

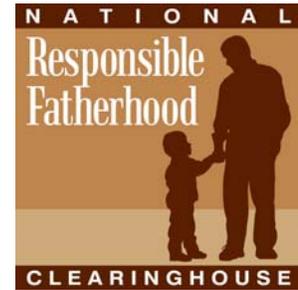


U.S. Department of Health
and Human Services
Administration for Children
and Families
Office of Family Assistance

Celebrating Father's Day

www.fatherhood.gov

June 2009



Special Time for Dad's Special Day

Too often, Father's Day is recognized with a greeting card or a less than flattering tie—neither of which has real meaning or adequately expresses the thanks dads deserve for all they do throughout the year. This year, take the initiative to make *your* Father's Day meaningful and memorable by spending time with your children. Thank *them* for letting you be part of their lives and giving you so much happiness by just being their dad.

Share the Day, Share Yourself

Some of the most meaningful and fun activities you can do with your children on Father's Day cost nothing, but deliver big rewards.

1. Play with your little ones: Research shows that interacting with infants can boost their intelligence, even as early as age 3. The more time you spend playing with your children, at any age, the more you both benefit.

2. Make a difference in your neighborhood: Ask your children if they know someone in the neighborhood who could use some help, maybe with yard work, doing errands, or preparing food (Your children will have other ideas too.) Then you and your children can lend that person a hand together.

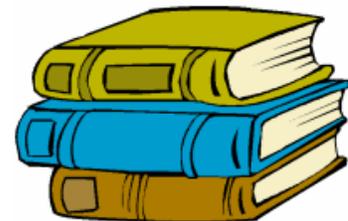


3. Watch the game: Cheer for your favorite team, chat about the plays, or complain about the referee or umpire. But mute the commercials and use those minutes to *really* talk to each other about what is going on in your lives.

4. Fix it together: When something breaks or breaks down in the house, your car, or in an appliance, show your children how to handle the problem in a positive manner.

5. Chaperone a school event or class field trip: Go back to school with your children. Help organize a school event or, if you can, take the day off from work and go with the class on a trip. Ask your children's teachers about other ways you can help.

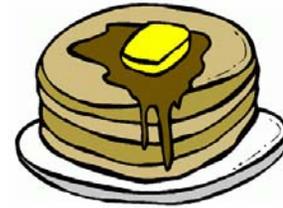
6. Read together: Pick up a book, newspaper, magazine, or the comics (it doesn't matter, as long as you're together) and curl up in a comfy chair.



7. Play ball!: Or Frisbee, soccer, jump rope. Just get outside and enjoy the fresh air with your kids. Invite other dads and their kids to play too and watch the team spirit grow.

Take Time to Be a Dad Today

8. **Mow the lawn:** You were going to do yard work anyway, so why not spend the time with your children. While they're enjoying the together time, they'll also learn responsibility and new skills.
9. **Make a family breakfast:** Young children can mix pancake batter, older kids can scramble the eggs. Everyone can pitch in to make an early morning family feast you eat together.
10. **Call your father:** Share the day across generations and show your dad you appreciate him. Let your kids know what influence he's had on your life. When you call, use a speaker phone if you have one so you and your children can talk and listen together.



More Than One Day a Year

Father's Day reminds us about all the great things that come with being a dad every day. Certainly at the top of that list is spending time with your children. Carve time out of your schedule regularly for your children, to listen to them, play with them, and simply be with them. Be a positive and involved influence in their lives now and give them a good foundation for a promising future. You will have a great time along the way.

Happy Father's Day