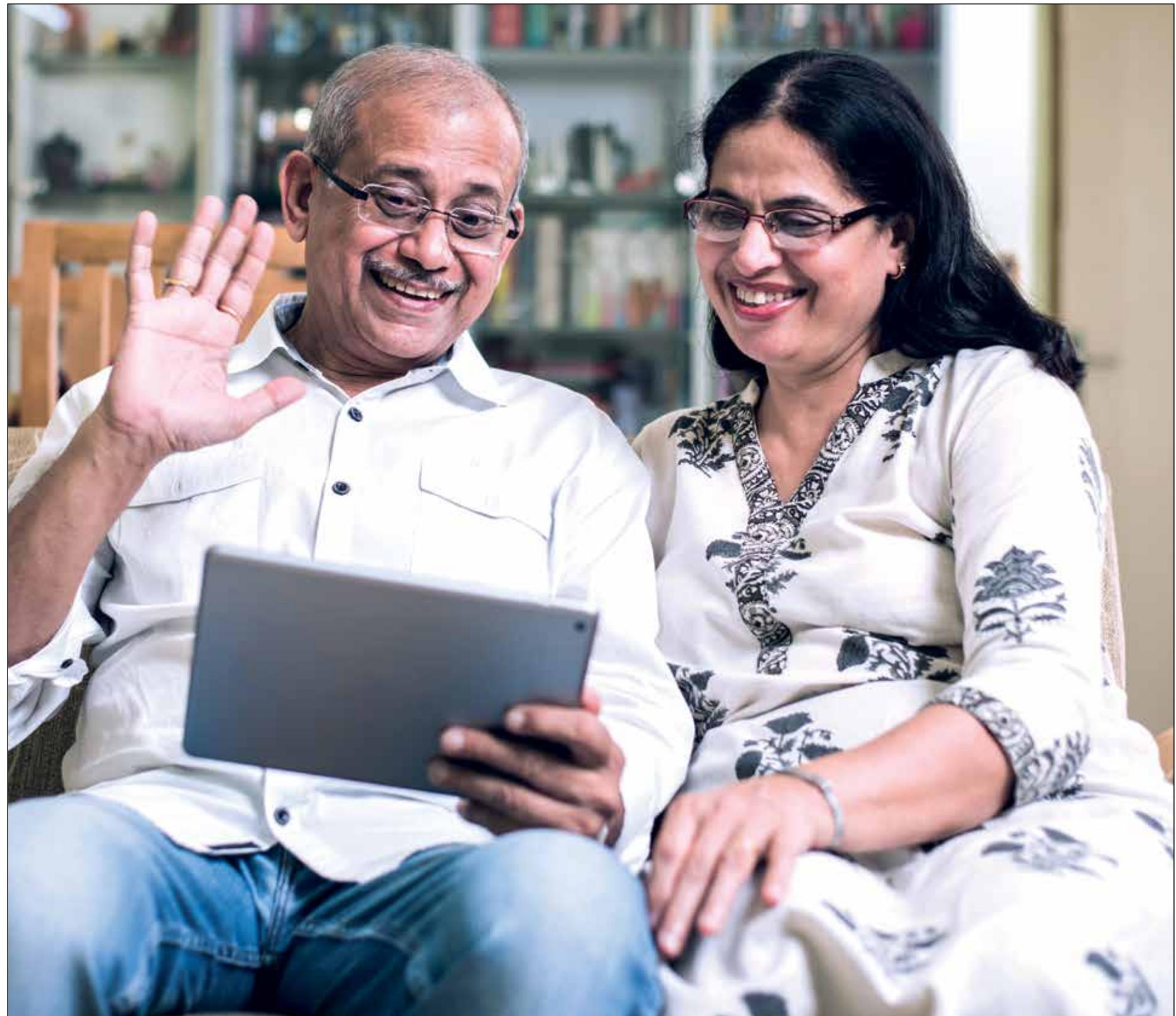


Father's Day GUIDE



Celebrating from Afar



Ideally, we want to celebrate Father's Day in the presence of dear old dad. However, living in different locations on the globe can make it difficult. Even if you will be apart this holiday, there are several ways to make your father feel appreciated.

VIRTUAL GATHERING

Modern technology makes it easier than ever to stay connected with our families from afar. Take advantage of video-calling software to set up a dinner date or conversation. If a meal is in the cards, consider a gift certificate or even calling his favorite restaurant and purchasing a delicious dish. Make sure to host the call in a quiet environment so you can both have quality one-on-one time. Don't forget to consider time zone differences, you may have to adjust your schedule to ensure the dinner is a success.

MAKE FUTURE PLANS

You can give your dad something to look forward to by planning a something for the next time you are in town. You should consider activities he is fond of and plan an exciting day around the event.

Here are some ideas that dads will love.

A day on the links at his favorite golf course, or a new location he wants to experi-

ence;

A fishing trip with expert guides to reveal the sweet spots on the lake; and

Tickets to a sporting event

to see his favorite team.

THEME BOX

Think of your father's favorite interests to create the per-

fect care package for his special day. You can fill it with DVDs of his favorite shows or movies, drinks or foods, or gear for his favorite hobbies.

Wholesome Father's Day Quotes

If you're having trouble finding the words to tell your father how much he means to you, these wholesome quotes can give you inspiration. Whether you write them in a card or recite them in person, these words will go straight to his heart.



MGM/PUBLIC DOMAIN

"I am not ashamed to say that no man I ever met was my father's equal, and I never loved any other man as much." — **Hedy Lamarr**

"Anyone can be a father, but it takes someone special to be a dad, and that's why I call you Dad, because you are so special to me." — **Wade Boggs**

"Lately all my friends are worried they're turning into their fathers. I'm worried I'm not." — **Dan Zevin**

"My father gave me the greatest gift anyone could give another person. He believed in me." — **Jim Valvano**

"Being a daddy's girl is like having permanent armor for the rest of your life."
— **Marinela Reka**



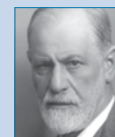
PUBLIC DOMAIN

"It's only when you grow up and step back from him — or leave him for your own home — it's only then that you can measure his greatness and fully appreciate it." — **Margaret Truman**



PUBLIC DOMAIN

"No man stands taller than when he stoops to help a child." — **Abraham Lincoln**



PUBLIC DOMAIN

"I cannot think of any need in childhood as strong as the need for a father's protection."
— **Sigmund Freud**

"I believe that what we become depends on what our fathers teach us at odd moments when they aren't trying to teach us. We are formed by the little scraps of wisdom."
— **Umberto Eco**

"My father didn't tell me how to live; he lived and let me watch him do it."
— **Clarence B. Kelland**

"A good father is one of the most unsung, unpraised, unnoticed and yet one of the most valuable assets in our society." — **Billy Graham**

"It's easier for a father to have children than for children to have a real father."
— **Pope John XXIII**

Celebration Ideas for Kids

Children may not completely understand the significance of Father's Day, but they do know they love and appreciate dad.

Show them an exciting way to honor the man in their life with a thoughtful gift that will strengthen their bond.

Here are some ideas for kids of all ages to show their appreciation to their daddy.

ARTS & CRAFTS

Children excel at creating personalized gifts to share with their loved ones. Encourage them to create a loving card or poster that displays their favorite activity they share with dad. With tools like finger paint, markers, or crayons, kiddos can make a thoughtful keepsake that their father can keep and share. Consider making hand- or footprint molds of children who are too young to participate in arts and crafts. Don't forget to date it so dad can look back on how much they have grown through the years.

PLAN AN ACTIVITY

Before the big day, ask dads about the memories they most cherish about their own fathers. For instance, if attending a sporting event or spending time outdoors are memorable, consider planning an activity for him to



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share with his children. It doesn't have to be an expensive outing, as time spent with his family will be appreciated more than a lavish experience or gift.

FOOD FEST

The way to a man's heart is

through his stomach. With the help of a child, build a day that revolves around feeding dad his favorite meals. Start with making a healthy breakfast in bed. Be sure to create a menu based on kid-friendly preparation so they feel involved. Foods like high-pro-

tein eggs, cereal and a fruit plate are great options to give dad the energy to spend the rest of the day ... eating.

Lunch can be at his favorite park or hiking spot. Consider packing a picnic that can be shared with his kiddos in the great outdoors.

If he has plenty of room left for dinner, steaks on the grill or reservations to his favorite restaurants are great options. Make sure the eating establishment is child-friendly as they should have an important presence throughout the entire day.



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A Subscription Box for Every Dad

If you're hunting for a Father's Day gift for the dad who has everything, consider a mystery box.

They are an awesome option to surprise him over and over throughout the year with new gear or grub to enjoy.

If you're unfamiliar with subscription boxes, they are

basically a care package filled with niche items. They have gained so much popularity over the last few years that it's easy to find the perfect one to meet the dad in your life's needs.

Here are some unique ideas to consider.

FOR THE FISHERMAN

There are numerous companies who offer a mystery tackle box packed with new lures, line and other accesso-

ries that make his time on the water more fulfilling.

FOR THE FASHIONABLE DAD

There comes a time in every man's life when socks go from a "blah" gift to one of the best things on earth. With a subscription, he can enjoy fresh options all year. You can choose from options with funny dad jokes or go luxurious with high thread counts and memory foam.

FOR THE KID AT HEART

You can buy a subscription to boxes full of geeky and nostalgic mystery items to bring dad back to his childhood. From video games to gear from his favorite comic book heroes, there is something for everyone.

FOR THE COOK

If dad is passionate about cooking, consider a box that delivers on ingredients and new recipes.

Most companies offer different levels based on how many people they plan to feed. It's a great option to create fresh dinner ideas.

FOR THE SPORTS FAN

Sports enthusiasts can score a ton of gear from their favorite teams with a sports-themed box.

Each month, they can expect to discover apparel, collectibles and memorabilia in their mailbox.

Father and Son Duos in Film

It's no secret that boys look up to their dads, even in Hollywood. In many popular films, father-and-son duos took over the silver screen and shared their passions for acting with the public.

Here are a few of the most popular movies you can witness these fathers and sons.

“THE PURSUIT OF HAPPYNESS”

Will and Jaden Smith

The duo made their collaborative acting debut in this award-winning film released in 2006. The film follows the Smiths through hardships and despair while the elder takes a chance on a new career. The portrayal of this wholesome journey earned Will Smith a nomination for an Academy Award for best performance by an actor in a leading role.

The pair would later team up in the 2013 post-apocalyptic film, *After Earth*.

“ZOOLANDER”

Ben and Jerry Stiller

In this 2001 comedy, Derek Zoolander (Ben Stiller) falls from the spotlight as a male fashion model and his world is quickly turned upside down when he becomes a pawn in an assassination attempt. During his struggle to reclaim fame, his quirky agent, played by his father, finds himself wrapped up in the plan. The father-son duo also appeared in “*Heavyweights*,” “*The Heartbreak Kid*,” and “*Hot Pursuit*.”

“HARRY POTTER”

Brendan and Domhnall Gleeson

Before Domhnall Gleeson's addition to the *Star Wars*' franchise, he played Bill Weasley in the immensely popular *Harry Potter* series, alongside his father Brendan who portrays Mad-Eye Moody. The Gleeson clan consists of even more actors and movie industry aficionados. In 2019, Brendan starred and directed “*Psychic*” alongside Domhnall and Brian Gleeson. His other child, Rory is credited with writing the short film, and son Fergus composed the music.



GABBOT/CREATIVE COMMONS

Brendan and Domhnall Gleeson

Help Dad Learn a New Skill

Show your father your appreciation for all he is by helping him learn a new skill. Whether it's lessons to acquiring a second language or taking up a new sport, there are numerous health benefits included, both physically and mentally.

Before purchasing a gift certificate for the new skill, make sure it's something your dad is interested in.

SECOND LANGUAGE

According to the American Council on the Teaching of Foreign Languages, learning a new language has numerous benefits for dads to gain. Here are a few of the biggest.

- Connect with a new group of people.
- Boost the cognitive function by enhancing memory, problem-solving and critical-thinking skills.

- Encourages confidence by moving out of your comfort zone.

Finding a qualified tutor or proficient software is easy, choosing between the two avenues depends on which makes your father more comfortable. Learning one-on-one can be easier when getting started. Instead of signing him up for a class with multi-



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ple students, search for a tutor who offers personal lessons. When searching for different options, inquire about their teaching methods, if they tailor a program or use general learning tools and how well they explain grammar.

If learning at home with a program sounds like a better idea, do your research on several different software. Search

for reviews regarding other language learners' experiences and results. Some of this software can be expensive, so it's important to know what you are buying.

SPORTING LESSONS

If your dad is an athlete or determined to ditch a sedentary lifestyle, lessons or training in a sport will make a great gift. Here are a few fun

ideas to consider.

GOLF

The sport of golf is played by 55 million people in 206 countries worldwide. According to the National Institutes of Health, the physical activity associated with the game is associated with physical health benefits that include improved cardiovascular, respiratory and metabolic profiles.

Encourage dad to take the lessons and show off while gaining awesome physical benefits.

BOWLING

If you live in colder weather, bowling can be enjoyed in comfort all year. Learning the game will help participants burn calories, strengthen muscles and improve their social lives.

The Benefits of Dad

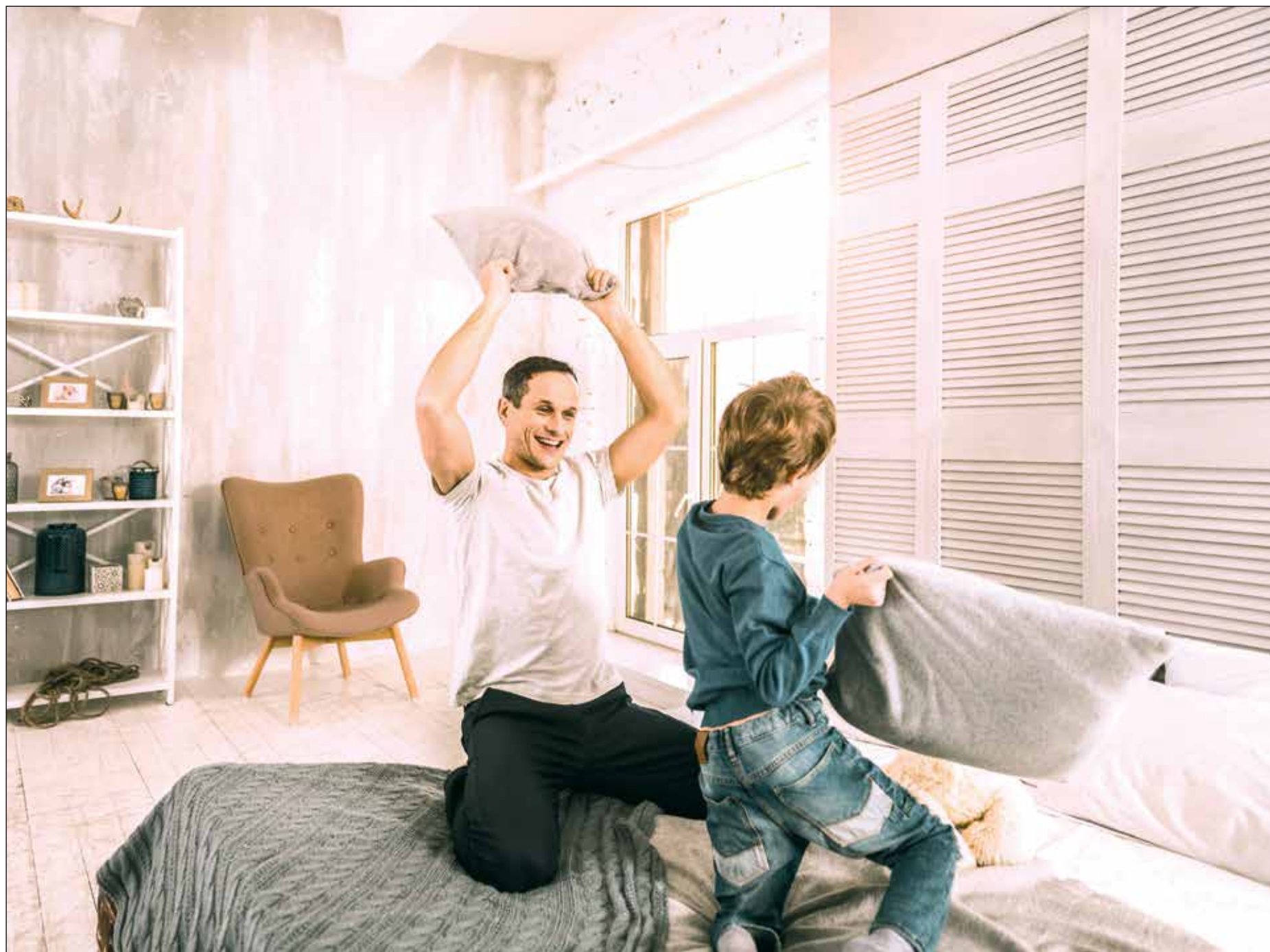
The first Father's Day in the United States was celebrated on June 19, 1910. However, it wasn't until 1972 when President Richard Nixon signed the nationwide holiday to celebrate dads into law. This was 58 years after Mother's Day was made official by Woodrow Wilson.

This year, the occasion is on June 16. Show the fathers in your life how important they are during this special time. For the dads, pat yourself on the back and check out these amazing benefits your children gain from having you in their life.

STORY TIME BENEFITS

In a recent study by the Journal of Applied Developmental Psychology, parents were analyzed while reading wordless stories to their children. The data scrutinized an adult's mean length of utterance, which references the average length of the sentences a child uses. Results discovered that fathers had an impact on their kids' development that went "above and beyond" mothers.

This study is meant to high-



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light the contribution of dads and their children's early academic development.

ROUGHHOUSING BUILDS SKILLS

When fathers roughhouse during playtime, children learn to evaluate risk, problem solve and manage excitement and aggression. Experts

at National Geographic say these lessons are best learned in a safe environment where nobody gets hurt, rather than being exposed to them in a compromising situation. Of course, the level of roughness dads use should largely depend on the age, size and feelings of a child. With the right balance, it introduces a

great skill-building experience.

DADS AND THEIR DAUGHTERS' CAREERS

You may not realize how much your daddy's girl looks up to you. However, according to a study by Psychological Science, it was revealed that the strongest predictor of

girls' career goals and attitudes toward traditional gender roles was whether their fathers did or didn't pull their weight around the house. Showing a strong sense of responsibility with the household chores can actually improve an impressionable daughter's chances to pursue a higher education and career.