

# Father's Day



# Gifts: Beyond the Tie

Gone are the days when a new tie — year after year — might suffice for a Father's Day gift.

Today's fathers are unwrapping experience gifts, hobby gear, nostalgic items and more.

Here's a look at some ways to celebrate Dad this year, no tie required.

## EXPERIENCE GIFTS

Think not just about what Dad would like to have, but what he would like to do. Is he adrenaline-curious and has always wanted to try out skydiving? Or maybe he's dreamed of a guided fishing trip to discover a hidden gem of a fishing hole in the area. Perhaps he's dreamed of pushing the pedal to the metal in a supercar on the track.

To keep an experience gift affordable, think local. Your area is probably packed with giftable experiences. A barbecue restaurant that offers classes, a local drone outfitter that offers instruction, tickets for a tasting experience at a local brewery or an annual pass to a local museum could fit the bill. If Dad loves animals, you could even look into arranging a one-on-one experience with an animal at the local zoo.



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## HOBBY GEAR

If Dad has a favorite hobby, visit local retailers for either a gift certificate or that high-end piece of gear he hasn't already treated himself to. A new kayak, surfboard or stand-up paddle board could give Dad hours of enjoyment on the water. Tech-savvy dads might like the newest 3-D printer. How about a new pair

of high-quality binoculars for the dad who's a birder? If he enjoys spending time in the kitchen, consider buying him a high-quality piece of cookware, such as a Le Creuset Dutch oven.

Whatever dad enjoys doing in his spare time, there's likely a piece of gear he wants or needs. All you have to do is wrap it up.

## GIFTS OF YESTERYEAR

Eighties, nineties and 2000s nostalgia is having a moment. If Dad is Gen X, Gen Z or a Millennial, consider asking some sly questions about his favorite gaming systems back in the day, and purchasing either an authentic vintage system or a simulator.

While it's rare to find

working game cartridges from these eras, reproductions are available.

If Dad has been a baseball fan since the 50s, consider purchasing an audiobook about baseball radio broadcasting of decades past.

You could even order gear from a favorite team that no longer exists, such as a jersey from the Brooklyn Dodgers.

# Celebrate Close to Home

Father's Day is less about gifts and more about time well spent.

Communities across the country offer no shortage of ways for families to celebrate together. From parks and fishing holes to car shows, ball-games and neighborhood restaurants, local options can turn a simple Sunday into something memorable.

## PARKS

Outdoor gatherings like picnics and barbecues are consistently among the most popular Father's Day traditions, offering space for both play and conversation.

For families who want to keep things relaxed and meaningful, parks remain one of the easiest and most affordable ways to celebrate. Pack a picnic, bring a football or Frisbee, and spend the afternoon outdoors. Many communities maintain updated park listings and amenities through resources like the National Recreation and Park Association ([www.nrpa.org/our-work/parks-recreation/](http://www.nrpa.org/our-work/parks-recreation/)).

## FISHING

Fishing is another classic option that blends relaxation with hands-on fun. Local lakes, rivers and stocked ponds often host special events or derbies around Father's Day weekend. Families can find nearby public fishing locations and regulations through state wildlife



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agencies.

Whether it's teaching kids to cast a line or simply enjoying the quiet together, fishing trips are a time-tested way to connect.

## CAR SHOWS

For dads who love engines and nostalgia, car shows are a natural fit. Many towns host weekend events featuring classic cars, live music and food vendors. These gatherings are typically family-friendly, with activities for kids and opportunities to

meet fellow enthusiasts. Sometimes you'll find games, raffles and entertainment alongside the vehicles themselves.

## SPORTS

Sports fans can turn Father's Day into game day. Minor league baseball parks, local soccer clubs and regional tournaments often schedule games during the holiday weekend. The shared excitement of a live sporting event creates an experience that feels special without requiring

long-distance travel. Attending local games is frequently cited as a go-to Father's Day activity for sports-loving families.

## A MEAL OUT

Food also plays a central role in many Father's Day traditions. Local restaurants, barbecue spots, steakhouses and brunch cafes often feature special menus or family-friendly promotions. Dining out not only treats Dad but supports small businesses in the community. Many families

opt for casual, hearty meals or outdoor patios where everyone — including kids — can relax and enjoy the day together.

## BE ENTERTAINED

Entertainment venues round out the options. Movie theaters, live music stages, fairs and festivals are good choices and frequently offer events that coincide with Father's Day weekend. Large regional fairs combine rides, food and live entertainment into one all-ages experience.

# Teaching Kids Financial Skills

Fathers are often providers and role models. An important lesson they can model for their children is financial literacy.

Evan at a young age, dads can introduce budgeting, saving and investing. The benefits can last a lifetime.

## WHY IT MATTERS

Financial habits form early and last into adulthood. Good habits can translate into a higher net worth, according to the FDIC. Kids who learn money skills early are more likely to budget, save and avoid debt later. Financial literacy also builds confidence, independence and decision-making skills.

## CRITICAL SKILLS

**Saving and delayed gratification.** Introduce savings goals, such as saving up for a toy or experience. This builds patience and long-term thinking.

**Earning money.** An allowance, or specific payments for chores or small jobs, reinforces the connection between effort and income. It also teaches children to manage small amounts of money.

**Budgeting.** Show how money is allocated for expenses such as spending, saving and giving. This helps kids make intentional decisions.

**Smart spending and avoiding debt.** Teach kids about



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comparison shopping and the consequences of overspending and carrying a large load of debt.

## PRACTICAL TEACHING

Use everyday moments to teach financial skills. This can include grocery shopping, paying bills and planning vacations.

Using digital tools could significantly enhance financial literacy and well-being, according to the international Organisation for Economic Co-operation and Development.

The National Credit Union Administration's website ([mycreditunion.gov](http://mycreditunion.gov)) offers online games to help you have smart money conversations with

your children while you play. The World of Cents teaches children about earning, saving and spending through a match game with coins. Hit the Road is a game about earning and spending using a trip across America.

Answer your child's financial questions without judgment. Most importantly, lead

by example with your own money habits.

Kids learn more from what their parents do than what they say.

Teaching money skills is not about wealth; it's about responsibility and independence. Emphasize that small, consistent lessons matter more than perfection.

# DIY Projects with Dad

In a world filled with screens and packed schedules, carving out time for hands-on projects with Dad can be both meaningful and practical. It's a great way to spend Father's Day.

Shared activities create lasting memories while teaching valuable life skills.

The best part? Many of the tools and materials you need can be found at local hardware stores, garden centers and specialty shops, so you'll be supporting your community while you build something together.

## START WITH SIMPLE WOODWORKING

Woodworking is a classic starting point for DIY projects. You don't need a full workshop to begin — just a few basic tools and a manageable idea. Projects like a birdhouse, picture frame or small shelf are perfect for beginners and kids alike. These builds introduce measuring, cutting and assembling. These skills can translate into confidence and problem-solving abilities.

Check out beginner-friendly plans from resources like Family Handyman ([www.familyhandyman.com](http://www.familyhandyman.com)) or Ana White ([www.ana-white.com/woodworking-projects](http://www.ana-white.com/woodworking-projects)), which offer step-by-step instructions. Then head to a local hardware store or lumber yard, where staff can often help you select the right materials and even make initial cuts.

## FIRE UP THE GRILL

Grilling isn't just about food, it's



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about technique, timing and tradition. Teaching kids how to grill safely introduces them to cooking fundamentals while creating an opportunity to connect over a shared meal. Start with simple recipes like burgers, kebabs, or grilled vegetables before moving on to more advanced techniques like indirect heat or smoking.

For guidance, the Weber Grilling Guide ([www.weber.com/US/en/blog/burning-questions](http://www.weber.com/US/en/blog/burning-questions)) offers accessible tips for all skill levels. Local butcher shops and farmers markets are excellent places to source high-quality meats and fresh produce, and they often provide cooking advice you won't find in a big-box store.

## GROW SOMETHING TOGETHER

Gardening is one of the most rewarding DIY activities, especially for families. Whether you have a large backyard or just a few containers on a patio, growing herbs, vegetables or flowers teaches patience, responsibility and environmental awareness.

Start with easy-to-grow options like tomatoes, basil or lettuce. The Old Farmer's Almanac planting guides ([www.almanac.com/gardening/planting-calendar](http://www.almanac.com/gardening/planting-calendar)) helps you determine what grows best in your region and when to plant. Visiting a local nursery not only ensures you get plants suited to your climate but also gives you access to expert advice tailored to your area.

## WHY LOCAL MATTERS

Shopping locally adds another layer of value to these projects. Local retailers often provide personalized service, product knowledge and a sense of community connection. Kids see firsthand how supporting small businesses contributes to their neighborhood's vitality.

## BUILDING MORE THAN PROJECTS

At the end of the day, the finished birdhouse or perfectly grilled burger is just a bonus. The real outcome is time spent together — learning, laughing and building something meaningful.

# Eye on Dad's Health

Father's Day is a time to celebrate the men who show up, provide and care for their families — but it's also a reminder that their health matters just as much as everything they do for others.

Encourage the men in your life to pay attention to warning signs, schedule checkups and prioritize preventive care. It isn't just good advice — it's one of the most meaningful ways to help ensure they're around for many more years to come.

Men often delay or avoid care. Studies show many men skip routine checkups or ignore early symptoms, even though early detection dramatically improves outcomes.

Cultural and behavioral factors play a major role. Men often cite a strong belief in self-reliance: the idea that they should be able to handle their health issues on their own, according to Dignity Health. Others say time constraints, cost concerns or fear of bad news are factors.

## TAKE ACTION

Even minor or vague symptoms should be evaluated if they persist. Early care often means simpler, more effective treatment.

Here are some common



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symptoms and conditions that are frequently dismissed but can signal serious underlying problems.

### Chest pain or pressure.

This is one of the most urgent warning signs. Heart disease remains a leading cause of death among men, and symptoms may be mistaken for indigestion or stress. Ignoring chest discomfort can delay life-saving treatment.

### Snoring and sleep problems.

Loud, chronic snoring may indicate sleep apnea, a condition linked to high blood pressure, heart disease and fatigue. Left untreated, it can significantly increase long-term health risks.

**Urinary changes or erectile dysfunction.** Difficulty urinating, weak flow or sexual dysfunction can be early indicators of prostate problems, diabetes or cardiovascular disease. These are often

brushed off as “normal aging,” but they warrant medical evaluation.

**Unusual lumps, especially in the testicles.** Testicular cancer is rare but most common in younger men. Early detection through self-exams and clinical screenings is highly effective.

**Skin changes or new spots.** Men are at higher risk of developing — and dying from — skin cancer, partly due to

delayed detection. Any new or changing mole should be checked promptly.

### Mental health symptoms.

Stress, depression and anxiety often go untreated in men due to stigma. This can lead to serious consequences, including substance abuse or suicide. Preventive mental health care is just as critical as physical care.

## PREVENTIVE RECOMMENDATIONS

The good news is that many of the most serious health threats facing men are preventable — or manageable — when caught early.

Annual physicals are critical, even when you feel healthy. Many life-threatening conditions have no early symptoms. Routine checks for blood pressure, cholesterol, blood sugar and certain cancers can identify risks early. Prostate and testicular screenings should be discussed with a doctor based on age and risk factors.

Tracking key metrics like blood pressure, glucose and body mass index provides a clear picture of overall health and risk.

Regular exercise, balanced nutrition, adequate sleep and limiting alcohol intake all reduce the risk of chronic disease.

Mental and physical health are deeply connected. Talking to a professional or trusted support system can prevent small issues from becoming crises.

# Dads' Roles Are Changing

Modern fathers are redefining parenting. They're more involved in their children's lives than ever before, and are more emotionally engaged and vulnerable with their children.

Here's a look at how the landscape has changed for dads over the past several decades.

## PARENTING STYLE

Modern fathers are more comfortable modeling vulnerability and emotional expression, challenging older, more rigid parenting norms.

A father's involvement is critical in social-emotional development in early childhood, according to research published by Early Childhood Research Quarterly. "Research consistently demonstrates that father-child interactions are vital for fostering children's social-emotional skills," the authors say. Dads' roles are increasingly "moving beyond the traditional role of fathers as breadwinners to a broader understanding of their participation in child-rearing," researchers write.

Anecdotally, there is evidence that dads are taking this mandate seriously. Social media has an abundance of



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accounts with dads documenting their efforts to foster their children's emotional growth. The YouTube channel Dads University encourages fathers to teach their kids emotional intelligence.

## STAY-AT-HOME DADS

Approximately 2.1 to 2.2 million fathers in the United States are stay-at-home dads — representing roughly one in five stay-at-home parents, according to data from the U.S.

Census Bureau and Pew Research Center. That's up from just 11% in 1989.

This results in stronger emotional bonds with their children and direct involvement in daily development, says Fathercraft, a business started by two dads who designed a diaper bag for fathers.

But the retailer says these dads also face new challenges, including financial strain and persistent social stigma. While only 5% of working dads live

in poverty, that number is a whopping 40% for stay-at-home dads, according to Census Bureau data.

## CO-PARENTING ARRANGEMENTS

Single dads also are rewriting their parenting roles. The every-other-weekend model of visitation has been thrown out the window. Today, many single dads have their children with them 50% of the time.

Substantial time with both

parents fosters secure attachments, higher self-esteem and fewer mental health issues, according to research published by the National Institutes of Health.

About 40% of U.S. states aim to give equal custody time to both parents, according to Gauthier Law Firm, a Dallas-area practice. Laws can vary greatly by state, however, so fathers might have very different experiences based on where they live.

# Shop Local for Dad

Some of the most unique gifts for Father's Day can't be found online. Look to local retailers for gifts that celebrate not only Dad but your community as well.

Approximately \$68 of every \$100 spent locally stays in the community, while reducing environmental impact through reduced shipping and packaging, says the Local Business Institute.

Below is a list of local business types to consider patronizing as you do your Father's Day shopping.

**1. Hardware stores.** Instead of a gift card to a big box retailer, consider supporting a local hardware store. These retailers are known for their personalized service and knowledge of the local market. They can not only offer the products dad loves but often have connections to local pros for almost any job.

**2. Local shops and boutiques.** Here you'll often find locally sourced products, such as craft jerky, stained glass, local wines, locally made wrought iron products like fireplace accessories, and services such as bike tune-ups or guided tours.

**3. Breweries.** Local beer often offers fresher, higher-quality products with unique, diverse and often



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stronger flavors compared to mass-produced brands, according to the Brewers Association. You'll likely find flavors that reflect the local community. Don't forget to ask about local tastings, musical performances and brewing classes.

**4. Barbershops.** A fresh haircut or shave at a local

barbershop is an entirely different experience than can be had at a salon.

Aside from offering quality work at affordable prices, barbershops typically serve as social hubs for conversation and relaxation. This is because they typically don't take appointments, so those waiting for haircuts, those in the

barber's chair and barbers themselves tend to strike up conversations.

**5. Outdoor outfitters.** Local outdoor outfitters' products are often tailored to local terrain, and many offer used consignment items for sale. They offer more than just gear, however. These businesses are a connection to the

local outdoor enthusiast community. Looking for a new trail to try? Employees likely have a recommendation. Wondering which fish are biting? They probably know that, too. You'll also be keeping your shopping dollars local, and helping preserve valuable local knowledge for future generations.