

Father's Day



Celebrate the Outdoors

If your dad is an outdoorsman, take advantage of the warmer temperatures to explore the outdoors.

From fishing to camping, celebrating Father's Day outside creates wholesome memories and a way to build the family bond. Explore your community to find engaging activities that show dad you care while making a connection with nature.

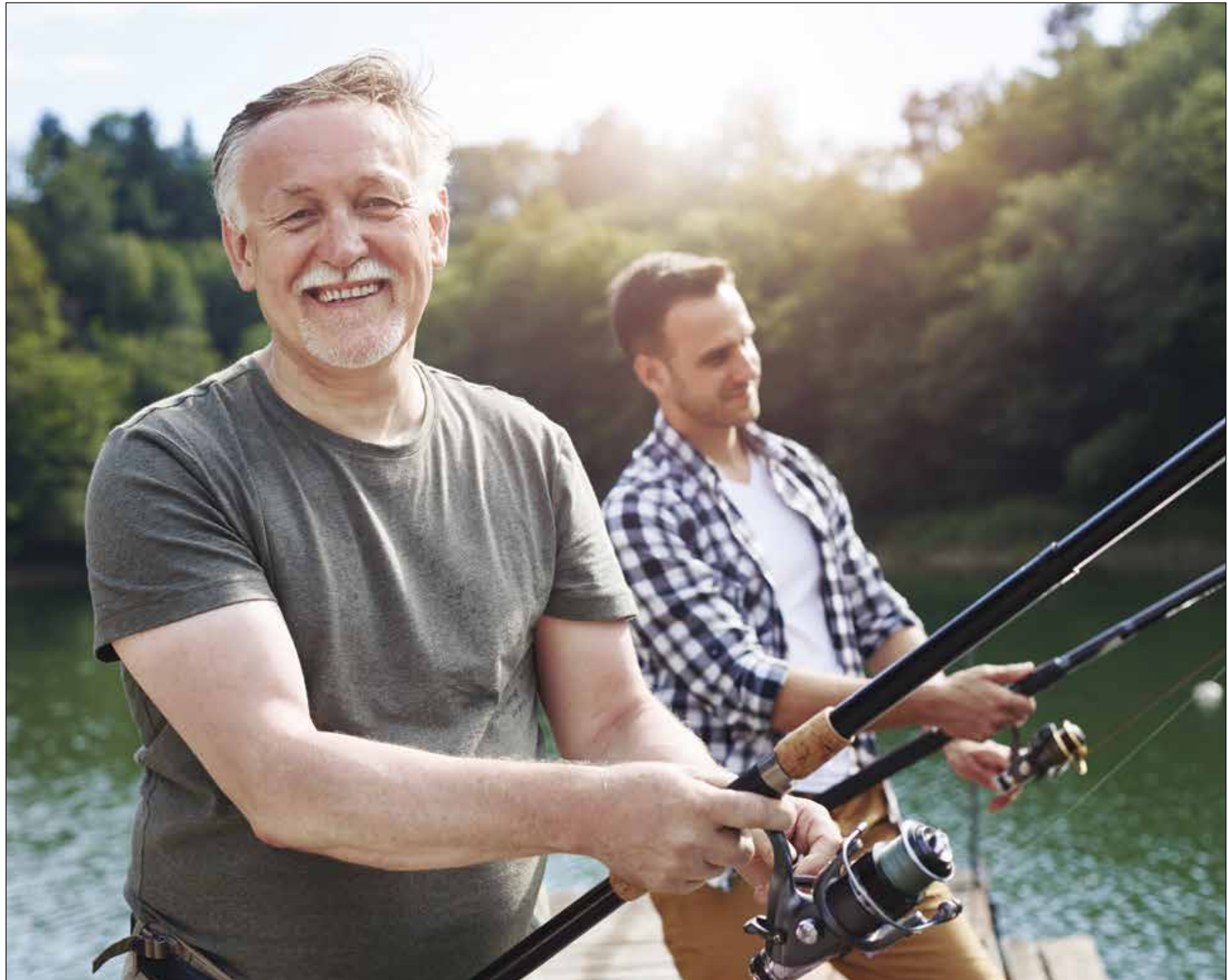
If you are new to outdoor life, ask friends and family for their favorite spots to spend time. It is also beneficial to recruit a tour guide. If your dad refuses to accept gifts for Father's Day, an exciting weekend getaway can make a perfect experience.

FOLLOW THE RULES

If you decide to take a fishing or hunting excursion, do so legally. Check your local laws, so you have the proper licensing and documentation to stay out of trouble and help the environment flourish.

According to the United States Fish and Wildlife Service, in 2018, fishing licenses sales generated more than \$700 million annually across the nation. Revenue is put back into nature by directly supporting conservation and restoration.

Here are some other ways your Father's Day weekend purchases contribute to the



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ecosystem, according to the United States Fish and Wildlife Service.

- A tax of 10% on the sale price of sport fishing equipment.
- A tax of 3% on the sale price of electric outboard boat

motors.

- A tax on motorboat and small engine fuel.
- By paying these fees, you're helping habitat restoration, protection, land acquisition and public access for fishing and boating.

GO CAMPING

You don't need an expensive motorhome to enjoy your time sleeping under the stars. A camping trip can be an affordable trip that requires little gear. Check the weather forecast to ensure you're not

caught in unfavorable conditions like rain or thunderstorms. Don't forget to let others know where you will be staying. This safety measure ensures officials will know where to search in case you get lost in the wilderness.

Honoring a Fallen Father

Father's Day should be a special occasion, even if your dad is no longer living. Use the holiday to honor the lessons he taught and reflect on how you use his message to benefit your own family.

While the holiday may be a bittersweet event after losing your dad, honoring his legacy will create a beneficial way to cope.

Attempting to overcome the feelings associated with the loss of a loved one can cause confusion and anger in people. The American Psychological Association suggests that using social support and healthy habits can make the experience more tolerable. Here are a few ways the association recommends moving on while commemorating a life lived.

- Talk about the death of your loved one.
- Accept your feelings.
- Take care of yourself and your family.
- Reach out and help others dealing with the loss.
- Remember and celebrate the lives of your loved ones.

If you find it difficult to focus on your daily life as you struggle with acceptance, reach out to a psychologist in your local area. Their expertise is valuable to help handle fear, guilt or the anxiety that arises



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after the loss of a loved one.

REMEMBERING DAD WITH A LETTER

Creating a handwritten letter can help you sort out emotions and document your thoughts and feelings. Within the draft, tell dad about significant

events in your life and share news about his family. You may find it beneficial to jot down how much you miss him and how you attempt to cope.

Once you're finished, decide if you will share the note with your loved ones or keep the letter as a personal memento that

you can look back on throughout the year.

LOOK THROUGH PHOTOGRAPHS

You can teach your children about their grandfather by reminiscing through family pictures. When looking into

memories of the past, discuss the setting of the photo and talk about things you remember from the day. This will give you a chance to express your feelings about your deceased father while teaching a younger generation about all the great things he did for your family.

Enjoy a Local Brewery at Home

Craft brewery sales made up 13.2% of the United States beer market in 2018, according to the Brewers Association.

If your dad is a fanatic of IPAs, porters or stouts, consider purchasing him some goodies from a local craft brewery. You may even be able to take a virtual tour online that shows off a more personal look into their processes compared to their big-beer counterparts.

If you're spending this Father's Day away from your dad, you can still arrange a gift that quenches his thirst for craft beer. Do a little research to find companies that offer subscription boxes that deliver a variety of beverages each month. Try to view a few different options to find the best deal and exclusive introductory benefits. Your dad's favorite beers will be delivered right to his doorstep.

However, if you can celebrate a tour, here are a few things to expect when booking your time slot.

BOOK IN ADVANCE

Father's Day weekend is a busy time for breweries that offer tours. Make sure to book in advance and find out if you need to make a deposit to hold your reservation. Ensuring that your place is secure can help the day go off without a hitch. Another con-



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sideration you should make is the driving arrangement. Because most breweries offer samples or tastings, finding a designated driver or ride-sharing service is optimal.

REVIEW THE BUSINESS

You should also research

the different breweries in your area for information on possible offerings. Check online reviews or ask friends for their recommendations for the best value. You may be able to find a private tour option from your local brewery, as well. When researching

local businesses, look for an itinerary that covers the following:

- An in-depth look at the history of the brewery.
- A thorough overview of the brewing process.
- Technical specifications showing the type of equip-

ment used during the process.

- A chance to ask the brewer or tour guide questions about the operation.

A unique tour requires a brewery that is willing to give customers an involved look into how their favorite beers are created.

The Backyard Entertainer

If your dad is an aficionado in outdoor cooking or known for his backyard gatherings, you should consider a gift that enhances the way he entertains.

GRILL/SMOKER COMBO

Save space on his patio or entertainment area by combining two of the most important components of outdoor parties: a grill and a smoker. Dads take mastering cooking equipment that impresses their guests seriously, so a quality unit is preferable.

Before deciding on a new appliance, make sure it is compatible with his fuel source. Find out if the existing grill is powered by gas, natural sources like wood or charcoal or if an electrical connection is used. If the new grill/smoker combo requires electricity and your dad doesn't have an outdoor outlet, hire an electrician to safely install one.

ENHANCE THE OUTDOOR AREA

Does your dad have a dedicated space in his backyard where he entertains? If not, you can spruce up the area by getting him new patio furniture, an outdoor bar or a patio. While undertaking a construction project may be expensive, the addition to the property can enhance the value of your home.

You can also work on sprucing up the yard for dad this Father's Day. Consider adding new landscaping edging or setting up an agreement with a contractor to take care of that old tree in the backyard that needs to be removed. Think creatively and help dad remove some things that have been on the honey-do list for a while.



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OUTDOOR ELECTRONICS

Investigate outdoor sound systems that are weatherproof and offer quality sound. Today, you can find options that add to the landscape, such as decorative rocks with built-in speakers or solar-powered lanterns that

provide big sound.

You can even bring sporting games or other televised events to another level by installing a television near the gathering space. Make sure to include a weatherproof box and mount it in a convenient area.

Consider connecting it to a quality surround sound system with wireless speakers that are distributed throughout the yard.

Whatever you decide to get dad for Father's Day this year, an outdoor gift is always a safe bet.

Golfing Lessons

Encourage dad's golfing hobby by gifting him lessons from an expert for Father's Day.

Even if he is already a self-proclaimed expert on the greens, a new perspective from a professional can show him ways to improve his game. If golf isn't already an interest in his life, lessons can inspire him to partake in a wholesome activity that offers immense health benefits.

According to the European Institute of Golf Course Architects, these physical advantages can be gained by hitting the links.

- **Heart health.** Walking, carrying clubs and swinging will increase your heart rate and blood flow. The Norwegian Golf Federation finds that an 18-hole round will increase heart rate to about 100 beats per minute.

- **Brain stimulation.** The Alzheimer's Society says that physical activity on the golf course provides a steady blood supply, which is critical to brain function.

- **Weight loss.** A study by the NGF found that an 18-hole round of golf can burn up to 2,500 calories in male players.

If you're thinking of gifting dad a healthy and entertaining gift of golfing lessons, here are some factors to consider from the Professional Golfers Association.



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ACCREDITATIONS AND EXPERIENCE

Finding a coach who is accredited by the PGA will offer the most in-depth training. Ask the expert about their experiences in golfing and if they partake in continued education through training. You can also find out more about

an expert by asking for referrals from other trainees. Ask them about their experience, positive results and how comfortable they were during lessons. You will also want to provide the level of golf experience that your father has so the professional can adjust his coaching technique.

DO THEY PROVIDE FOLLOW-UP COMMUNICATIONS?

An expert should be willing to follow-up with your father after the lessons are completed. Of course, they may charge for additional education, but working with the same professional will allow

for consistency in style of play. Once dad gets out on the links to demonstrate what he's learned, questions or concerns will likely arise. Before hiring the coach, ask if he will be available for continued lessons or even open to video chats or phone calls for continued learning.

Plan a Daddy-Daughter Date

When a girl has dad wrapped around her little finger, a daddy-daughter date is a wholesome way to spend the holiday. This Father's Day, create everlasting memories by spending the day with your daughter.

Studies show that a strong bond between dads and daughters has significant effects on her life as an adult. Researchers have found that when a father is involved in his child's life, there are benefits for the child's self-esteem and education, and the child is more likely to graduate from high school.

Moms and dads are the first true love our children find. It is critical to be a positive example as a father, so your daughter sets her expectations high for men who enter her life. Here are some ways to spend a wholesome daddy-daughter date regardless of your favorite little lady's age.

GO ON A FAMILY PICNIC

Packing a nutritious lunch for a picnic is a relaxing way to share a meal and enjoy nature. Don't forget to bring a comfortable blanket. Pack dad's favorite foods and a special treat for his little girl.



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Look for an area outside with lots of room.

Consider bringing along fun games like Frisbee or tossing a football around. A little exercise together after your lunch can boost the rest of your day.

HAVE A BACKYARD ADVENTURE

Give dad a chance to show off his knowledge of setting up the tent and starting a backyard fire with the perfect staycation camping experience.

Don't forget to look up a few great stories to share around the campfire. And what camping night would be complete without s'mores and hot chocolate. Go the extra mile to show your daughter you value her.

STAY HOME

A fun daddy-daughter day doesn't have to be an elaborate affair. Make a simple meal together at home. Then put on some music and clear the living room so daddy and daughter can dance.

Celebrate His First Father's Day

While dad may downplay the significance of celebrating his first Father's Day, rest assured that it means more to him than he may show.

You can make a big deal out of his excellence as a dad by treating him to gifts like more free time, his favorite meal or an affordable gift from his little one.

You don't have to break the bank to show appreciation for a new father. Instead, consider one of the following gift ideas to show appreciation. Better yet, get creative and use our ideas for inspiration to pull off a custom gift perfect for dad.

A LITTLE ME TIME

Give dad the afternoon off by taking over his regular chores around the house. The first-time dad will appreciate a couple of hours in the afternoon to watch a movie or enjoy a hobby. Plan ahead by purchasing his favorite snacks or drinks to enhance his free time.

MAKE A GIFT FROM BABY

While your little one may be too young to understand Father's Day's importance, creating a gift from baby is a heartwarming gesture that fathers appreciate. Consider making a personalized gift with nicknames that dad gives his little one or make a traditional



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gift like a mold of their handprint or footprint. The keepsake will be one that fathers cherish.

BRING HIM BACK TO HIS CHILDHOOD

Consider finding a favorite

board game or toy that dad adored when he was a child. This allows him to share his passion as a youngster with his new baby.

Whether it be a remote-control car or an iconic action figure, the kid at heart will appre-

ciate a blast from the past.

PREPARE HIS FAVORITE MEAL

If you oversee the grocery shopping in your household, plan to add his favorite foods to the list. Or, if a new baby

makes it too difficult to prepare a gourmet meal, you should consider pickup from his preferred restaurant in town. If the saying is true that the way to a man's heart is through his stomach, make his first Father's Day one to remember.