

Father's Day



Thanks, Dad

June 21 is the day we celebrate everything Dad does for our family.

From homework to mowing the lawn and everything in between, we depend on our fathers to handle many tasks around the house.

We also look to Dad for family leadership, finances and emotional support. On this special day in the middle of summer, we celebrate the differences made by our fathers, both young and old, new and veteran.

AN OFFICIAL HOLIDAY

It took nearly six decades, but Father's Day officially joined Mother's Day as a national holiday in 1972.

A bill seeking to garner national recognition of the holiday was introduced in Congress in 1913 but didn't pass. After another failed effort in 1924, President Richard Nixon signed Father's Day into law in 1972. Decades later, the holiday has become one of the nation's most popular — and one of the most expensive. The National Retail Federation estimated that American consumers spent more than \$12.5 billion on Father's Day in 2014.

WHAT DAD REALLY WANTS

The consumer insurance website Insure.com conducted a 2014 survey of Dads everywhere to find out what makes the perfect Father's Day gift. Here's what they found:

- Dinner at your town's favorite restaurant: 31%
- Weekend getaway with the whole family: 27%
- Electronics: 26%
- Tickets to a show or sporting event: 26%
- A weekend getaway with the wife: 25%
- Power tools: 21%
- Breakfast in bed: 19%
- Gift card: 16%
- Sports memorabilia: 15%
- Alcohol: 13%
- Weekend getaway with the guys: 13%
- Car care equipment: 12%
- Fitness equipment: 11%
- Weekend getaway by themselves: 11%
- Barbecue grill: 10%
- Cigars: 10%
- Books: 8%
- Room remodel: 5%



Dad's Favorite Pastime: Eating



Research by the National Restaurant Association shows that more than 50 million Americans celebrate Father's Day by dining out.

Being served and enjoying great food is a treat for any Dad. If you're the one picking up the check for the special meal, you may be in luck. Many restaurants will offer Father's Day specials to draw customers on a very competitive day in the food and beverage industry.

Start checking your local newspaper for restaurant advertisements early. Many owners will start taking out ads weeks ahead of time to make their prices even more attractive for the special day.

THE NUMBERS

Dinnertime is the overwhelming preference for dads when it comes time to having their Father's Day meal, reports the NRA.

Key findings in a recent survey found:

- Sixty-seven percent of diners will choose to go out during the evening.
- Twenty-four percent go out for lunch.
- Eleven percent head out for breakfast.
- Ten percent of fathers are lucky enough to go out for more than one restaurant meal.

WHERE TO GO

Fathers are truly creatures of habit when deciding where they will enjoy their special meal. More than half of them will opt for their favorite restaurant if given the choice, according to the NRA.

Alternatively, only 13 percent choose a restaurant they haven't been to before. This should give you, the gift-giver, an idea of what Dad is hoping for if you plan on coordinating a surprise trip out to eat!

POPULARITY OF DINING IN

While many dads choose to hit the town for their meal of recognition, even more choose to dine in. Doing so can help save money — not only for Dad but for everyone coming together for the special day.

You can opt for a thick steak from your local meat shop or fresh fish from your favorite grocer. Ask Dad if there are certain sides or desserts he would like, and you can have just as special of a time at home.

The Ultimate Gift: Involvement

Having a child does not automatically make you a quality father. It is what you do with the special privilege that defines you as a dad.

Research shows that by simply being around, a father can better his child's chances of making a positive life.

In a study examining father involvement, researchers found that father-child contact was associated with better socio-emotional and academic functioning. This report, published in the *Journal of Family Psychology*, also found that children with more involved fathers experienced fewer behavioral problems and scored highest in reading achievement.

from the of U.S. Department of Education National Center for Education Statistics.

This doesn't mean you have to become a member of the school board or even the Parent-Teacher Association. You can involve yourself by attending parent-teacher meetings or other school functions, such as sporting events or plays.

Your presence can make a difference in your child's commitment to education. Why wouldn't you want to be part of something so powerful?

POWERFUL STATISTICS

This Father's Day is another opportunity to devote a few minutes to realizing how lucky you are to partake in the joy of fatherhood and just how important your role is.

INVOLVE YOURSELF

The greatest action you can take as a father is about as simple as it gets: Stay involved.

Father involvement in schools is associated with the higher likelihood of a student getting mostly A's in class, according to a report

FATHERHOOD PLEDGE

President Barack Obama has encouraged fathers across the nation to sign a fatherhood pledge.

When you take the president's pledge, you'll receive updates, tips and tools from fatherhood organizations, prominent dads and other supporters of responsible fatherhood.

Completing the pledge requires about 20 seconds of free time and can help revive your commitment to your family. Take the pledge at www.fatherhood.gov/pledge.



Start a Healthy Habit

With Father's Day coming up, it is the perfect time to make a mid-year resolution to start a healthy habit.

Even just one habit change can have you on your way to a longer, healthier life. With your family members depending on you, is there a better gift you can give to yourself and yours?

"But I'm healthy and not overweight," you may be saying to yourself as you read this. Good for you, but chances are there is a father, brother or friend in your life who isn't in such good shape.

Become a motivation for them by bringing them out on a hike or bike ride with you. Invite them over for a healthy meal to celebrate Father's Day, and encourage them to make healthy changes.

Obesity is on the rise, and it's a major risk factor for heart disease and stroke, diabetes and some types of cancer. The time is now to make a change.

ADD SOME EXERCISE

It does not take much exercise to get you feeling stronger and more in shape. You can find little ways to add physical activity throughout your day.

Do you have an extra 20 minutes during your workday to take a brisk walk around the building? Can you walk to your work lunch this afternoon instead of driving or taking a cab?

Maybe you'll be attending your grandchild's baseball game this weekend. Park far away from the diamond and walk instead of parking alongside the field. You'll see changes in your weight and physical abilities just by consistently making these slight adjustments to your activity levels.

PORTION CONTROL

Especially when eating out, the portion sizes we are consuming can oftentimes be too large for what is recommended for a healthy diet.

Remember that there is nothing wrong with taking half of your meal home for tomorrow's lunch or dinner. And sharing is caring. If you're concerned about the portion on your plate being too big, offer some of it up to your friends or family members. You don't have to eat everything on your plate.



For the Musician

Can Dad carry a tune? Does he like to rock behind his tricked out drum set? Maybe a trip to the music store is in order on Father's Day weekend.

Many local businesses close on Sundays, so if you're planning to take Dad to pick out a new instrument, you may want to consider the Saturday prior to his special day.

Give him a budget and let him pick out that new acoustic guitar or snare drum. Even smaller gifts, such as a guitar strap, drumsticks or a banjo book of sheet music, can be great additions to Dad's musical collection.

PLAY TOGETHER

Whatever it is he chooses for his gift, the fun part of going to the music store is playing with the display instruments.

Don't just get Dad a gift card, but accompany him to the store and jam for a while. Most local music shops will allow you to sit behind the drums or pluck away at an acoustic guitar or bass. Playing music together is a great way of sharing your interests with friends and family members, while also doing something you enjoy.

LESSONS

Maybe Dad isn't particularly music savvy but has always wanted to be. The gift of professional lessons can turn his interest into a skillset in no time.

Start with your downtown music stores to check their rates and lessons offered. You also can look around online for positive reviews of local private instructors or ask friends and family members if anyone they know would be interested in helping out.

CONCERT TICKETS

The next best thing to playing music is watching talented artists play music. Surely Dad has a favorite band or two that will be making a stop in a nearby city during the fall.

June is a perfect time to surprise Dad with tickets so he can start planning his concert adventure now. Make sure to consider others in your family who would like to go. The more the merrier in a concert setting.



What Dads Really Do

Think of everything Dad does around the house. What value would you put on his efforts? It can be downright impossible to calculate.

The consumer insurance website Insure.com does this for us every year. It affixes a value to the typical fatherly chore by calculated wages using Labor Department pay-scale statistics.

Last year, the Father's Day Index put Dad's chore value at \$24,103, which is an increase from 2013's \$23,344 value.

How are these numbers calculated? Home repairs, for example, are figured using wage information for maintenance and repair professionals. Removing spiders from the house correlates wage-wise to an exterminator's salary, and so on.

MORE CHILDCARE & HOUSEWORK

One reason for the recent increase in Dad's worth around the home is the increasing need for him to pick up the slack on housework and childcare.

A Pew Research Center study released in 2013 found that fathers are devoting more hours than ever to child care and housework — nearly 20, in fact, compared to 6.5 hours in 1965.

Conversely, mothers are spending more weekly hours working than they were in 1965 and have become the primary breadwinners in four of 10 American families, according to Pew.

DAD'S FAVORITE CHORES

Insure.com asked a group of dedicated dads to rank their favorite chores around the house. Here's what they came up with:

- Barbecuing/cooking: 22.5%
- Helping with homework: 17%
- Driving: 14%
- Coaching a team: 9%
- Assembly of toys, bookshelves, etc.: 9%
- Fixing broken things around the house: 6%
- Mowing the lawn, landscaping, snow removal: 5%
- Doing family finances: 5%
- Car maintenance: 4%
- Being a scout leader: 3%
- Pest removal (spiders, gross bugs): 3%
- Fixing plumbing: 2%
- Moving furniture: 2%



Throw a Party

One of the best ways to celebrate the dads in your life is to do just that — celebrate.

Throwing a party for Dad can be easy and fun and will show that you are grateful for everything he does for the family.

Be sure to cover all the bases when planning your party, including picking out Dad's favorite food, drinks and activities.

Send an invitation to someone Dad hasn't seen in a while. Holidays are the perfect time to bring people back together after long periods of time. Plan plenty of time in advance, however, if you're trying to bring someone in from out of the state or across the country.

Summertime is the prime travel season, so finding affordable airline tickets can be a difficult task without the proper planning.

WEEKEND WARRIOR

In most parts of the country, the average temperature in June is about 75 degrees, according to the National Climatic Data Center. This is perfect weather for a game of flag football or a round of golf.

If the father in your life is a weekend warrior — and which Dad isn't, really? — coordinating a fun outdoor activity can be the perfect way to celebrate his special day. From whiffle ball to badminton, a competitive sporting event helps create lasting memories and helps keep everyone in shape.

INVOLVE MULTIPLE GENERATIONS

One of the greatest family traditions of Father's Day can be getting multiple generations of dads together in the same place. Finding ways to bring together grandfathers, fathers, sons and even grandsons can be difficult throughout the year.

Everyone has their own engagements and family commitments, making schedules hard to coordinate.

Father's Day can offer the perfect opportunity to gather all of these special family members at the same place, be it at your home, a restaurant or an outdoor festival.

