



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

[www.fatherhood.gov](http://www.fatherhood.gov)

# Celebrating Father's Day

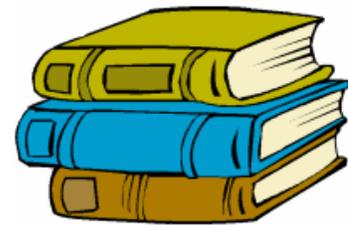
June 2009



## 50 Ways to Celebrate Father's Day

This year, celebrate Father's Day in a big way—or a small way—but celebrate in the best way, which means taking time to be with your children. Here are some suggestions for easy, no-cost or low-cost ways to spend meaningful time with your family on Father's Day. Everyone's circumstances are different, so some of these activities might not be possible for you and your children. But starting this Father's Day, make time to do as many activities as you can throughout the coming year.

1. Read together – Read a book, newspaper, magazine, the comics, anything will do as long as you are with your children.
2. Call your father – Share the day across generations.
3. Play ball – Or Frisbee, or soccer. Invite other dads and their kids to make it a team sport.
4. Go to the hardware store – Share this classic experience with the next generation.
5. Mow the lawn – Working together makes the job fun and your children learn responsibility and gain useful skills.
6. Watch the game – Cheer your favorite team and chat about the plays, but mute the commercials and use those minutes to talk about what's going on in your lives.
7. Make breakfast – Kids of all ages can help. Young kids can mix pancake batter, older kids can scramble the eggs.
8. Volunteer in your community – Your child will gain a better understanding of the importance of helping others.
9. Visit the library – **Get library cards for each member of your family. Share the joy of reading without the financial commitment of buying books. Help your children pick out books you can read together.**
10. Ride a bike – Grab your helmets, map out a route, and take in the fresh air.
11. Play a board game – Pick an age-appropriate game and remember to play by the rules.
12. Play cards – Learn new games and card tricks together. Make sure the game is appropriate for the children's ages.
13. Cook for Mom – If you live together, let Mom relax while you and the kids cook. If you live apart, bake cookies with your children the next time you are together and make a take-out package they can give to their mother.
14. Double dad – Hang out with another father and child. The kids can play together and the dads can share parenthood stories.



*Take Time to Be a Dad Today*

15. Listen to music – Select some songs and let your kids pick some of their favorites. Explain to each other what you like about each song. If you're up to it, go ahead and dance.
16. Learn something – Whether you read a biography or watch a National Geographic special, experience something new together.
17. Go grocery shopping – Buy healthy foods and treats. With younger children, work on alphabet and reading skills as you walk the aisles.



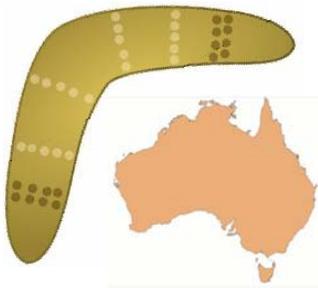
**18. Draw a picture – Choose a coloring book or plain paper, add crayons or paint, and create a work of art straight from the heart.**

19. Work on a puzzle – Find a crossword or Sudoku puzzle in the newspaper, or pick up a book based on your expertise.
20. Read the Sunday comics – No time on Sunday? Save the comics and read them together when you have time.
21. Let fatherhood go to your head – Take your son to the barber or learn to braid your daughter's hair.
22. Hit the playground – Swing, slide, jump, play. Have fun but stay safe.
23. Catch a movie – Check the rating and the description to make sure the film is appropriate for your child's age. Remember your favorite scenes and talk about them on your way home.
24. Fix something – Work through your list of home improvement chores together and show your children how to repair household items.
25. Build something – Use building blocks, clay, or wood to make a masterpiece together.
26. Eat out – Pick a place where you can sit and chat while you eat.
27. You-and-me time – If you have more than one child, plan special time alone with each of them.
28. Unplug – Working all the time? Always on your phone? Turn off that laptop, leave your phone behind, and spend some uninterrupted time with your children.
29. Bake a cake – Baking together is fun and can be educational. Improve children's reading and math skills when you follow directions and measure ingredients. Plus, after all the learning, there's cake.
30. Take a hike – Lace up your sneakers or boots and set out into the mountains or near a lake, or take an urban hike around the neighborhood.

**31. Go camping – No need to head to the wilderness, brave the cold, or buy a tent. Just camp out in the living room with blankets draped over chairs.**



32. Help with homework – Check with your children's teachers to find out what their class is working on and how you can support them.
33. Make homemade Father's Day cards – Send them to your children's grandfathers.
34. Watch your kids' favorite TV shows together – If you can't figure out why they like the programs so much, ask them.



**35. Take a trip – “Travel” to Spain, China, or Australia. Borrow a library book with photos and facts about your destination, prepare a local-inspired meal, rent a documentary or movie that takes place in that country, and imagine yourselves there.**

36. Play a video game – If your video game skills aren't great, don't be ashamed to ask your children to teach you.

37. Call another dad – And wish him a Happy Father's Day. Help your children become comfortable speaking to adults and others on the phone.

38. Reminisce – Share memories of our children's youngest years or even before they were born. Ask them to talk about some of their favorite memories.

39. Make a difference in your neighborhood – Ask your children if they know someone in the neighborhood who needs help, and then lend that person a hand.

40. Turn off the TV – When your children speak to you, turn off distractions such as a television, computer, or cell phone that may discourage them from talking to you and keep you from understanding what they are really saying.

41. Take a walk – Walking is a great activity for your whole family because no matter what your children's age, you can bring them along. If your walking seems too slow for your energetic kids, have them run ahead a bit then run back to you, or see if they can "run circles around you."

42. Play an old-school game – Teach your children some of the classic games you played as a kid. Hide and seek, tag, kickball, and other low-tech games can be particularly fun in our digital age.

43. Take advantage of free events – Check the newspaper or go online to learn what's going on in your city or town. Free family-friendly events and tours are especially common in the summer.

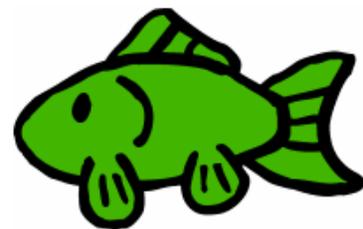
44. Go home again – Take your kids on a quick tour of some of the places you loved during your childhood and adolescence.

45. Visit an art museum – Ask your children to pick out their favorite paintings or sculptures, then talk about the features that make the art so attractive to them.

46. Care for a pet – If you have a family pet, share its care. Caring for your pet together will teach your kids about nurturing and responsibility.

47. Visit the zoo – Learn about a variety of animals and habitats, and talk about what makes them different (and similar) to us.

**48. Find the fish – Visit the aquarium to learn about different kinds of fish and how they live together. If you don't live near an aquarium, visit the National Aquarium Web site ([www.aqua.org](http://www.aqua.org)) for information on sea animals and conservation efforts.**



49. Wish upon a star – Visit a planetarium or check out the night sky from your own front yard. Search together for a book or Web site with information on stars and constellations.

50. Know the Founding Fathers – George Washington, Thomas Jefferson, James Madison, and other Founding Fathers played a major role in forming our country. Tell your kids about the Founding Fathers, or learn together with information from the Smithsonian Institution ([www.si.edu](http://www.si.edu)).