



Father's Day

# Dad's Sweeping Impact

Father's Day gives us an annual opportunity to thank dads for all they do.

Their contributions are big and small, but often critically important to the health, happiness and well being of their children. Here's a look at dad's sweeping impact.

## CHANGING ROLES

Modern fathers are far more involved with their children's every-day lives, and that's actually a relatively recent phenomenon. Into the 1960s, dads were rarely present during labor and took little part in caring for their children beyond a tossing the odd ball around. Today, we understand that kids begin bonding with their fathers at much earlier ages — and that fathers become more involved with their children as they grow older when they take on early caregiving. The rise of stay-at-home dads and, more recently, remote work environments have continued to reshape the way we think about dads and child rearing. Thankfully, it's not all viewed now as “women's work.”

## THE FATHER EFFECT

Children who grow up with a father who's present and engaged are more likely to stay in school, and less likely to end up incarcerated, when compared with those who had absent fathers or other male role models. Kids with



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involved dads actually have higher IQ scores by age 3, and suffer fewer psychological and emotional problems throughout their lives. Fatherless children tend more toward risk taking, and are more likely to have sex at younger ages. Once they're grown, they are more likely to have stable,

healthy relationships — and more likely to have higher-paying jobs. Together, these collective benefits have been described as the “Father Effect.”

## EMERGING STUDIES

Many of these statistics have only recently been revealed,

since the study of fatherhood and its impacts is still an emerging field. Academic journals now regularly publish new information about how the presence of a dad helps bolster children's lives, but it wasn't always so. We're now learning, for instance, that father figures help reduce

aggressive tendencies in children, and delinquency among daughters. Busy dads or those who are divorced should remember that any time spent with kids will bolster their lives in these very important ways. So focus on quality over quantity. Even a call or text can make a child's day.

# Father's Day Gift Ideas

No sooner have you nailed the perfect Mother's Day gift when Father's Day arrives.

Don't fret, however, since there's a perfect gift out there for any type of dad. Here are a few key suggestions.

## OUTDOORSY DAD

The Bernzomatic trigger-start torch is a compact lighter that makes starting a fire a whole lot more fun. This propane-fueled tool is actually powerful enough to handle the occasional light welding. Get him a Yeti Rambler 30-ounce tumbler, and it'll become his standby since vacuum insulation keeps coffee hot or beverages cold for hours during any camping trip. And it fits in his vehicle's cupholder along the way.

## JET-SETTING DAD

The Orvis Battenkill duffle is rugged and roomy, and you can have it engraved with his initials. If your dad prefers a larger suitcase, consider the Eagle Creek Pack-It Cube set. It's great for organizing everything, and actually makes room for more stuff.

## INFO-JUNKIE DAD

Help your dad keep up with all of his vitals in real time with the Fitbit Charge 5, including heart-rate, sleep and stress monitoring, EKG and blood-oxygen levels. (He'll find settings for 20 different workouts, too.) The TaoTronics desk lamp illuminates the tiniest of print

whether dad is working at home or back in the office. It boasts a warm, natural like-like glow and can double as a Zoom light when he's otherwise backlit.

## ALWAYS-PREPARED DAD

Hilife's handheld garment steamer will ensure that your dad is always looking his best, even on the go. It's small enough to fit in a suitcase, but heats up so fast that he'll never be late for another hastily called Zoom meeting. Meanwhile, the Kaito KA500 radio can be an essential emergency-preparedness tool in the event of a black out. This shortwave radio features multi-source power options, including outlet, USB, battery, solar, even hand crank — and it's water resistant, in case you were plunged into darkness by a particularly nasty storm.

## HOMEBODY DAD

The Amazon Echo Show is a speaker, a monitor, a smart-home appliance hub, and a video caller — all in one. So if he needs to turn down the thermostat while rocking his favorite playlist during a phone call with mom, he's all set. You can also help your father battle back against razor burn with the Tend Skin liquid care solution. Its astringent, fragrance-free formula ensure that it works without smelling too "pretty."



# The Holiday's Beginnings

Father's Day started out as a modest event on June 19, 1910, but didn't become a recognized U.S. holiday until 1972 — almost 60 years after Mother's Day was made official by President Woodrow Wilson.

Mother's Day grew out of reconciliation campaigns for moms whose sons fought on both sides of the Civil War. The informal celebration quickly took off when retailers — in particular, florists — recognized the profit potential. Dads, however, weren't often the recipient of bouquets of flowers, so decades passed without similar recognition.

A West Virginia church sponsored a day honoring fathers in 1908, following an explosion at the local coal mine — but that was only a one-day commemoration. Sonora Smart Dodd, a child of a widower from Spokane, Washington, became the first widely known proponent of an official equivalent holiday for dads. The initial statewide Father's Day followed.

President Calvin Coolidge urged other states to observe the day in 1924, even as some pushed to combine Mother's and Father's Day into one single holiday called Parents' Day.



ARY GROENEVELD/WIKIMEDIA COMMONS

Coolidge memorably said the day should be set aside “to establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations.”

The trials and tribulations of the Great Depression followed, and some struggling retailers took up the cause of making

Father's Day official once more. The movement received another boost during World War II, when the day was thought of as another way to honor our troops. By then, the day was an established tradition, but still not officially recognized.

President Lyndon Johnson signed an executive order in

1966 codifying the holiday on the third Sunday in June. President Richard Nixon then declared the day a national holiday in 1972, while in the midst of a re-election campaign. Sonora died six years later, at age 96.

A number of other countries have joined the U.S. in recognizing the role of fathers on the

third Sunday in June — including the U.K., France, Greece, Cuba, Mexico, Switzerland and Singapore, among many others. The holiday is celebrated on days across the calendar elsewhere. It's in March in Italy and August in Brazil. Australia celebrates in September, while Finland honors dads in November.

# His First Father's Day

A dad's initial Father's Day is a holiday like no other.

Make this once-in-a-lifetime experience as memorable as possible with these first-time gift ideas.

## PERSONALIZED ITEMS

What better way to commemorate the big day than engraving his first child's name and birth date on some special item? The list of things that can be engraved or embossed is almost endless, so keep his special hobbies in mind. If dad's not the kind of drag a personalized golf bag around a course, consider a sign made of a sturdy material for a wall hanging in his office or den. (Just consider a sign large enough to include others in case siblings follow.) A key-chain might be a better option for dads who are on the go. Local craft shops can help with customization.

## ART PROJECTS

Every moment is one to treasure during these first days and weeks together, so capture them forever by turning digital photos into hard-copies and then arranging them in collages. You can even have these precious images transferred onto coffee mugs, blankets, T-shirts and other items. Local gift stores will have more ideas, and may even provide a one-stop shop with affordable and easy options for displaying your pic-



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tures. Tiny handprints or footprints can be transformed into unforgettable pieces of art that will take dad back to these days time and time again as his little one grows up.

## FUN (AND FUNNY) GIFTS

There are a growing number of special gift-giving ideas for

the fun (and funny) first-time dad, including the Pizza Pie and Pizza Slice matching outfits from Threadrock. (There are also large and small fry, burger and slider, and taco and taquito options.) Woodlife Prints will custom-make a star map based on your child's birthdate and location.

Meanwhile, Paprika Paperie has released a line of first-time dad beer-bottle labels that commemorate highlights like 3 a.m. feedings and explosive dirty-diaper mishaps.

## BEING PRACTICAL

In some cases, overwhelmed new dads might

need something more practical. Consider a "new daddy toolbox," with essential supplies to keep home life running smoothly — including diapers, new bibs, pacifiers and rash cream. If all else fails, just letting him sleep in on this special day may be the best gift of all.

# Dad and the Great Outdoors

Some people have the kind of dad who can't wait to get outside on Father's Day. Or any day.

What better time to indulge his need to hunt, fish, hike or just roam?

## GET THE GADGETS

For fishermen, look for the Original Boga Grip to help with catch and release. Its stainless steel design and rubberized clamp makes the whole process a breeze, in salt or fresh water. The Quaker Boy turkey call has been called a "fuss-free box of awesome." Salomon's Crossamphibian Swift 2 water shoes are sustainably-built from post-consumer plastic bottles, bamboo fibers and corn, and boast a breathable mesh for added comfort on the lake.

## BOOK HIM A TRIP

If your dad is the type with every gadget known to man, consider booking him a weekend at a favorite camp site or state park. Invite a few of his closest friends along to make the surprise complete. Even if it's nothing more than a day trip, he's sure to appreciate the thought and effort that went into making this getaway happen.

## HELPFUL BOOKS

It can get hairy out there in the wild, so ensure your adventuresome dad is pre-



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pared for any contingency with one of the many survival books on bookshelves now. They'll offer practical advice on the risks and dangers of any outdoor locale, whether it's bears, snakes or extreme weather. They also provide tips and tricks for starting fires in terrible conditions, and other techniques that make

roughing it a little easier.

## BRING THE OUTDOORS IN

Dad will need a comfy place to recline once all of this outdoor fun concludes. Consider joining the camo furniture trend. Yes, sectionals and recliners can now match his favorite gear. You can even

find lampshades, throw pillows and curtains. Just be careful that he changes into every-day clothes before taking that afternoon nap. He might get lost in the couch.

## MAKE IT A FAMILY AFFAIR

Young people are increasingly interested in hunting, fishing and the outdoors. In fact,

license sales jumped dramatically in 2020, according to a study by Southwick Associates, reversing a lengthy downward trend dating back to 2016. So why not make it a family affair? Arrange for a hunting or fishing excursion with his kids. He'll be making golden memories, and they might just come home with a fresh catch for dinner.

# Honoring Fathers We've Lost

Father's Day can be a special occasion even if dad has passed on.

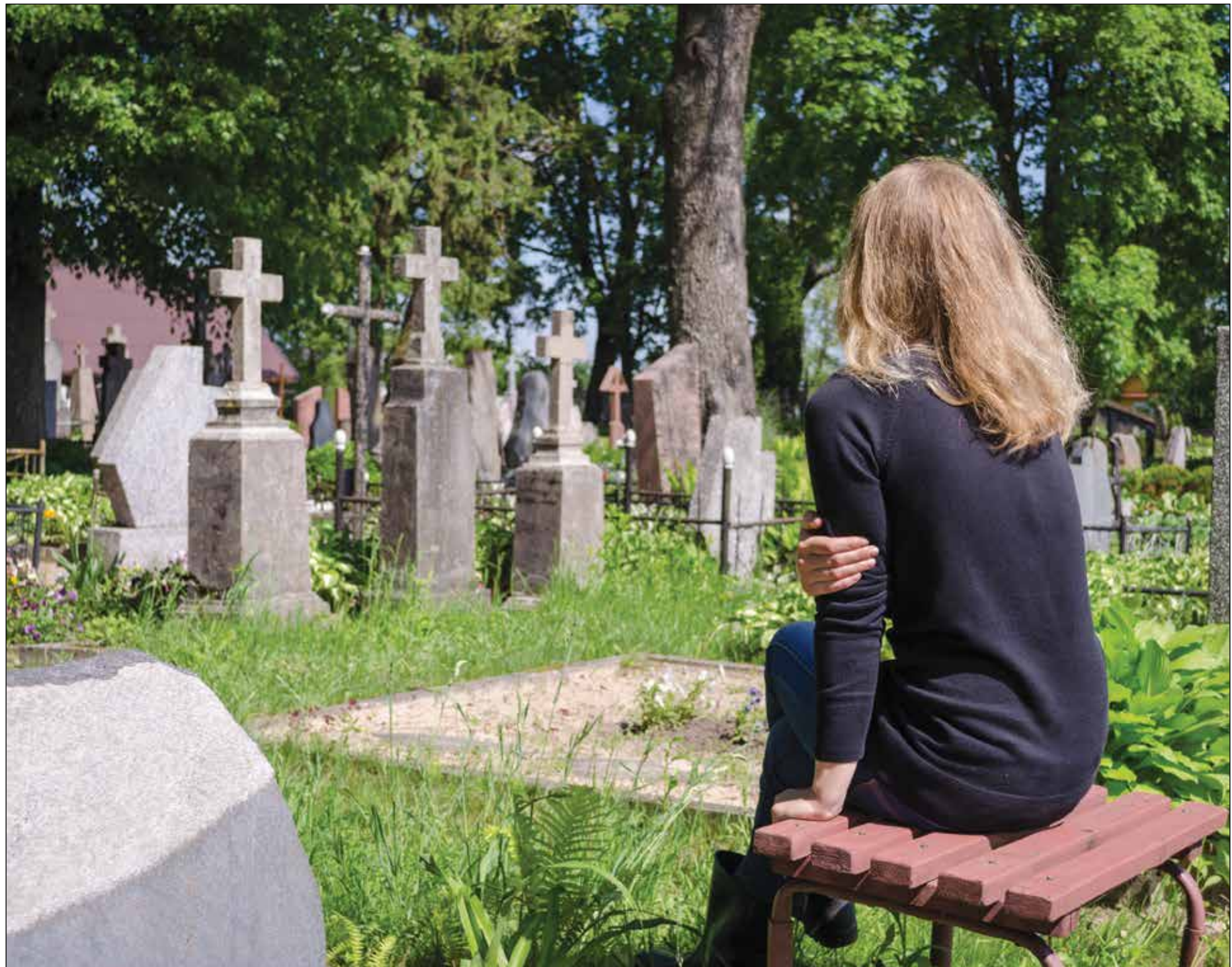
Take advantage of this time to take care of yourself, remember lessons learned and celebrate the way his memory continues to guide the family he left behind.

## A DAY TO GRIEVE

Father's Day becomes a bittersweet experience when dad's no longer around. Honoring him is a great way to cope, and in time will help you learn to live with the hurt feelings associated with this terrible loss. The American Psychological Association suggests leaning on your social-support system during this difficult time. But don't feel pressured to act in any certain way. We all grieve differently. At the same time, however, there are tangible things you can do for yourself in the form of self care.

## TAKING CARE OF YOURSELF

Begin by accepting your feelings, and the way that you've reacted to this loss. Talk about the death of your father with those you trust the most. Don't be afraid to discuss how you're feeling on this special day. Reach out to others who are dealing with a similar loss, since a sense of community can help in the healing process. Take care of yourself, and your family. That's another way your late father's legacy continues to play out. If you still find it diffi-



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cult to manage the holiday, contact a mental-health professional. They're there to help others work through the anxiety, sadness, fear and guilt associated with losing a loved one like dad.

## MAKING THE DAY SPECIAL

Celebrate your departed

father's life and accomplishments in whatever manner feels appropriate. If the pain associated with this day is too personal, consider creating smaller new traditions. Create a handwritten letter for your dad, explaining your feelings and how his death has impact-

ed your life. But leave room for the news of the day, as well. Tell him about milestones and other significant events that have taken place since he died.

Consider teaching your own children more about their grandfather by looking

through old pictures, yearbooks and correspondence. Tell them the things you remember about each image, and where it all unfolded. You'll be passing valuable stories and family history along, while celebrating everything dad meant to you.

# Celebrating Dad Worldwide

Many countries also honor dads, but with their own special traditions.

The U.S. developed Father's Day traditions long before it was officially recognized as a holiday. By then other countries had also found unique ways — and in some cases, their own unique days — to recognize dad's unique contributions.

## AUSTRALIA AND NEW ZEALAND

Father's Day is marked on the first Sunday in September as spring begins in Australia and New Zealand. They reportedly chose September specifically because Father's Day observances elsewhere happened during periods where lots of other holidays were already on the calendar.

## BRAZIL

Brazilians celebrate dad on the second Sunday in August, a day of honor shared with St. Joachim — the father of Mary in the Christian historical tradition.

Children write Father's Day cards to male support figures in their lives.

## CANADA AND THE U.K.

Mother's Day actually falls on the different date in the United Kingdom than it does in America, but the two countries share the same holiday for dads — the third Sunday in June. So does Canada.



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## GERMANY

Germans call it Gentleman's Day. The holiday arrives on the sixth Thursday after Easter.

Otherwise known as Ascension Day on the Christian calendar, it's exactly 40 days after Easter Sunday. They celebrate with outdoor activities like hiking, and then consume lots of celebratory food and beer.

## ROMANIA

Believe it or not, Romanians didn't designate a special day for dads until 2010, becoming the last European Union nation to do so. The Alliance Fighting Discrimination Against Fathers was instrumental in making the holiday official.

## SPAIN, PORTUGAL AND ITALY

These Roman Catholic

countries celebrate Father's Day on March 19 — known as the Feast of St. Joseph, a religious holiday honoring Jesus' father.

## SWEDEN, NORWAY AND ICELAND

Most countries in Scandinavia mark the holiday on the second Sunday in November, after lobbying from the business community

to move it from the traditional June date to a time when the economy has slowed.

## THAILAND

Father's Day is marked in Thailand on the king's birthday. Children give their fathers and other male family members a canna flower, which is considered a symbol of masculinity. They also wear yellow, in honor of the king.