

Father's Day Fun



Brought To You By
www.MenuPlanningCentral.com
&
www.ParentingZoo.com

Introduction

Father's Day is almost here and we have put together some great crafts and activities for the kids. Dad will love the cute gifts the kids can make with a little help from you.

We've also included quite a few yummy recipes that you can use to cook a special Father's Day dinner with the kids.

Happy Father's Day!
Christine Steendahl & Susanne Myers

Essential Resources for Busy Moms:

Menu Planning Central

Mom, what's for dinner tonight? Meal planning made easy –
www.MenuPlanningCentral.com

ParentingZoo

Parenting Resources, Product Reviews, Recipes and Of course plenty of crafts and activities to keep the little ones busy. Join us at the Parenting Zoo at www.ParentingZoo.com

Where Did Father's Day Originate?

Where did Father's Day Originate? While there are about seven renditions relating to the origin of Father's Day, the most widely held version is this:

Father's Day originated through a young girl named Sonora Louise Smart, who lived in Spokane, Washington. Apparently, after listening to a Mother's Day sermon in 1909, she wondered why fathers weren't celebrated as well. At only 16 years old, Sonora lost her mother in childbirth and her dad, a civil war veteran, raised Sonora and her five siblings.

Determined to have Father's Day recognized as a special day, Sonora persevered and finally witnessed the first Father's Day celebration on June 19, 1910. Subsequently, the idea gained popularity all over the US and thus Father's Day became a national day of celebration.

In fact, President Woodrow Wilson, noticing the depth to which this day became so popular, approved the idea in 1916. Furthermore, it was President Calvin Coolidge, who also loved this idea, proclaimed Father's Day as a national celebration in 1924. Interestingly enough, in 1966 President Lyndon Johnson signed a presidential proclamation stating the third Sunday in June would be officially declared Father's Day.

It didn't end there! President Richard Nixon permanently established the observance of Father's Day in 1972. What happened to the young girl who started it all? You will be happy to hear that Sonora Smart Dodd was honored at the World's Fair in Spokane in 1974 for her contribution in making Father's Day a national day of recognition.

Today, Father's Day is celebrated around the world; however, not all countries celebrate it on the same day. For instance, in Australia and New Zealand, it is celebrated on the first Sunday of September.

Beginning with an idea and the determination to see it through, Sonora Louise Smart was the catalyst who brought recognition to make Father's Day a day of celebration.

It's amazing what one person can do, isn't it?

Inexpensive Ideas for Father's Day Gifts

While it is easy to shop at well known department stores, you can find inexpensive ideas for Father's Day gifts at your local flea markets. Here you can browse each aisle, and find gifts which you may have on your list; or find new ideas for gifts as well. Either way, by the time you are finished shopping, you will have garnered a wide variety of gifts for half the cost – and there is no sales tax.

Flea markets are the perfect arena for finding inexpensive and unique gifts. Strolling down the electronics aisle, you may find a myriad of items which dad may love. Perhaps he needs a new cell phone cover. As you walk along, you may find his favorite DVDs or CDs for half the price you would pay in a regular department store or music shop.

The clothing aisle can afford you inexpensive items such as socks; belts; perhaps a two piece jogging outfit; and a host of other gifts you may find attractive and within your budget. You may find sports items such as baseball caps, golf balls, and other sports items.

If dad likes to work around the house, you may find an entire tool kit or battery-powered screw driver set or brand new tool box among the many items offered. Does dad collect memorabilia? If so, you may luck out and find vintage baseball cards, albums, coins, mugs, or whatever you think he would like.

There are even novelty gifts you can choose, such as ties that light up, or t-shirts. There are always demonstrations going on at the flea market promoting car accessories from floor mats to wheel covers – even GPS systems which are inexpensive and a great gift idea for dad.

Father's Day Handmade Gift Ideas

Thinking of Father's Day brings to mind an episode of Bill Cosby in which his youngest daughter, Rudy, made him a clay ashtray. "But I don't smoke!" he smiled. He went on to thank her anyway and said he would use it as a paperweight in his home office. Thinking of Father's Day, handmade gift ideas for kids is probably much easier than for adults. Eventually we run out of ideas – but they don't! Here are some ideas your kids may have devised.

Special t-shirt painted by the kids; a card made of construction paper and decorated for dad; a picture frame made out of two pieces of cardboard and painted by the kids; or dad's favorite cookies made by the kids with a little help from mom.

If dad is a golfer, why not have mom buy a box of golf balls and have the kids paint their initials on each one. How about taking a small Xmas tree and turning it into a Father's Day tree. Decorate it with his favorite candies and cookies. Or if dad is a baseball or football fan, the kids can decorate it by taking white Christmas balls and drawing baseball stripes on them, and making cookies in the shape of footballs using gingerbread dough! A baseball cap with dad's initial can adorn the top of the tree, or you can find a mini sized football helmet and add his name to it as well.

More often than not, dad would probably receive a tie as a gift. Well, make this particular tie special. Let the kids be as creative as they want with paints and sparkles. Does dad lose the remote control often? Why not make him a TV remote holder using cardboard and fabric. The kids can decorate the cardboard with glow in the dark paint color, so that no matter where the holder is, he can always find it!

No matter what Father's Day handmade gift ideas you come up with, there are plenty of ideas for you and the kids. Don't forget the handmade ashtray; your dad can use it as a paperweight, too!

Father's Day Ideas for Younger Kids

In a few months, Father's Day will be here. Your kids are probably trying to come up with unique ideas this year. To help them, here are some Father's Day ideas for younger kids.

- * Make a Father's Day card using construction paper, crayons and draw dad on the front with the words "I Love You Dad!" Mom can also download the many coloring templates; kids can use to glue on to construction boards to make larger 8-1/2x11 cards.
- * Kids can take their teddy bears and dress them up with a hat, tie, and glasses....and place a Happy Father's Day sign for the bear to hold.
- * Kids can help you make a Father's Day breakfast for dad and present it to him either in bed or at the kitchen table.
- * Kids can help mom make gingerbread cookies and using piping to outline the facial features. It can then be glued to a piece of cardboard and the kids can decorate the cardboard with dad's favorite things!
- * The kids can present dad with a card containing a list of chores they will do for dad for a week.
- * They can also make a story book using construction paper, to tell about their dad and why he is so special!
- * Mom can bake dad's favorite cake and the kids can decorate it with dad's favorite sports games, such as baseballs, footballs, soccer, or basketball.

Kids love to draw, paint and mold. Using some clay, they can make dad a handprint and sign their names on the palms. He would certainly love that! In fact, kids also love to build things, so why not build day a special kite (with the help of mom, of course), then the entire family can enjoy this wonderful present.

Father's Day ideas for younger kids can be achieved by asking them what they would like to make for dad.

Father's Day Ideas for Older Kids

Older kids have much more experience in coming up with Father's day ideas. Well, just in case you need a few more, here are some Father's Day ideas for older kids.

When it comes to Father's Day, my dad is difficult to buy gifts for. So I look around to see what he is reading, or what movies he is watching or what music he is listening to. Then I go to amazon.com, and pick out books, music and movies he would most enjoy. Sometimes I am lucky and choose the perfect gift.

Here are some gifts your dad might like:

- * DVDs of his favorite TV shows or movies.
- * Subscription to his favorite magazine.
- * Gift Certificate to Blockbusters so he can choose the movie.
- * Gift Certificate to a major department store where he can shop for any clothing he likes.
- * Since he loves Beagles, I had an artisan draw a picture of a beagle on a piece of freshly cut wood.
- * One year, I saw a wonderful painting of a man and his beagle, walking in the woods. (Both of these are still hanging in his bedroom to this day).
- * Another year, I purchased tickets to a baseball game for him.
- * Since he also collects coins, I purchase newly minted coins from Franklin Mint.

Now your dad may enjoy different things. What matters, and what is most appreciated, is spending the time to find the perfect gift. So here is a great project for you: study your dad's reading, music, and movie habits and you can either take him to see a movie with lunch afterward; take him to a baseball game; buy his favorite TV shows now on DVD; get him a box of golf balls or new golf mitts; or spend the day on a putting green. Maybe your dad collects baseball cards. If so, you can go on eBay and buy a few boxes of the latest hobby

baseball boxes available. If you have saved enough or wish to pull money together with your siblings, you may prefer to purchase an autographed card of his favorite player!

Look upon this as a Mission: Impossible assignment. If you accept, you know what lies ahead.

Father's Day Activities Dad's Sure to Love

One of the best gift ideas for dad on Father's Day is to give him the day off to have fun and relax. What better way than to engage in Father's Day activities dad's sure to love.

Is dad a golfer? Terrific! Why not take him to the golf range, with the entire family, and spend the day. As a surprise, you can present him with a driver. Think how excited he will be to be able to hit balls all day at the range.

Is dad a baseball fan? Take the entire family to a batting cage and watch as dad hits balls out of the park. Remember to bring his favorite baseball cap or buy him a jersey to wear. Take lots of pictures for the scrapbook.

If it's a lovely summer day, you can take dad to the park and have a family picnic. Prepare everything the night before, and tell him the kids want to go to the park. Have friends prepare an area for you ahead of time, and be sure to have the Happy Father's Day sign where he can see it. Won't he be surprised?!

If you want to treat dad to a really special day, why not surprise him by taking him to a campsite for the day. Hide the fishing poles in the trunk along with all of the other items you will need for the day. When you arrive, tell dad this is his day and he can relax, fish, or just take in the fresh air and commune with nature. What a lovely way to spend a day.

Another great idea is to have a "This is Your Life" Father's Day activity. The kids can put together a book with pictures of dad as a kid, teen, and adult. The family can then get in the car and take him to all of the places he has known growing up, while the kids read from the book. Try to pre-arrange to have his old friends available, perhaps at a restaurant where you all meet for dinner. Now that's a surprise and a fantastic gift of memories your dad will treasure.

No matter what activity you come up with, you can be sure dad will be more than delighted with the effort taken to celebrate his day.

Father's Day Craft Ideas

Here are some fun and cute Father's Day craft ideas that you and your little one can make for Dad.

Father's Day Card With Poem

Make a special card for dad by using the instructions below. The poem is sure to bring a tear to his eyes.

- Construction Paper
- Photo of You and Dad
- Glue
- Scissors
- Tempura Paint
- Pen

Cut two equal rectangles out of different colors of construction paper. Folded in half they should be the size of your card. Fold each of the rectangles in half to make the basic card shape.

Cut a heart shaped opening in one site of one of the cards. Make sure the opening can be completely covered by the picture of you and your dad. Glue the picture on the card so the picture side shows through the heart shaped opening.

Glue the second construction paper rectangle over the inside of the first one. Paint the inside of the child's with tempura paint and make a hand print on one side of the inside of your Father's Day Card.

Write the following poem in the other side of the card.

These little hands can give a hug
Pat-a-cake or throw a ball
They put smudges on the wall
Because I'm only just so tall
They love to clap or hold your hand
Whenever you can play
But when I'm grown and far away
These little hands with you will stay

Jeans Pocket Card with Notes

Here is another great idea to make a simple card for Dad. If Dad is big into fixing things or doing any type of handy work, This is the card for him.

You'll need:

- Back pocket of an old pair of jeans.
- construction paper
- pencil
- markers
- glue

Cut out a back pocket of a pair of old jeans, put glue on the back and glue it down on a piece of construction paper. If you cut around the pocket, will have a backing to it and can be glued, yet still make a nice pocket.

Trace your child's hand on several different colored sheets of construction paper and cut them out.

Write a note on each of the hand-cutouts. These can be just little statements about how much you love Dad, or offers to "give him a hand" with something (i.e. help him wash the car, mow the lawn etc.)

After you have the hands printed on, stick them down inside the pocket. Finish the card by decorating it with markers, stickers etc.

You can write GIVING YOU A HAND ON FATHER'S DAY!

Father's Day Collage

Instead of giving Dad a card, how about making him a Father's Day Collage that he can hang up?

You'll need:

- Posterboard or large sheet of construction paper
- Magazines, pictures, postcards etc.
- Markers and Crayons
- Stickers
- Glue
- Scissors

Next it's time to go through all the old magazines and cut out anything Dad likes. You can cut out pictures of grills, and some steaks (use your grocery store ads for great pictures of anything food related) if he likes to grill, tools, trucks etc.

Just think about anything Dad likes to do. You can also use pictures of you and Dad (and of course anyone else in the family).

Arrange everything you can come up with on the poster board until you like the layout. Glue the pictures in place.

Use pens, markers or crayons to write little captions or notes for Dad on the collage. Finish decorating the collage by drawing on it and using stickers, glitter etc.

Photo Coaster for Dad

Unwanted CD, CD-Rom or DVD
Large photo
White Glue
Pens
Acrylic varnish (optional)

Print out a photo onto standard printer paper large enough to cover your disc. Glue the photo to the disc (the side with the picture or writing on) making sure the central image is in the center of the disc.

When dry trim to size and add a message with the pens.

To seal, paint over the image and the edges with white glue and leave to dry. Repeat. If you wish you can make your coaster extra-hardwearing by using acrylic varnish rather than white glue.

Photo Cube for Dad

Take 6 3 1/2" floppy disks. Lay one disk face down and glue four disks (one disk to each side) and glue the last disk on the top to make a box. Cut 5 pieces of construction paper so they fit on the floppy disk, leaving the metal at the bottom exposed. Cut out 5 photographs of family members so they are the same size as the construction paper. Use double-stick tape to attach one picture to each piece of construction paper and then use the double-stick tape to tape one picture onto each side and onto the top floppy. This makes a nice gift for dad to have on his desk at work.

"Dad Rocks" Paper Weight

You'll need

- Small river stones
- Plaster of Paris
- Paint
- Glue
- Wiggly eyes
- Permanent Markers
- Sea Shell Mold

What to do:

1. Make the mold according to the directions for the sea shell paper weights. Make the plaster cast at least 2 days before you are going to make this craft. The plaster needs time to dry.
2. Paint the plaster cast paper weight and let it dry. Add the words "Dad Rocks!" or whatever you would like it to say.
3. Pick a stone out for each member of your family. Pick ones that remind you of your family. If Dad is the biggest person in your family, than you should pick the biggest rock for him, etc. Glue the stones into the mold using tacky glue. Place the larger rocks in the back and the smaller ones in the front.
4. Spread tacky glue all around the inside of the plaster cast and arrange the rocks.
5. Glue wiggly eyes on to each rock. The children may want to add mouths and noses with permanent markers.

Father's Day T-Shirt

Show Dad how much you love him by making him his very own T-shirt.

You'll need:

- Plain T-shirt
- Fabric Paint
- Brushes
- Fabric Markers
- Newspapers
- Piece of Cardboard

Start by covering your workspace with plenty of newspaper. You should also wear a craft apron or an old shirt.

Spread the T-shirt out over the newspaper, then place a piece of cardboard inside the shirt. This is to prevent the fabric paint from leaking through to the back of the shirt while you paint.

Use the paint brushes to paint pictures on the shirt, or dip your hand in paint and make handprints all over the shirt.

Use the fabric markers to draw small designs, or write a message for Dad on the shirt.

If there are several kids in the family, have each make a set of hand prints on the shirt, then write each child's name under the hand prints.

Let the paint dry and follow the paint manufacturer's instructions on how to "set" the fabric paint.

Instead of the Father's Day Shirt, you can also make Dad an apron to use when he's grilling outside. You can purchase a plain apron that's ready to be painted at your local craft store.

Father's Day Recipes

With the weather being nice and warm outside, why not let the kids help prepare dinner for dad on Father's Day and make it a fun night out by the grill.

During the day, let the kids make decorations like handprints on a paper tablecloth, blow up balloons or make some simple paper lanterns. Then let them help you with dinner preparations.

For more delicious recipes like these and plenty of meal planning resources visit www.MenuPlanningCentral.com.

Grilled Lemon Chicken

Makes 6 servings

- 2 1/2- to 3- pound broiler-fryer chicken, cut up
- 1/2 cup dry white wine
- 1/4 cup lemon juice
- 2 tablespoons vegetable oil
- 1 teaspoon paprika
- 1 lemon, thinly sliced
- 1 clove garlic, crushed
- 1 lemon, thinly sliced
- Paprika

1. Place chicken in glass or plastic bowl. Mix remaining ingredients except 1 lemon and paprika; pour over chicken. Cover and refrigerate at least 3 hours.

2. Remove chicken and lemon slices. Discard lemon slices; reserve marinade. Cover and grill chicken, bone sides down, 5 to 6 inches from medium coals 10 to 15 minutes; turn chicken. Cover and grill, turning and brushing 2 or 3 times with marinade, until chicken is done, 20 to 30 minutes longer.

3. Roll edges of remaining lemon slices in paprika; arrange around chicken. Garnish with celery leaves if desired.

Grilled Beef Tenderloin with Herb New Potatoes

Makes 4 servings

- 1/3 cup steak sauce
- 1 1/2 tablespoons packed brown sugar
- 4 beef tenderloin steaks, about 1 inch thick (1 pound)
- 8 small new potatoes (1 pound), cut lengthwise in half
- 2 tablespoons water
- Cooking spray
- 1 teaspoon chopped fresh or 1/4 teaspoon dried rosemary leaves, crumbled
- 1 teaspoon chopped fresh or 1/4 teaspoon dried thyme leaves
- 1/4 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

1. Mix steak sauce and brown sugar in shallow glass or plastic dish; reserve 2 tablespoons sauce. Add beef to remaining sauce (about 1/4 cup); turn to coat with sauce. Cover and refrigerate, turning beef 2 or 3 times, at least 1 hour but no longer than 24 hours.

2. Spray grill rack with cooking spray. Heat coals or gas grill for direct heat.

3. Place potatoes and water in 2-quart microwavable casserole. Cover and microwave on High 3 to 5 minutes or until potatoes are just tender. Place potatoes on sheet of heavy-duty aluminum foil. Spray potatoes with cooking spray; sprinkle with rosemary, thyme and paprika. Wrap securely in foil.

4. Grill beef and potatoes uncovered 4 to 6 inches from medium heat 7 minutes. Turn beef and potatoes; brush reserved sauce over beef. Grill about 6 minutes longer for medium beef doneness; remove from heat. Sprinkle salt and pepper over potatoes.

To Broil: Marinate beef and microwave potatoes as directed. Spray potatoes with cooking spray; sprinkle with rosemary, thyme and paprika, but do not wrap in foil.

Set oven control to broil. Place beef and potatoes on rack in broiler pan. Broil with tops 4 to 6 inches from heat 8 minutes. Turn beef and potatoes; brush reserved sauce over beef. Broil about 7 minutes longer for medium beef doneness.

Frozen Fruit Salad

Makes 8 servings

- 1/2 cup sugar
- 2 cups water
- 1 6-ounce can frozen orange juice concentrate thawed
- 1 6-ounce can frozen lemonade concentrate thawed
- 4 bananas sliced
- 1 20-ounce can crushed pineapple with juice
- 1 10-ounce package frozen strawberries thawed

1. Dissolve sugar in the water.
2. Add orange juice, lemonade, bananas, crushed pineapple with juice, strawberries and mix well.
3. Pour into 9x13 inch glass pan. Freeze until solid.
4. When ready to serve, let it sit out for about 20 minutes before attempting to cut.

Parmesan Pasta

- 1 (8-ounce) package pasta, cooked
- 1 clove garlic, minced
- 1/4 cup olive oil
- 3/4 cup grated Parmesan cheese

Place pasta in a large serving bowl; keep warm. Sauté garlic in olive oil until golden and tender; pour over pasta. Add cheese; toss gently to coat. Serve immediately.

Caramel Apple Salad

Makes 8 servings

- 1 (8-ounce) package cream cheese, softened
- 1/2 cup brown sugar, packed
- 4 to 6 Granny Smith apples, cored, peeled and chopped
- 6 (2.16-ounce) bars of caramel peanut candy, chopped (Snickers)
- 1 (8-ounce) container frozen whipped topping, thawed

Blend cream cheese and brown sugar together; fold in apples and candy bars. Gently stir in whipped topping.

Easy Steamed Veggies

- 4 potatoes, sliced
- 2 zucchini, sliced
- 2 carrots, sliced
- 8 to 10 mushrooms, sliced
- 1 head broccoli, chopped
- Salt and pepper
- 6 tablespoons butter

Place even amounts of vegetables into 6 sheets of aluminum foil; salt and pepper to taste. Place one tablespoon butter on top of each vegetable mixture; fold aluminum foil around vegetables. Place packets on baking sheet. Bake at 375 degrees for 40 minutes. Packets can also be placed on the grill for 15-20 minutes.

Easy Chocolate Dessert

Makes 12 servings

- 1 cup flour
- 1/2 cup melted butter
- 1 cup chopped pecans
- 1 8-ounce package cream cheese
- 1 cup powdered sugar
- 1 package cool whip
- 2 small packages chocolate instant pudding & pie filling mix or pudding flavor of choice
- 3 cups milk

1. Blend flour, 1/2 C. nuts and melted butter and pat into a 9x13 pan. Bake 15 minutes at 350 degrees.
2. After crust is cool, beat cream cheese and powdered sugar together. Fold in 1 C. Cool Whip. Spread on crust.
3. Combine pudding and milk and spread on top of 1st layer.
4. Spread rest of Cool Whip over pudding and sprinkle with leftover pecans. Refrigerate 20 min. or more.

Strawberry Shortcake Bowl

Makes 8 servings

- 4 cups strawberries fresh, sliced
- 1/4 cup sugar
- 1 1/4 cups water
- 1 14-ounce can sweetened condensed milk
- 1 3 1/2-ounce package instant vanilla pudding and pie filling mix
- 1 teaspoon vanilla extract
- 1/2 teaspoon lemon juice
- 1 4-ounce container frozen whipped topping thawed (about 1 3/4 cups)
- 1 10 3/4-ounce loaf pound cake frozen thawed
- 2 tablespoons almonds slivered

Preparation Time: 20 minutes Chilling Time: At least 6 or up to 24 hours

Place berries in a large bowl. Sprinkle with sugar. Stir and let stand for 5 to 10 minutes.

Meanwhile, in a small mixer bowl at low speed, beat water, condensed milk, pudding and pie filling mix, vanilla and lemon extract for 1 minute or until blended. Stir in whipped topping. Refrigerate for 5 minutes.

Cut cake into 1-inch cubes (you will need 4 1/2 to 5 cups). In a deep 2-quart glass bowl, layer in order, half of the cake cubes, half of the berries, half of the pudding; repeat. Cover and chill at least 6 or up to 24 hours.

Just before serving, sprinkle dessert with almonds.

Resources

Menu Planning Central:

Yes, you can cook a wholesome meal for your family any night of the week. Stop eating fast food and get the pizza delivery guy off the speed dial. All you need is a little menu planning help.

Choose from 3 different types of menus with plenty of recipes each month to please everyone in the family. Our menu mailers and categorized shopping lists make it easy. But that's not all...

As a member of [Menu Planning Central](#), you will also have access to a group of experts that are available to share great tips on anything from cooking with the kids to table manners. And Christine, "The Menu Mom", is there to answer questions as well.

Each month you will also get additional resources including ideas to plan breakfast and lunch, throwing a great dinner party and you get to explore a different cooking style or cuisine.

Start by grabbing your free Menu Planning Basics guide at www.MenuPlanningCentral.com and watch for an incredible offer to get access to Menu Planning Central.

ParentingZoo :

Get informative articles, craft ideas, activities, coloring sheets, recipes for the kids and mom along with product reviews, recall info and more delivered to your email inbox each week with [ParentingZoo](#) the new online parenting magazine and membership site.

Join ParentingZoo today and meet us on the members-only forum. www.ParentingZoo.com