



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

Take Time to Be a Dad Today

June 2009 Family Activities Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--------|---|
| | 1 | 2 | 3 | 4 | 5 | 6 For Dad – Go play outside. Remember, it’s about fun, not winning or losing. |
| 7 For Older Kids – Show Dad your favorite online video or TV show. Ask him about his favorites. | 8 | 9 For Dad – Read together. Pick a book, newspaper article, even the comics. | 10 | 11 For Kids – Challenge Dad to play your favorite video game or board game with you. | 12 | 13 For Dad – Call your Dad. Ask him to tell your kids a story about you when you were their age. |
| 14 | 15 For Mom – Share a story with your kids about something funny Dad did when you first met. | 16 | 17 | 18 For Kids – Teach Dad the words to your favorite song and sing it together. | 19 | 20 For the Family – Eat dinner together. Better yet, prepare it together too. |
| 21 Father’s Day | 22 | 23 For Dad – Have a teenager? Learn to text. It’s a great way to send a fast hello. | 24 | 25 For the Family – Watch a movie together. Can’t pick just one? Have more than one movie night. | 26 | 27 |
| 28 For Mom – Help kids make something for Dad, such as cookies, a card, anything from the heart. | 29 For Kids – Tell Dad something interesting that happened to you today. | 30 | <p>Take time every day to tell your children you love them. Give them a hug. Compliment them when they do things well, and teach them when they need help. It’s never too early or too late to spend quality time with your children. Father’s Day can be every day.</p> | | | |