

*father's
day*



Father's Day in the U.S.

Dads have two women to thank for their king-for-a-day status today.

Fathers have been honored around the world since the Middle Ages, but Father's Day in the U.S. wasn't celebrated until the early 1900s.

GRACE GOLDEN CLAYTON

Grace Golden Clayton is credited with suggesting the first one-time celebration of fathers. It is the first recorded celebration of Father's Day in the United States. In 1907, a coal mining disaster occurred in West Virginia that killed 361 men, 250 of them fathers. Clayton suggested to her pastor that a memorial honoring fathers be held the next year, choosing July 5, because it was the Sunday closest to her father's birthday.

The event was local and did not gain national attention.

SONORA SMART DODD

Born in 1882 in Arkansas, Dodd was one of six children born to Civil War veteran William Jackson Smart and his wife, Ellen Victoria Cheek Smart. When she was 7, the family moved to Spokane, Washington. When she was 6, her mother died in childbirth. As the only girl, she helped her father raise her younger brothers.

Dodd was attending a Central Methodist Episcopal Church service and heard a sermon about Mother's Day, a



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celebration that had just been enacted. Given the great respect she had for her father, she felt that there should also be a Father's Day. She proposed the idea to the Spokane Ministerial Alliance, asking that it be held on June 5, her father's birthday. They instead chose the third Sunday in June and celebrated it for the first time on June 19, 1910, at the YMCA in Spokane.

ESTABLISHING FATHER'S DAY

It took awhile for the holiday to become established, though President Woodrow Wilson sent a telegraph to Spokane in 1916 praising their Father's Day services. In 1924, President Calvin Coolidge supported the idea of a national Father's Day, but wasn't able to make it happen.

Dodd began efforts in the

1930s to make it a national holiday, working with trade groups that would benefit from the holiday — including those that made traditional men's gifts such as ties and tobacco pipes. In 1938, the New York Associated Men's Wear Retailers founded the Father's Day Council to promote the holiday.

It wasn't until 1966 that President Lyndon B. Johnson signed a presidential procla-

mation declaring the third Sunday of June as Father's Day. Then in 1972, President Richard Nixon made it an official and permanent national observance.

Father's Day is now celebrated on the third Sunday of June in many countries around the world. It is a day to honor and appreciate fathers and father figures for their love, support and dedication to their families.

Evolution of Fatherhood

Society's expectations of fathers have changed over the years from expecting them to be primary breadwinners to more involved caregivers.

Over the past several generations, the roles of fathers have undergone significant changes. They've evolved from being expected to be the person who supports the family financially to being equal partners in child-rearing and household responsibilities. There are several factors that have driven this change in roles including societal changes, economic shifts and changing attitudes toward parenting.

HISTORICAL PERSPECTIVE

Traditionally, fathers were seen as the head of the household and the primary breadwinners. Fathers were expected to work outside the home and provide for their families financially, while mothers were responsible for childcare and domestic duties. The role of fathers was to provide for their families and be distant authority figures who enforced discipline.

CHANGES IN THE ROLE OF FATHERS

The role of fathers began to change in the 20th century



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and this shift has accelerated in recent years. Fathers are now seen as equal partners in childrearing, and their role in the family has become more fluid.

One significant factor driving this change has been the rise of dual-income households. With more mothers in the workforce, fathers have had to take on a more active role in childcare and household responsibilities.

According to the Pew Research Center, the proportion of dual-income households more than doubled between 1960 and 2000, increasing from 25% to 60%.

Fathers are now expected to be more involved in their children's lives, including playing an active role in their education, emotional development and socialization. They are also expected to be more hands-on in the household,

including sharing childcare duties, cooking, cleaning and other domestic responsibilities.

Another factor driving the changing role of fathers has been changing attitudes toward parenting. Fathers are now encouraged to be more emotionally engaged with their children and to foster a closer bond with them. Fathers are expected to be more empathetic, supportive

and nurturing and to provide a positive role model for their children.

IMPACT OF CHANGING ROLES

The changing roles of fathers have had a significant effect on families, children and society as a whole. Children with more active fathers are more likely to have positive outcomes, including better academic performance, improved emotional and behavioral health and higher self-esteem. They typically have less discipline problems according to many studies cited by the National Institutes of Health.

Fathers who are actively involved in their children's lives are also more likely to have a closer relationship with them and to be more satisfied with their parenting role. This can lead to a more harmonious family dynamic and greater well-being for all members of the family.

Additionally, changing roles have led to a shift in gender roles and expectations. This has helped to break down traditional stereotypes about what it means to be a man or woman and has helped to create a more egalitarian society.

Fathers today are caregivers, nurturers and positive role models. As our society continues to evolve, it is essential to recognize the importance of fathers and to support them in their vital role in raising the next generation.

Father's Day Around the World

No matter where you go in the world, people celebrate the roles fathers play in the family.

The dates are different and traditions vary widely, but there are lots of ways to honor the dads and father figures in each family.

In Brazil, Father's Day is celebrated on the second Sunday in August and is known as Dia do Pais. The date was chosen in honor of St. Joachim, the father of Mary, mother of Jesus and patron saint of fathers and grandfathers. It was chosen by the journalist Roberto Marinho, who wanted to boost newspaper sales. It was first celebrated in 1953 in Rio de Janeiro. It is common to have a big family barbecue and children will spend the day writing Father's Day cards. Schools will often host special concerts or ceremonies honoring dads.

In Germany, Father's Day is called "Vatertag" and is celebrated on Ascension Day — 40 days after Easter. It is a popular tradition for groups of men to take a hike in the countryside with a wagon filled with beer and snacks. It is a national holiday that is always on a Thursday with most people also getting Friday off. Other activities include pub tours, trips to Biergartens, group bike rides or gatherings in a park with games, a grill and crates of beer. Vatertag actually began



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in the Middle Ages as a religious ceremony honoring "God, the father." In the 1700s, the day transformed into one honoring the fathers of each household with the father who had the most children in each village getting some sort of reward, usually a ham. In the 19th Century, it became more of a "boy's day out."

In Thailand, Father's Day is celebrated on the birthday of the late King Bhumibol Adulyadej, which is Dec. 5. On

this day, known as Wan Por, many people wear yellow shirts and give their fathers and grandfathers the yellow canna flower, which resembles a lily and is considered a symbol of appreciation and gratitude. King Bhumibol was born in Massachusetts and his birthday has long been celebrated across the nation, especially since his death in 2016. He is considered "The Father of the Nation" and was considered an inspirational role

model father who was devoted to his family and his people.

In Japan, Father's Day is celebrated on the third Sunday in June. Flowers are an important part of the tradition as are gifts of food or drink like sake, gourmet chocolates or Japanese sweets. Children will sometimes gift their fathers with handmade beer glasses. Lunch or dinner is traditionally a dish of crab or prawns.

In Italy, Father's Day is celebrated on March 19, the feast

day of Saint Joseph, the patron saint of fathers. A popular tradition in Italy is to give fathers a small gift such as a bouquet of flowers or a pastry. Children will also create special cards and drawings for their dads complete with poetry that they write. Father's Day meals center on cakes and biscuits and fried sweet treats. Street festivals are common where people can get fried donuts, cakes and Italian cream puffs.

Creative Father's Day Plans

You can make Father's Day as special as the man you are celebrating by planning fun and memorable activities.

If the weather is good, you can head outdoors. If not, there are plenty of fun activities you can do indoors to build memories and celebrate all that dad does for the family.

OUTDOOR ACTIVITIES

Hold a family picnic. Visit a farmer's market to stock up on fresh goodies, pack up the picnic basket and then head to a nearby park or beach for a day of family fun. Don't forget to take Frisbees, lawn games or other activities.

For dads who enjoy golf, spending the day on the green can be a great way to celebrate Father's Day. You can even make it a family event and invite everyone to come along. If that's not practical, consider a miniature golf outing.

Plan a scavenger hunt around your neighborhood or a nearby park. Make it fun and challenging by hiding clues and having the family work together to solve them.

Head out to the lake for a fishing trip on Father's Day. Spend the day out on the water and enjoy the peace and quiet of nature. Maybe you'll be lucky enough that you can fry up your catch for dinner.

Go birdwatching. Pick up some binoculars and head to



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the local park to look for birds. Make a list ahead of time of birds native to the area that you are likely to find.

Fly a kite. It doesn't matter what ages are in the family, flying a kite is a fun, relaxing activity for everyone. Buy kites for everyone in the family and then head out to a park or meadow where you can set them aloft.

INDOOR ACTIVITIES

Does your dad love movies?

A movie marathon can be a fun way to spend Father's Day. Pick some of his favorite films, pop some popcorn and spend the day snuggled up on the couch.

If your dad enjoys cooking, schedule a cooking class for Father's Day. You could even take a class together as a family.

Hold a game day. Pull out the playing cards, board games or video games. Hold a tournament or just let dad pick his favorite games and spend the

day playing them.

Consider having a painting day. Roll out a large piece of paper, give everyone watercolors and let them paint a Father's Day poster.

Host a dessert tasting. Let your dad indulge his sweet tooth by taking him on a tour of local bakeries or pastry shops and sample something sweet at each one.

Hold a jam session. If anyone in the family plays an instrument, pull them out, oth-

erwise, grab the speakers and air guitars and jam out singing dad's favorite tunes.

A month or so before Father's Day, give your dad an ancestry test and then reveal the results on Father's Day. Spend the day putting together a family tree and sharing memories about family members.

Remember that the most important thing is to spend quality time together as a family and celebrate your dad and all he does for you.

Famous Fathers

Great dads change the world with their commitment to their children and their community.

We tell stories about these great dads because they inspire us. Some of these stories are about real dads and others are fictional ones that show up in our books or on our screens.

HISTORIC DADS

George Washington is known as the “Father of His Country,” and he was also a devoted father to his two step-children and two adopted children. He set an example of integrity, self-discipline and leadership.

Abraham Lincoln was a dedicated father who encouraged his children’s education and creativity. He was known for his kindness and sense of humor, and he often played games and told stories with his children.

Mahatma Gandhi was a leader in the Indian independence movement and was also a loving father to his four sons, and he valued simplicity, honesty and kindness. He tried to instill his values of non-violence, truth and self-discipline in his children. He also believed in the importance of education and all his children received schooling.

Nelson Mandela was a leader in the South African anti-apartheid movement who was also a loving father who taught his children the impor-



U.S. Secretary of Transportation Pete Buttigieg became a dad when he and his husband, Chasen, adopted two infants.

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tance of forgiveness and compassion. He emphasized the values of equality, justice and human rights.

Pete Buttigieg, the U.S. Secretary of Transportation, adopted two infants with his husband Chasten Buttigieg. He has shared his experiences as a new parent and advocated for policies that support families such as paid parental leave and affordable child-care. His role as a father has helped to break down barriers and increase visibility for LGBTQ+ families.

FICTIONAL FATHERS

Atticus Finch from Harper Lee’s “To Kill a Mockingbird” is one of the most famous examples of a father who was devoted to his children, taught them about tolerance and took risks to make the world a better place. His relationship with his children is a central part of the novel.

Bob Cratchit from Charles Dickens’ “A Christmas Carol” is an example of a man who works hard for his large family and teaches them joy by exam-

ple despite their poverty and hardships. He stays positive even about his abusive employer who doesn’t pay him enough to care for his children.

Prospero from William Shakespeare’s “The Tempest” raises his daughter while in exile and uses his magical powers to provide her with a future. For her sake, he learns to forgive those who wronged him.

Based on a real person, Charles “Pa” Ingalls in the popular book series and television show “Little House on the

Prairie,” is portrayed as a hard-working and loving father who values his family.

George Banks from Mary Poppins (the book, the movie, the musical) serves as an example of a father who learns and grows, becoming a better father through the course of the story. He is initially portrayed as overworked, strict and distant. However, he learns to connect with his children and enjoy family life with the help of Mary Poppins. By the end, he becomes a loving and attentive father.

Father's Day Gift Guide

Your dad is unique and Father's Day is a great time to recognize him with gifts that are as unique as he is.

The best place to start when determining a great gift for Father's Day is matching your dad's interests and passions to what you choose for him. Maybe he's into silent movies or playing chess or the local hockey team. Here are some ideas for Father's Day gifts based on different interests.

SPORTS DADS

There are lots of fun options if your father is a sports enthusiast. Consider getting him personalized equipment with his name engraved on it. Purchase game tickets for your dad to watch the game live. Search out sports memorabilia such as autographed basketballs, jerseys or photos. Does your dad like to read? Get him sports-related books such as biographies of famous athletes or sports history books.

Gift your dad a virtual sports experience such as a virtual reality sports game or a subscription to a sports streaming service. If your dad is into a particular sport, gift him a training session with a professional coach.

FOODIE DAD

Is your dad the culinary type? Create a gift basket filled with your dad's favorite



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gourmet snacks, chocolates and other treats. Sign up your dad for a meal delivery service that specializes in gourmet or healthy meals. Give your dad the gift of learning by signing him up for a cooking class or culinary workshop.

If your dad loves to cook, gift him with a cookbook writ-

ten by his favorite chef or featuring his favorite cuisine. If your dad is a wine lover, arrange a wine-tasting experience or gift him with a selection of premium wines.

Surprise your dad with rare or unique ingredients for his favorite recipes, such as truffle oil, saffron or aged balsam-

ic vinegar. Get your dad a personalized apron with his name or a fun food-related slogan. Gift your dad with unique kitchen gadgets, such as a sous vide machine, an air fryer or a pasta maker.

TECH-LOVING DADS

Is your dad a techie? Get

him a smart speaker such as an Amazon Echo or Google Home. Gift him with a wireless charging pad that can charge his phone, earbuds and other devices. A portable power bank can ensure that your dad's devices are always charged on-the-go. Surprise your dad with a virtual reality headset, such as Oculus Quest, which can offer a unique gaming or movie experience.

If your dad loves photography or exploring new technology, gift him with a drone to capture stunning aerial shots. Gift your dad with smart home devices such as smart lights, smart locks, smart thermostats or smart security devices.

ARTSY DADS

Is your dad artistic? Get him high-quality art supplies, such as paints, brushes, canvas or paper. Gift him with high-quality prints, such as lithographs or giclee prints, of his favorite artist or artwork. Get your dad a high-quality sketchbook.

Sign your dad up for art classes or workshops that teach different techniques or mediums. Buy him passes to a local art museum or take him on a day trip to an art gallery. Get your dad a digital drawing tablet such as Wacom or iPad Pro.

For a truly unique gift, commission an artist to paint a portrait of your father or your family, a caricature of dad or a painting of his favorite landscape.

Homemade Father's Day Gifts

There are few gifts a dad cherishes more than one made by his child — no matter what the age of the child.

While very young children can make fun and easy crafts, older ones and adults can create DIY items customized to their or their father's interests.

FUN AND EASY CRAFTS

While there are many kits for kids to make Father's Day gifts, they can also make them from simple art supplies found at local stores. Some ideas include:

- **Personalized photo frame:** Kids can decorate a photo frame with stickers, markers or paint and add a picture of themselves with their dad.

- **Handprint/footprint art:** Children can use paint to create handprint or footprint art on canvas or paper. If they want, they can turn these prints into animals or creatures.

- **Personalized keychains:** Using clay or polymer, children can make a keychain with their initials, handprints or something special to them.

- **Collage:** Children can create a collage with pictures of them and their dad along with other memorabilia like tickets from events they've attended together.

- **Coupon book:** Children



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can make a coupon book with handmade coupons offering different favors like a day of no chores, a car wash or breakfast in bed.

- **Personalized mug:** Kids can use ceramic markers or paint to decorate a plain white mug with a special message or design.

- **Memory box:** Children can decorate a box with paint, stickers or other embellishments to create a memory box for their dad to store keepsakes and memories.

DIY GIFTS FOR DAD

It isn't just the little ones who can make gifts for dad. Give your father a unique gift that no one else has by making it yourself. Some ideas can include:

- **Customized grill set:** Create a personalized grilling set by engraving or painting his name on the tools or on the case.

- **Memory book:** Compile a photo book or scrapbook filled with memories of your

dad, family trips and special moments. If you decide to make an electronic one, it can include his favorite music and videos of family outings.

- **Homemade hot sauce:** Make your dad's favorite hot sauce from scratch using his preferred flavors and spices.

- **DIY wooden beer caddy:** Build a wooden beer caddy that can hold his favorite six-pack — then fill it up with his favorite brews.

- **Personalized phone case:** Use photos, designs or even

his favorite sports team logo to personalize a phone case.

- **DIY pallet coasters:** Craft a set of coasters using pallet wood, sandpaper and paint to make them unique.

- **Customized wall art:** Create a unique wall art piece with a personalized message or quote using wood, metal or canvas.

- **Homemade bath products:** Create a gift basket filled with homemade bath products such as beard oil, aftershave or soap.