thinking as well) from a "part-time" Dad to a "full-time" Dad?
- Do you think there is a difference between "co-parenting" and "shared parenting". Explain the differences.

Mary Jo Reeser joined the Suit Up Ministries team in 2018. She assists in the development of educational resources for DADS. Mary Jo is passionate about the vision of Suit Up Ministries and its mission to help DADS understand the value and significance they possess in their families. Mary Jo brings to Suit Up both her 20 years + experience in healthcare, as a Registered & Licensed Dietitian as well as her personal journey through divorce, being a single mom onto stepmom. Mary Jo has been married 12 years to the love of her life, Darin 12, and is blessed with the privilege of being a mom and stepmom to 5 amazing children. Dylan (28), Haley (26), Colin (24), Dylan (22), Becca (22), granddaughter, Zoe (4) and her beloved doodles, Sophie & Samson