

Let's Play!!!

Online Resources for Activities for Dads & Kids

- *Cold Weather Fun* from Nibbles for Health (USDA):
http://www.mnfathers.org/pdf/Cold_weather_fun_Lets_Move.pdf
- *Warm Weather Fun* from Nibbles for Health (USDA):
http://www.mnfathers.org/pdf/Warm_weather_fun_Lets_Move.pdf
- *Family Activities* from Let's Move!:
http://www.mnfathers.org/pdf/Family_Activities_Lets_Move.pdf
- *Let's Move!*: <http://www.letsmove.gov/>
- *Mostly Free Family Fun* from U of MN Extension:
http://www.mnfathers.org/pdf/MostlyFreeFamilyFun_UMExtension.pdf
- *Fathers, Nutrition & Healthy Relationships with Food* from MN Fathers & Families Network:
<http://www.mnfathers.org/resources.html#nutrition>
- *Games & Activities* from the National Responsible Fatherhood Clearinghouse:
<http://www.fatherhood.gov/get-involved/at-home/games-and-activities>
- *Tips & Activities* from the National Responsible Fatherhood Clearinghouse:
<http://www.fatherhood.gov/get-involved/tips-and-activities>



Dads are important in the lives of their children

- Children raised with an involved father do better in school and are less likely to engage in risky behavior.
- Children have the power to change their fathers. Dads learn to express emotions and nurture as they care for and play with their children.
- Communities are healthier and safer when fathers are present and helping to guide children.
- Dads don't need to "live-with" their children to take an active role and make a difference.

Minnesota Fathers & Families Network: www.mnfathers.org

Ask Your Dad...

- Which were your favorite pets, and what made them special?
- What's your favorite memory of your dad? Your mom?
- What's the best thing your dad and/or mom taught you?
- What rules did your parents have, and which ones drove you crazy?
- What are one or two things you did that you didn't tell your parents about?
- Did you play a sport, and what did you like best about it?
- How did you spend your free time before you had kids?
- What are some of your favorite things you've done with your children?
- Looking back, what are some of your proudest moments in life?
- Where is the most interesting place you've ever visited, and why?
- What's the craziest or most impulsive thing you've ever done?
- What is your perfect day?

from My Dad. His Stories. His Words.