

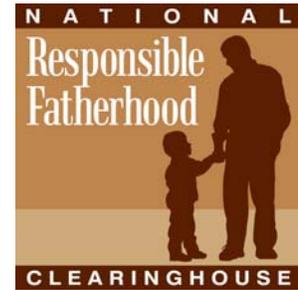


U.S. Department of Health
and Human Services
Administration for Children
and Families
Office of Family Assistance

Celebrating Father's Day

www.fatherhood.gov

June 2009



Books for Father's Day and Every Day

As a dad, you may often feel as if you're pulled in a dozen directions at once. With so much competing for your attention, reading a book might be low on your list of priorities. But books about parenting can give you great insight into what it really means to be a father today, provide the children's perspective on a father's impact on their lives, or help you become enthusiastic about spending more time with your children. And you will become a terrific role model for your children when they see you enjoying and using the knowledge books bring us.

1. The Little Big Book for Dads
2. There When He Needs You: How to Be an Available, Involved, and Emotionally Connected Father to Your Son
3. The Father Connection: How You Can Make the Difference in Your Child's Self-Esteem and Sense of Purpose
4. Chicken Soup for the Father and Son Soul: Celebrating the Bond That Connects Generations
5. Dinner with Dad: How One Man Braved Traffic, Battled Picky Eaters, and Found His Way Back to the Family Table
6. The Beautiful Struggle: A Father, Two Sons, and an Unlikely Road to Manhood
7. Come on, Dad!: 75 Things for Fathers and Sons to Do Together
8. My Father Before Me: How Fathers and Sons Influence Each Other Throughout Their Lives
9. Raising a Modern-Day Knight: A Father's Role in Guiding His Son to Authentic Manhood
10. The Dads & Daughters Togetherness Guide: 54 Fun Activities to Help Build a Great Relationship
11. Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know
12. Wisdom of Our Fathers: Lessons and Letters from Daughters and Sons
13. The Embrace of a Father: True Stories of Inspiration and Encouragement
14. Be the Coolest Dad on the Block: All of the Tricks, Games, Puzzles and Jokes You Need to Impress Your Kids (and Keep Them Entertained for Years to Come!)
15. What All Little Girls Need & What Most Women Never Had: Healthy, Loving Relationships with Their Fathers
16. Big Shoes: In Celebration of Dads and Fatherhood
17. Big Russ and Me: Father and Son: Lessons of Life
18. What a Daughter Needs From Her Dad: How a Man Prepares His Daughter for Life
19. The Father's Guide to the Meaning of Life: What Being a Dad Has Taught Me About Hope, Love, Patience, Pride, and Everyday Wonder
20. She Calls Me Daddy
21. The Common Sense No Frills Plain English Guide to Being a Successful Dad (That Every Mother Should Read Too)

Book descriptions are from the NRFC Online Library. For more information visit www.fatherhood.gov.

Take Time to Be a Dad Today

1. **The Little Big Book for Dads**

Wakabayashi, Clark H., Tabori, Lena

2009

The Little Big Book for Dads, a welcome companion to the best-selling *The Little Big Book for Moms*, is back in an updated edition featuring a fresh cover design, a revised introduction, and a new ISBN. This classic is a treasure trove piled high with stories, fairy tales, poetry, activities, recipes, and songs, all selected with dad in mind. Featuring text by authors as diverse, funny, and profound as Bill Cosby, Shel Silverstein, Ogden Nash, and Dr. Seuss, and illustrated throughout with early twentieth-century art from artists including Jessie Wilcox Smith and Kate Greenway, *The Little Big Book for Dads* makes for a special reading experience to be shared between dad and a little one. Filled with activities to while away the hours together, including making sandcastles and identification games; jokes, riddles, and great tongue twisters to laugh over; and even some fun stuff to try in the kitchen with the kids, like mac and cheese, sloppy joes, and chicken fingers. All in all, it's a book dads and kids will love and appreciate.

2. **There When He Needs You: How to Be an Available, Involved, and Emotionally Connected Father to Your Son**

Bernstein, Neil I., Foster, Brooke Lea

2008

Men want to be better fathers, and today they're trying harder than ever. They jog behind strollers, leave work early for parent-teacher conferences, and roughhouse with their kids before they've had a chance to change out of their suits.

But many men aren't building the relationships with their sons that they'd hoped for. And sons are finding it hard to confide in fathers who must devote so much of their time to building careers that both keep them from their families and keep their families comfortable. Many fathers admit that they don't have a clue what's going on in their sons' lives, from ball game schedules to online communities to fears and anxieties about school, friends, and relationships. Fathers often walk around burdened with guilt, worried they're just not able to do the right thing, even though they're trying to be equal partners in parenting with their wives.

There When He Needs You is the first book to tell the truth about the challenges that fathers of sons face today, including the intergenerational legacies of self-doubt that they anxiously carry from themselves having had distant, unavailable fathers. A self-treatment program as well as a psychological X-ray of today's father, *There When He Needs You* shows you how to create and strengthen a real, meaningful bond with your son. Through real-life stories of real-life dads who have lost and found their way, you as a father will learn to reorder your priorities, express yourself more openly, connect with your loved ones, and become the role model that your son needs. Wives will learn how to gently help their husbands do this—no nagging, threatening, or criticizing—while becoming their husband's best friend, cheerleader, and coach. Turning the father-son dynamic inside out, *There When He Needs You* helps fathers, sons, and mothers understand their roles in the family and create relationships that fuel closeness and trust.

There When He Needs You will open your eyes, tickle your funny bone, and touch your heart. Ultimately, you'll understand what it really means to be a father to your son and discover new ways to be there for him.

3. The Father Connection: How You Can Make the Difference in Your Child's Self-Esteem and Sense of Purpose.

McDowell, Josh
2008

Updated and redesigned for a new generation of dads, Josh McDowell's ECPA Gold Medallion Award winner *The Father Connection* looks at 10 parenting qualities inspired by the ultimate model of fatherhood. Embracing these godly characteristics will make all the difference in a child, boosting self-esteem and sense of purpose, helping him or her to feel loved and secure, develop a reputation of integrity, know their dad keeps his promises, stand up to unhealthy peer pressure, avoid drug and alcohol abuse, save sex until marriage, desire their father's counsel, admit when they're wrong, come to their dad in times of trouble or hurt, and admire and respect their father as their parent.

4. Chicken Soup for the Father and Son Soul: Celebrating the Bond That Connects Generations

Chicken Soup for the Soul
Canfield, Jack, Hansen, Mark Victor, Firman, Dorothy, Slawski, Ted
2008

Chicken Soup for the Father and Son Soul takes a peek into the lives of fathers and sons, sharing the important male milestones from birth through childhood, adolescence, young adulthood, the senior years, and every step in between. This is a celebration of how fathers and sons carry each other along life's journey. Share the story of one man who didn't think much of becoming a father until the day he laid eyes on his son, and how in a matter of moments his perspective on life and being a dad had profoundly changed forever, and the touching story of a young boy who finds the father he always longed for in a special stepdad, as well as the story of the love and respect between a father-in-law and son-in-law that appears when least expected.

Readers will be inspired by the stories of sons looking up to their fathers and learning by example, and fathers recollecting their own childhoods and relationships with their dads. These insightful stories show men and boys working through the ups and downs of life, learning as they go and becoming better because of their relationship with each other. These powerful and poignant stories are written from the point of view of fathers, sons, grandfathers, mothers, and wives—everyone who has been deeply touched by the father and son relationship.

5. Dinner with Dad: How One Man Braved Traffic, Battled Picky Eaters, and Found His Way Back to the Family Table.

Stracher, Cameron
2008

A devoted wife, two bright children, a gorgeous home in a nice Connecticut suburb, an ample income as a successful lawyer—by all accounts, Cameron Stracher is living the American dream. Problem is, thanks to a crazy work schedule, he's never home to enjoy it. So Cameron makes a bold decision: for the next year, he'll be home by six o'clock at least five days a week to sit down to a real family dinner and he'll even help cook the dinner. But as this daring adventure gets underway, it becomes clear that the road to culinary togetherness is no cakewalk. Only the author's faith in another American dream—family closeness at the dinner table—keeps him moving as he shops, chops, and cooks his way to fulfillment.

Fired with love and humor, wit and heart, and peppered with engaging social and cultural history, *Dinner with Dad* is a four-star, five-course celebration of family life. Millions of overextended parents will relate to and relish Cameron's journey as he discovers what truly matters most.

6. **The Beautiful Struggle: A Father, Two Sons, and an Unlikely Road to Manhood**

Coates, Ta-Nehisi

2008

This is an exceptional father-son story about the reality that tests us, the myths that sustain us, and the love that saves us.

Paul Coates was an enigmatic god to his sons: a Vietnam vet who rolled with the Black Panthers, an old-school disciplinarian and new-age believer in free love, an autodidact who launched a publishing company in his basement dedicated to telling the true history of African civilization. Most of all, he was a wily tactician whose mission was to carry his sons across the shoals of inner-city adolescence, through the collapsing civilization of Baltimore in the age of crack, and into the safe arms of Howard University, where he worked so his children could attend for free.

Among his brood of seven, his main challenges were Ta-Nehisi, spacey and sensitive and almost comically miscalibrated for his environment, and Big Bill, charismatic and all-too-ready for the challenges of the streets. *The Beautiful Struggle* follows their divergent paths through this turbulent period, and their father's steadfast efforts, assisted by mothers, teachers, and a body of myths, histories, and rituals conjured from the past to meet the needs of a troubled present, to keep them whole in a world that seemed bent on their destruction.

With a remarkable ability to reimagine both the lost world of his father's generation and the terrors and wonders of his own youth, Coates offers readers a small and beautiful epic about boys trying to become men in black America and beyond.

7. **Come on, Dad!: 75 Things for Fathers and Sons to Do Together**

Avis, Ed

2008

This activity book serves up plenty of fun-filled ways for young boys and their dads to spend time together. From building a mini-golf course to playing a homemade board game, the suggestions in this book are designed to challenge, educate, and stimulate young minds. Many of the activities are centered around encouraging creativity through art projects and crafts. There are also word games, silly science experiments, secret codes to unravel, and different culinary creations to make. Most of the activities require few supplies and little planning. The 75 activities are geared to fathers and sons with a wide range of interests. The most important part about using this book is that they enjoy the time spent with each other.

8. **My Father Before Me: How Fathers and Sons Influence Each Other Throughout Their Lives**

Diamond, Michael J.

2007

For decades, mothers were thought to be the only real influence on a child. Now we recognize that the father's involvement also has a profound impact, but how sons affect their fathers is too often overlooked. In *My Father Before Me*, psychoanalyst Michael J. Diamond firmly establishes fatherhood as an essential event for both the son's and the father's development. With chapters analyzing the father/son relationship throughout the life cycle, and demonstrating the powerful influence between them, Diamond calls for a more inclusive notion of masculinity, thus allowing men to access parts of themselves they previously ignored. He argues that sons are largely responsible for helping their fathers embrace this more flexible notion of manhood, making them better partners and better parents. Diamond has written an important book that enables us to make sense of the question: what does it truly mean to be a man.

9. Raising a Modern-Day Knight: A Father's Role in Guiding His Son to Authentic Manhood

Lewis, Robert

2007

What does it mean to be a man? Moreover, how does a father instill these qualities in his son? Using as an example the process by which a boy moved through the medieval stages of knighthood, author Robert Lewis identifies parallel stages for today's fathers to create ceremonies to commemorate significant milestones in a young man's journey toward becoming a modern-day knight. Beginning with a biblical perspective of manhood, author-pastor Robert Lewis shares a unique approach to shaping a boy into a man by equipping him with three essential elements: a vision, a code of conduct, and a cause (Christianity) in which to invest his life. Complete with ceremony ideas to celebrate accomplishments and ingrain them in his mind, this book is as insightful as it is practical in raising a boy to be a chivalrous, godly man.

10. The Dads & Daughters Togetherness Guide: 54 Fun Activities to Help Build a Great Relationship

Kelly, Joe

2007

Fathers know that doing things with their daughters is important. Shared activities build trust and self-esteem, show how much dads care, and allow everyone to cut loose and have fun. But even fathers who can beat the generation and gender gaps that make them feel awkward can't always dream up cool places to go or mutually enjoyable things to do. Like the coach of their favorite team, dads need a game plan, and that's exactly what Joe Kelly provides in *Dads & Daughters Togetherness Guide*. Appropriate for girls of any age, the guide enables dads to grab their daughters by the hand and say "Let's go." With dozens of engaging activities--such as creating a daddy-daughter journal, devising secret codes, and exchanging poems--this is the ultimate rain-or-shine resource for developing wonderful parent-child rapport.

11. Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know

Meeker, Meg

2007

In today's increasingly complicated world, it's often difficult for parents to connect with their daughters, and especially so for fathers. In this unique and invaluable guide, Dr. Meg Meeker, a pediatrician with more than 20 years experience counseling girls, reveals that a young woman's relationship with her father is far more important than we've ever realized. To become a strong, confident woman, a daughter needs her father's attention, protection, courage, and wisdom. Dr. Meeker shares the 10 secrets every father needs to know in order to strengthen or rebuild bonds with his daughter and shape her life, and his own, for the better. Included in the book are the essential virtues of strong fathers and how to develop them; the cues daughters take from their dads on everything from self-respect to drugs, alcohol, and sex; the truth about ground rules (girls do want them, despite their protests); the importance of becoming a hero to your daughter; the biggest mistake a dad can make and the ramifications; the fact that girls actually depend on their dads' guidance into adulthood; steps fathers can follow to help daughters avoid disastrous decisions and mistakes; ways in which a father's faith, or lack thereof, will influence his daughter; essential communication strategies for different stages of a girl's life; true stories of prodigal daughters and how their fathers helped to bring them back.

12. Wisdom of Our Fathers: Lessons and Letters from Daughters and Sons

Russert, Tim

2006

After the publication of Tim Russert's *New York Times* bestseller about his father, *Big Russ and Me*, he received an avalanche of letters from daughters and sons who wanted to tell him about their own fathers, ordinary men who were remembered and cherished for some of their best moments of advice, tenderness, strength, honor, discipline, and occasional eccentricity. As many fathers come to discover, sometimes it is the little moments that can make a big difference for your child.

This book is for all fathers, young or old. Heartfelt, humorous, engaging, irresistibly readable, and bound to bring back memories of unforgettable moments with our own father, Tim Russert's *Wisdom of Our Fathers* is not only a fitting companion to his marvelous memoir but also a celebration of the positive qualities passed down from generation to generation.

13. The Embrace of a Father: True Stories of Inspiration and Encouragement

Holmes, Wayne

2006

This collection of true stories illustrates the unique and precious relationship between fathers and their children. Story after story will draw the reader into the personal and heartwarming recollections of a father's comfort, protection, fellowship, discipline, instruction, and more.

14. Be the Coolest Dad on the Block: All of the Tricks, Games, Puzzles and Jokes You Need to Impress Your Kids (and Keep Them Entertained for Years to Come!)

Rose, Simon, Caplin, Steve

2005

An all-encompassing guide to entertaining, amazing, and possibly even educating children, *Be the Coolest Dad on the Block* provides the perfect excuse to stand on a balloon, play with grated cheese in the microwave, and unroll an entire roll of toilet paper, all in the name of spending time with your kids.

Written by a comedy writer and a cartoonist with 30 years combined experience as dads, *Be the Coolest Dad on the Block* is a cornucopia of practical parenting advice, like how to skip stones or teach a kid to ride a bike. It has answers to the pesky questions kids love, such as "Why is the sky blue?" or "Where do babies come from?" And it can help dads entertain large groups of kids with slapstick gags (burp the alphabet) or cool tricks (the hole in the head). *Be the Coolest Dad on the Block* also contains spooky myths for telling around the campfire and loads of quizzes and jokes for rainy days or endless car rides.

With a range of ideas to suit all situations and sensibilities, *Be the Coolest Dad on the Block* gives any dad the right stuff to be the wackiest and smartest guy in the room.

15. What All Little Girls Need & What Most Women Never Had: Healthy, Loving Relationships with Their Fathers

Cucchiara, Joe

2005

In this book, Joe Cucchiara says being a caring father for your little girl is a joy and challenge well worth every effort. It is a sad but true fact that nearly 80 percent of all women grow up without a healthy, loving father-daughter relationship. A young girl often reaches adolescence, having passed the critical years (ages 4 to 12) without the benefit of a caring father. The results? She may doubt her value, be starved for affection, and prone to choosing the wrong kind of men again and again. Here in straightforward, easy to understand language are great insights, ideas for bonding, successful methods for developing warm, right, and lasting relationships with your daughter. Before she faces the upheaval of the teenage years, before her first broken heart, before friends wound her spirit, fathers can use this heart-lifting book to establish an enduring legacy.

16. Big Shoes: In Celebration of Dads and Fatherhood

Roker, Al, Rennert, Amy

2005

A dad is always there to provide support and encouragement just when it's needed most, as well as help teach us some of life's most invaluable lessons, from how to fly a kite and pitch a tent to how to change a tire, negotiate a raise, or take on our first big home improvement project. Now it's time to say thank you!

In *Big Shoes*, Al Roker and 45 other well-known personalities share personal stories about how their fathers have been there for them during times of both adversity and triumph, and the countless large and small ways they've shaped their lives throughout the years. These essays remind us of the important and lasting legacy of our dads, even as we've grown up and gone on to start families of our own.

17. Big Russ and Me: Father and Son: Lessons of Life

Russert, Tim

2004

Tim Russert's *Big Russ and Me* casts a fond look back to the 1950s Buffalo neighborhood of Russert's youth and recalls the extraordinary example of his father, a WWII veteran who worked two jobs without complaint for 30 years and taught his children to appreciate the values of self-discipline, respect, and loyalty to friends. Russert gives us reason to laugh, cry, and identify with the lessons of life taught by the indomitable Big Russ.

18. What a Daughter Needs From Her Dad: How a Man Prepares His Daughter for Life

Farris, Michael

2004

To encourage and guide men in becoming the dads they want to be, Michael Farris addresses issues common in all families with daughters: friends, dating, personal appearance, and preparing for the roles she'll have as a woman. Michael Farris challenges fathers to take their unique opportunity to train daughters for life's challenges, in ways that only a dad can. Originally published as *How a Man Prepares His Daughters for Life*, it now includes new material on relating to an adult daughter.

19. The Father's Guide to the Meaning of Life: What Being a Dad Has Taught Me About Hope, Love, Patience, Pride, and Everyday Wonder

Kita, Joe
2000

Men's Health writer Joe Kita rekindles the magic he created in his successful *Wisdom of Our Fathers*, this time turning his keen insights to his own experience as a father. Becoming a parent is a life-altering experience for anyone, and Kita shares his personal, transcendent moments as a parent in this unique look at fatherhood.

Readers will learn about the heroes and role models that Kita and other parents have discovered along the parenting path, and even the books and music that helped shape his attitudes about fatherhood. In first-person prose, Kita provides more than 12 essential lessons about life that were taught to him by his children, and the moments, as when he said goodbye to his own father for the last time, that transcend all others. In essence, *The Father's Guide* is a study of life, complete with obstacles and rewards, as seen through the prism of a father's experience.

20. She Calls Me Daddy

Wolgemuth, Robert
1996

Football, toy trains, Erector Sets . . . most fathers can relate to having a son. But what's a dad to do when he's invited for imaginary tea? Robert Wolgemuth's *She Calls Me Daddy* relates all the wonderful times that are waiting to be had for fathers with some special little ladies, their daughters. Focusing on seven things every man should know about raising a girl, it concentrates on specific areas of growth to reveal what a father can do to ensure she becomes the woman she is meant to be.

21. The Common Sense No Frills Plain English Guide to Being a Successful Dad (That Every Mother Should Read Too).

Klinger, Ronald L., Klinger, Gay
1996

This book links fatherhood to the needs of our children to be prepared for life outside the comfort and safety of the family. It links fatherhood to essential and complementary contributions of mothers. It links fatherhood to specific types of problems experienced by children without fathers. Whether ready by a married, divorced, or teenage father, this book will affirm what you have felt all along that children need to know and be known by their father.