

Bastian Stahlbuck (*1984) is the head of the department of lung Internal Services in the Department of University Development and Organization at the TU Dortmund. He lives in Dortmund with his wife and daughter Ennie (*2017).



Source:
private

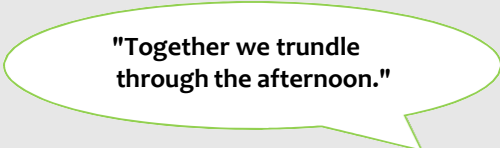
The loving consistent and relaxed father

On a warm summer's day, I make my way to the South Campus for the agreed interview. Bastian Stahlbuck's office is located there. His office is empty, because - as I later learn - he was on his way to see me at the same time. But this little misunderstanding doesn't stop us from conducting the interview. After a short wait in his office, we meet again and start talking right away.

Father-Daughter Afternoons

As a father, Bastian Stahlbuck is an early riser; his workday starts early in the morning.

"I get up at half past five in the morning and am at work by six o'clock. I want to finish work on time at noon so that I can pick up my daughter from the childminder," says Bastian Stahlbuck. Ennie is cared for by a childminder who has relatively limited hours. Bastian Stahlbuck therefore has to pick up his daughter from the childminder as early as 3 pm.



**"Together we trundle
through the afternoon."**

When they arrive home, father and daughter first have time for themselves, because Bastian Stahlbuck usually spends the afternoon alone with his daughter. They like to let themselves drift and play whatever they feel like. In addition, the father builds and adds a lot on and around the common house that the family built two years ago. Meanwhile, the daughter watches with amusement and is fascinated every time by her father's building skills. Ennie would also like to help her father and take an active part in the construction. "Of course, with her two years, this is only possible to a limited extent," amuses the father.

Later, when his wife comes home from work at around half past five in the evening, the three of them also do something together. "And then, at some point, it's time for our daughter to go to bed," smiles Bastian Stahlbuck.

Not flexible on everything

Bastian Stahlbuck is able to flexibly schedule his working hours as head of department. In contrast, his wife has fixed working hours because she works as an operating room nurse. "I'm in a better position than my wife, because I can arrange my time more flexibly thanks to the flexitime at TU. That's why we manage quite well," the family father emphasizes proudly. After all, Bastian Stahlbuck is convinced that family and career are easily reconcilable when at least one parent works less or more flexibly.

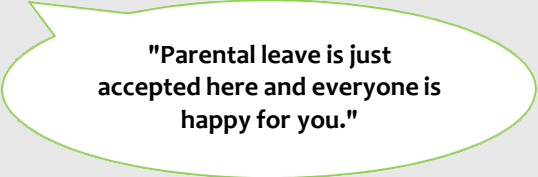
Then he adds humorously, "Of course we are sometimes also strongly challenged, but in the end we chose that ourselves." As far as time flexibility is concerned, this also applies to the housework that the two parents share. Before becoming a father, Bastian Stahlbuck did the vacuuming, washing up or cooking when he wanted. "At some point, that no longer works with the child," says Bastian Stahlbuck. Accordingly, the father now adapts to his daughter's rhythm: he does the chores when his daughter is also busy with something or "helps out."

The independent daughter

"My two-year-old daughter can already occupy herself very well and play on her own. Her biggest hobby is reading. That means flipping through books. She can't read yet," says Bastian Stahlbuck. While the daughter sometimes spends a good hour with her books, the father takes the opportunity to do household chores, for example. Of course, Ennie also gets something read to her by her parents. "My wife and I like to read to her, too. I read a bit more than my wife, but singing nursery rhymes is something only my wife does. It's healthier for everyone," grins Bastian Stahlbuck. The fact that Ennie was looked after by a childminder from the age of one brought the Stahlbuck family received a lot of criticism. But they didn't care, because both parents wanted to do their work not give up. Finally, he mentions: "To my Woman would have the ceiling fall on her head if she were only at home. She wants to work, just like me." Starting this summer, Ennie will go to the HoKiDo daycare center on the TU Dortmund campus, Bastian Stahlbuck is pleased to announce. Then the father will take his daughter there and pick him up again from there. His workplace is located near the daycare center, so the distances are short.

Tolerance at work

"When I announced in my department that I was going to be a father and was taking parental leave, my colleagues just wished me 'Have fun,'" laughs Bastian Stahlbuck as he recounts. He emphasizes, "It was perfectly fine and everyone tolerated it. That's the beauty of the öffentlichen Dienst compared to the free economy," he surmises, smiling contentedly. So he experienced a completely accepting and benevolent reaction - perhaps that surprised him himself, one might think.



"Parental leave is just accepted here and everyone is happy for you."

The flexible father has found the parental leave to be the best time. He deliberately chose the 13th and 14th months of life. He thought that his daughter Ennie would be more receptive by then and would be able to spend more time with her father. He used the first two weeks of his parental leave to go on vacation with his daughter to his home on the coast.

Father and daughter spent the rest of their parenting time at home. During this time, he also went to a childminder to help his daughter Ennie settle in.

By considering only two months of parental leave, it was not problematic for him to get back into the job. "It was like a long vacation," says a relaxed Bastian Stahlbuck.

"We went to the waterfront a lot and went for walks. It was fun for us."

Open spaces

When asked what type of father he is, Bastian Stahlbuck replies that he sees himself as a lovingly consequent father. "Well, I'm definitely not the silverback who runs around the house beating his chest. I'm not the type for that."

He describes himself as quite easy-going, very relaxed and also a tolerant father. He is the opinion that a child can develop better if he or she is not restricted in his or her actions. is restricted. Therefore, the father tolerates his daughter in everything she does.

He admits: "Of course, it gets on my nerves sometimes, but children need this freedom. However, when he says no or draws boundaries, the family guardian also sticks to them consistently. "But that takes a long time, because I'm not so quick to lose my cool.

have it brought to me. Until then, I try to be patient," he says cheerfully.

"For me, then, it's also part of a kid messing up and having shenanigans in his head."

Networks are important

The family man regularly goes out with his three best friends from his student days every two weeks of eating so as not to lose sight of them. "It was very important to all of us to stay in touch after graduation," he says. At late-night treffes with his friends, his daughter Ennie is logically not there. But when the friends get together in the afternoon to watch soccer, his daughter is part of the party.

When asked about the topics of conversation with friends, the father laughingly replies, "Our typical topics of conversation are not children's topics. All my friends don't have kids." She tend to take up other topics, such as soccer or Politics. It is particularly important to his wife and him not to reduce themselves to the issue of children. They certainly don't want to be parents who know no other topic than their child. Besides, as Bastian Stahlbuck suspects, "If I only tell my friends about Ennie, they'll eventually fall asleep.

When the family man needs advice, no matter what it is, he picks up the phone and calls his parents. They may live further away, but they always have a sympathetic ear for him. Bastian Stahlbuck is certain: "What could be more familiar than your own parents?"

Praise for TU-Dortmund

"In the public sector, especially at the TU, we are already in a kind of Schlaraffenland. You simply have to say that. There are other ways of doing things," says the family man with satisfaction. He praises the regulated working hours and the many offers at the TU Dortmund that make it possible to combine family and career.

"That's where we're really blessed here at TU."

Daughter Ennie is still too young for the great holiday activities on campus, regrets the father. He's already looking forward to when she's a schoolchild and can take part in the vacation care. can do. Now that Ennie is still small, he wants to try out the KidsBox with Ennie. This mobile children's room is currently being purchased for the TU administration and allows a child to be brought to work in an emergency. place can be taken. "I feel

already very connected to the TU," Bastian Stahlbuck concludes.

The interview was conducted by Rine Eser on 18.07.2019

Bastian Stahlbuck with his daughter Ennie.



Source:
Private