

Father's Day GUIDE



Gifts for the Camping Dad

There is something about the fresh air and spending time in nature that brings families together. This special time produces great memories and stories that will be shared around the dinner table for years.

Camping is also an activity that can be made easier or more difficult depending on the gear you have. By gifting Dad any of the following outdoor gadgets, you can make any camping trip all the more enjoyable.

HEAD LAMP

Have you ever attempted to find an item you need in the middle of the night inside of a pitch-black tent trying to hold a flashlight in one hand while fumbling around, searching with the other? Don't make Dad do it. A headlamp gives dad both his hands when time is of the essence. He will like it so much you may find him using it for other projects as well.

SLEEPING BAG

Your dad may already have a sleeping bag, but they are now lighter and warmer than ever before. Since Dad is generally the one left lugging the supplies, he will appreciate the extra thought (and extra



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warmth) when bedtime comes around.

TENT

Consider upgrading Dad to a larger and easier-to-assemble tent. This is an especially thoughtful gift if your family is not done growing. There will be plenty of sleepovers

and birthday parties over the years. Even if it just gets popped up in the backyard, Dad will be happy he has it.

COOK STOVE

Portable cook stoves are a lifesaver when you find yourself camping in rainy weather. The best ones fold up in a

small disc and weigh next to nothing. Grab a portable butane canister to go with it. Dad will be set.

GOPRO

Every memory can be captured in 4k video and 10-megapixel photos. This gift is on the pricier side, but

it will surely get its use — and for much more than camping. Newer versions even have voice command systems so no one needs to hold it or fuss with timers. Just say, “GoPro, take a picture” and your dad — and the rest of the family — will have instant memories.



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The First Father's Day

A dad's first Father's Day is one he will treasure for the rest of his life. This is a day to show him how much he is appreciated and loved — especially in his first year with an infant. Here are some gifts he's sure to treasure forever.

PHOTO COLLAGE

A photo collage is a wonderfully sentimental gift that will preserve this moment for a first-time dad. This can be as simple as a framed photo or you can easily make it more complex with photo-themed gifts like blankets and mugs.

Check with your local gift store for lots of easy and affordable options.

CUSTOMIZED KEY RING

Have a keychain engraved with your new baby's birth stats for a gift Dad can take with him wherever he goes. Check in with your local craft shop to learn about their customization services. Almost anything can be engraved or embossed, so you can personalize it to your husband's hobbies like a silver fishing lure, a guitar pick or even just a piece of fine grain leather.

PERSONAL ART

Transform your baby's handprint and footprint into a one-of-a-kind piece of art. From turkeys to

superheroes — the possibilities are endless.

LET HIM SLEEP IN

Maybe not necessarily a gift he can hold onto forever, but he will appreciate every minute of sleep. After his first year as a dad, he is sure to be exhausted.

NEW DADDY TOOLBOX

If your little one has yet to arrive, consider putting together a new daddy toolbox. Fill a toolbox with essential dad supplies, like diapers, rash cream, bibs and pacifiers.

Don't be afraid to have fun with it and add items such as goggles for those messy diaper changes, or eye drops (for those sleepless nights).

Honoring Fathers Around the World

Father's Day in the United States developed several years after Mother's Day, when in 1909 Sonora Smart Dodd, who was one of six children raised by a widower, began rallying for an equivalent holiday to celebrate fathers. One year later the state of Washington recognized the nation's first Father's Day.

It was not until 1972, 58 years after President Woodrow Wilson announced Mother's Day, that President Richard Nixon made Father's Day a national holiday.

Here is a glimpse of how five other countries celebrate dads.

RUSSIA

In Russia, Father's Day is a holiday that emerged from a military celebration honoring all men. Defender of the Fatherland Day honors the Red Army's establishment during the Russian Civil War. The day now also includes the celebration of Russia's fathers.

GERMANY

On the 40th day of Easter, known as Ascension Day, Father's Day is celebrated in the form of hikes and other outdoor activities — with lots of food and beer of course. The day is referred to as Gentlemen's Day.

NEPAL

In Nepal, celebrating fathers is a ritual that is taken very seriously. Occurring in the early fall, the day is known as Gokarna Aunsi, which includes a ceremony where children must look directly in their father's eyes and give gifts of appreciation. Deceased fathers are also honored through other celebrations,

including visiting temples.

ROMANIA

This holiday is relatively new for Romanians. It was the last

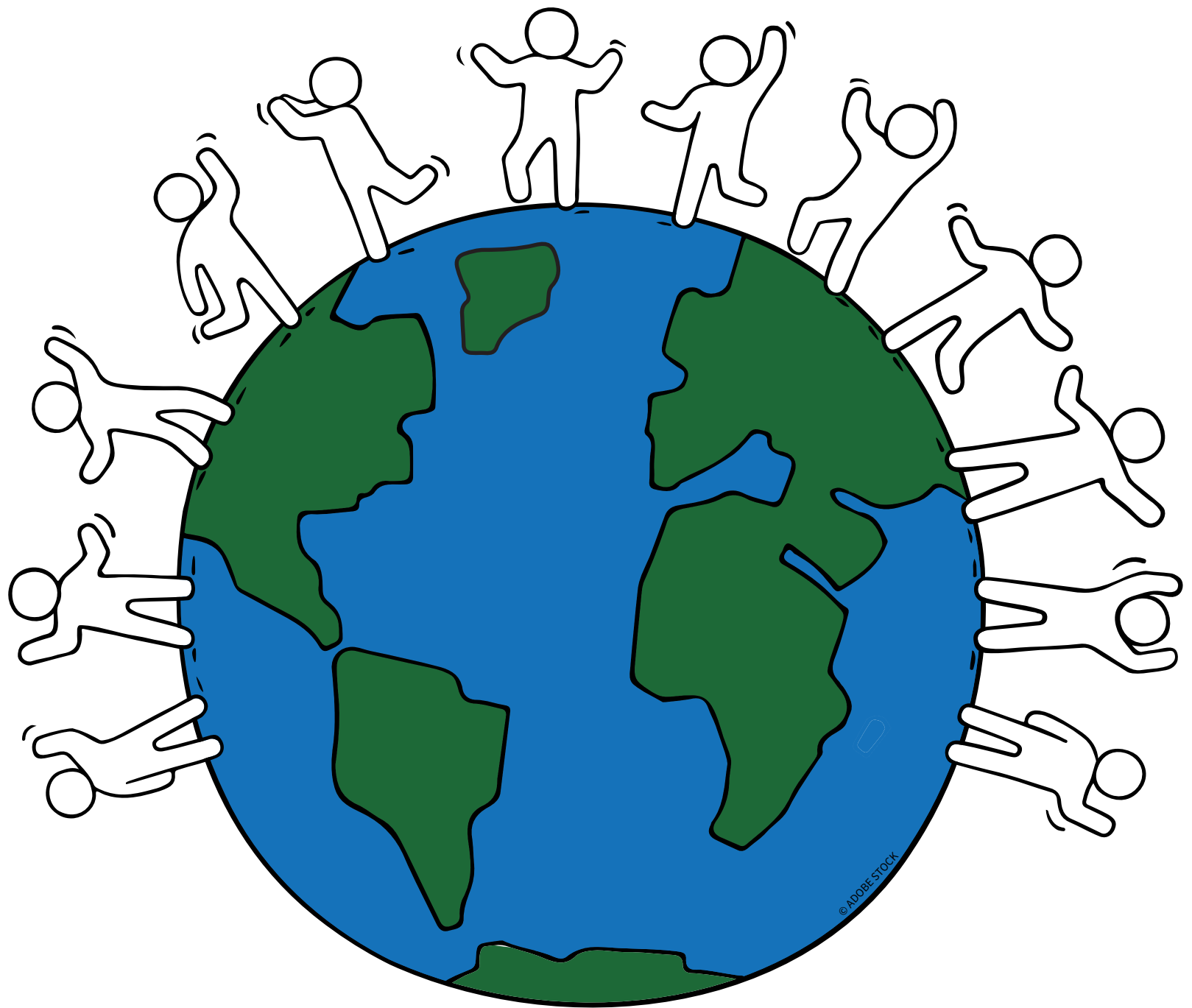
nation in the European Union to have its own special day for dads, designating a day in 2010 after the Alliance Fighting Discrimination Against Fathers

lobbied hard for the day.

THAILAND

In Thailand, Father's Day is celebrated on the king's birth-

day. Children to give dads and other male family members the canna flower — a symbol of masculinity — and wear yellow to honor the king.



Father's Day Fast Facts

We love dads. According to the U.S. Census Bureau, there are more than 70 million fathers across the United States, and we celebrate them on the third Sunday of every June.

The holiday is marked for reflecting on the role fathers play in our lives and is generally spent in some act of family bonding.

Here are a few fun facts on how we celebrate them and how the holiday came to be.

MODERN DAY CELEBRATIONS:

- Gift-giving is a common way we show dads how much we appreciate them. The most common gifts are those associated with home improvement, outdoor tools and electronics.

- Mother's Day holds the record for most the phone calls made on a given day. Father's Day has more collect calls placed than any other holiday.

A BRIEF HISTORY

- Washington was the first state to officially declare Father's Day a holiday in 1910.

- Popular gifts such as ties, socks, golf clubs and shaving kits got their start during the



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Great Depression, when struggling retailers tried new marketing techniques to sell men's wares.

- In World War II, the holiday cemented in people's hearts when Father's Day

became a way to honor soldiers and the war effort more generally.

- In 1972, President Richard Nixon officially declared Father's Day a national holiday.

BY THE NUMBERS

- A recent study shows that fathers who share household chores with their wives have more ambitious daughters and daughters who hold broader definitions of gender

roles.

- The amount of time dads in the U.S. spend with their children has tripled since 1965, and the number of stay-at-home dads has nearly doubled since 1989.

Take to the Great Outdoors

Oftentimes, the best gift of all is the gift of time. Spending quality time with Dad for Father's Day is a great way to show him how much you appreciate everything he does, and there's nothing like spending time in the great outdoors.

Whether you choose to rough it in the wilderness or pitch a tent in the backyard, camping is bonding at its very best. There is nothing like a fire pit, food on sticks and a starry sky to bring out the stories.

CHECK OUT A NATIONAL PARK

In 2016, the National Park System celebrated its 100th birthday. When Woodrow Wilson signed the preservation of the nation's lands into law, the goal was to "conserve the scenery and the natural and historic objects and the wildlife therein."

There are more than 84 million acres of scenery for us to enjoy. With 417 sites, including 129 historical sites, 87 national monuments, 59 national parks, 19 preserves, 18 recreational areas, 10 seashores, four parkways, four lakeshores and two reserves, there is bound to be something of interest near you.

THE BACKYARD TENT PITCH

Some of the best memories are made close to home — even as close as your own backyard. Backyard camping is the best of both worlds, because you can sit under the stars and sleep right next to dad, but the fridge and indoor plumbing are just steps away.

TAKE A HIKE

If camping is an intimidating prospect, consider taking a hike together. Go off on your own or get a few friends

together and make it a group activity. There are trails for every skill level. Breathing in all that fresh air is bound to make you happy you're alive and thankful to the man part-

ly responsible for it.

GO FISH

Spend time with Dad doing something he loves. One of the great things about fishing

is that you can talk — or not. You can go for the weekend — or just the afternoon. So grab a pole, pack a lunch and settle in for a relaxing day in the sun.



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Famous Fathers in Film

Hollywood produces hundreds of films every year. They make us laugh, they make us cry, they excite us, and even at times make us angry. Every now and then, a character will really stick with us.

Being a father is not a universal experience, but it is a role that more than 70 million Americans have taken on.

We connect with big-screen fathers, in part, because they remind us of the best parts of our own. Here are just seven of the most memorable dads that have ever come out of Hollywood.

Daniel Hillard “Mrs. Doubtfire”

How far will a father go to spend time with his children? This dad was so dedicated to parenting his kids that he was willing to be a woman.

Sam Baldwin “Sleepless in Seattle”

Tom Hanks has played many memorable dads. Who can forget his role in “Extremely Loud and Incredibly Close”? But it was his role as Sam Baldwin that truly tugged our heart strings.

The love and care this father-son duo has for each other is aspirational. All each of them wants is for the other to be happy — and they go to great lengths to make it happen.

Mufasa “The Lion King”

This dad not only explains the circle



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of life to his young cub but teaches him he is never alone if he can look inside himself.

George Bailey “It’s a Wonderful Life”

George Bailey is a poster dad for generosity. He makes sacrifices large and small for his friends and family at great personal cost, giving his children a more than worthy role model.

George Banks “Father of the Bride”

Becoming a father was his dream come true. His worst fear is losing his daughter to another man — until he realizes this man is perfect for her.

Marlin “Finding Nemo”

How can you argue with a father who will travel across the entire ocean

to rescue his son?

Christopher Gardner “The Pursuit of Happiness”

Chris Gardner knows exactly how hard it is to provide for a family. But outside of basic needs, what he wants his son to understand most is that you can do anything you can set your mind to — a lesson he is teaching by example.

Some Fatherly Advice



Everyone has their favorite TV dad. Most of them made us laugh, but television dads throughout the decades have also taught us a thing or two about what it takes to be a father.

One such fictional person is Coach Eric Taylor of “Friday Night Lights.” This father of two also is helping raise more than 20 football players as head coach of the Dillon, Texas Panthers.

Taylor is a tough, honorable man who inspires those around him to be the best versions of themselves — but he’s always there to help guide them when they slip. The words of wisdom we’ve gained from Coach Taylor are many. These are our favorite 10:

“Listen to me. I said you need to strive to better than everyone else. I didn’t say you needed to be better than everyone else. But you gotta try. That’s what character is. It’s in the trying.”

“This is not who we are. This is not what we represent. I don’t teach that crap. These coaches don’t teach that crap. Y’all are going to take responsibility for your actions, I guarantee you.”

“Every man at some point in his life is gonna lose a battle. He’s gonna fight and he’s gonna lose. But what makes him a man, is that in the midst of that battle he does not lose himself.”

“You listen to people that love you and you listen to people that you trust. Most of all, you listen to yourself.”

“Suck it up. That’s what being a man is.”

“Champions don’t give up. Champions don’t complain. Champions give 200 percent. You’re not champions until you’ve earned it.”

“Success is not a goal, it’s a byproduct.”

“You can’t beat yourself up because you’re taking chances on things. But don’t start giving up on what you set forth to do in the beginning. ‘Cause that’s gonna get you nowhere. I can promise you that.”

“Opportunity does not knock. It presents itself when you beat down the door.”

“Clear eyes, full hearts, can’t lose.”