

TAKE TIME TO BE A DYNAMIC DAD TODAY!

DYNAMIC DADS ARE ACTIVE, POSITIVE ROLE MODELS IN THE LIVES OF THEIR CHILDREN EVERY DAY.

This Father's Day, we celebrate all the dynamic dads across the nation and in our communities who are changing norms of fatherhood to emphasize quality involvement with their children every day!



97%

of dads agree that the day their child was born was one of the best days of their lives¹.



90%

of fathers bathed, diapered, and dressed their children every day or several times a week².



86%

of dads say they spend more time with their children than their fathers did with them³.



81%

of fathers play with their children daily⁴.



72%

of fathers with children under 5 feed and or eat meals with their children daily⁵.



60%

of fathers read to their children every day or several times a week⁶.



Sources:

1. "The New American Father," Pew Research Center, June 14, 2013, <http://www.pewsocialtrends.org/2013/06/14/the-new-american-father/>
2. "Fathers Involvement with Their Children: United States 2006-2010," National Health Statistics Report, December 2013, <http://www.cdc.gov/nchs/data/nhsr/nhsr071.pdf>
3. Pew Research Center: "A Tale of Two Fathers," Pew Research Center, June 2011, <http://www.pewsocialtrends.org/2011/06/15/a-tale-of-two-fathers/>.
4. "Fathers Involvement with Their Children: United States 2006-2010,"
5. & 6. Ibid



DYNAMIC DADS TIP CARD

KEEP UP THE GOOD WORK! EVERYDAY DADS ARE DOING DYNAMIC THINGS IN THE LIVES OF THEIR CHILDREN.

Below are list of activities that you can start or continue as a Dynamic Dad:

- Reading daily or several times a week with your children
- Forgiving your children and yourself for mistakes
 - Coaching or going to sports activities
 - Going to dance and piano recitals
 - Checking and helping with homework
 - Telling your child "I LOVE YOU!" every day
 - Cooking and eating meals with your child

Being supportive, loving, and involved can have a positive influence on children and dads alike. You're making a difference and that's what makes you a Dynamic Dad.



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



For more information visit www.fatherhood.gov



Thank You for being a

Dynamic Dad!

