

Attached you find the original sheet Oli sent us over. You might like it in the original version even more!

Hello there. Welcome to this parenthood column, ***New Wave of Baby Human Metalheads (NWOBHM)***.

Already a long-time parent? Messed around and about to have a baby? Planned to have a baby? Don't panic. Well, panic a little bit. But when you're done, you can return to this column for some heavy metal parenting tips and survival techniques.

Being a parent can be scary, tiring and complicated, which is also how most of us feel about atmospheric Black Metal. While you might seem overwhelmed and out of your element, rest assured that years of heavy metal fandom have prepared you for some of parenthood's toughest challenges.

Don't believe me? In most cases you shouldn't, but in this one I think you should read on. Let me give you some examples for reassurance.

Say you are stuck waiting an eternity for a toddler to tie his shoes? We've all waited for that one guy to setup overly complicated pedal boards before. This is almost as bad, but you got it.

Going to a kids birthday party? How many openers have you patiently and politely sat through in this lifetime before your band came on. Same thing, except you have to deal with other parents' small talk and that band you like never shows up. Instead, you will have to deal with an overstimulated toddler covered in juice stains. So it's almost like a mosh pit at a **Gwar** show. Trust me, after all that small talk with the other parents, dealing with your crazy child will be a most welcome salvation.

Rainy day activity? No problem, you'll say, as you teach your children how to draw the **Iron Maiden** logo and even take a crack at the **Killers** cover. You have a proud tradition of doodling band logos to pass on to your offspring. Would you rather have **Eddie** on your fridge or those narcs from **Paw Patrol**? You already know the answer to that one my friend.

Halloween? Please. You were born ready for this.

You say Fancy Garden Party with princesses, I say Fantasy Metal.

Your child needs hammock building materials? Be honest, how many extra band shirts do you have? Surely you don't need every festival shirt you own.

Terrifying stories of childbirth? You'd think that all the **Cannibal Corpse** and **Exhumed** album covers prepared you for the miracle of child birth. You're absolutely wrong, but they will seem even sillier afterwards. If you survived a C-section, there is no gore on earth that can shock you. Moms are badass like that.

Your child is telling you a never-ending story that lacks a compelling plot or characters? Is that any worse than a Doom Metal record consisting a single 70min song? Just nod your head as if you're listening to **Sleep - Dopesmoker**.

Your child blew out the diaper and is covered in poop? Sorry friend, but there are limits even to what Heavy Metal can do for you. Although your child's diaper may be as packed with complete shit as a **Dave Mustaine** opinion on most societal matters, it cannot be ignored unfortunately. "**Piss Sells, but who's buying? Poop Smells, but who's cleaning?**", as I sang to my partner once upon a time and made her reconsider some important life-long commitments. You're gonna have to close your eyes, hold your breath and hope it's relatively painless. Most of us have been doing that for new **Metallica** releases over the last two decades, so it should be a familiar feeling.

Stay strong my fellow Heavy Metal Parents and channel the power of your upbringing.

Born to Raise Hell and Healthy Children!

Heavy Metal Dad