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## Celebrating Father's Day



As an adoptive parent, you have the responsibility of helping your children celebrate Father's Day. How you celebrate is really up to you and your children; there isn't one right way to do it. However, this can become a little tricky for some families whose children may have multiple fathers or father figures in their lives. And even though you may feel that a father or father figure in your children's lives doesn't deserve to be honored, it's important that you speak kindly and respectfully of the person they love and consider one of their fathers.

Your children may have biological, adoptive, step, or foster fathers. They may have men in their lives that they've looked up to, loved, and are concerned about. It's the time of year to celebrate and appreciate fathers, in all their varying roles. It's time to encourage your children to reach out and express love, appreciation, and thanks to all those important fathers and father figures. Below is a list of ideas for celebrating Father's Day with your children.

**Letters:** Fathers who does not live with or near your children, do not have in-person contact, or with whom you or your children don't feel comfortable, a Father's Day letter might be a viable option to consider. Have your children write letters that include their appreciation for their fathers. If appreciation is not the emotion your children feel, a simple update of accomplishments and goals may be more suitable.

**Scrapbook:** If your children aren't allowed contact with their fathers or contact is impossible and they would still like to celebrate Father's Day, consider helping them with a scrapbook of memories. Your children could include pictures, letters, postcards, or memorabilia to their books. If your children don't have pictures to include, encourage them to draw some from their memories. If they aren't letters, have your children write memories on paper to include within the scrapbook. This can be a fun, safe, and creative way to appreciate fathers.

**Family Discussions:** While your children may not want to contact one of their fathers, they may have some questions about their situations. Sit down as a family and have a discussion. Give each member of your family the opportunity to speak and ask questions. Make sure everyone is respectful, understanding, and patient with each other. It's important to foster feelings of trust, comfort, and security.

**Giving Back:** Father's Day might be the perfect time to give back to your local community. As a family, volunteer your time at homeless shelters, foster homes, or other community events. Help fathers in need by donating essential and needed items, like clothing, shoes, food, or toiletries. Helping out families in need can strengthen your own family and your local community. It can provide your children with insight into the importance of families, sticking together, loving each other, and helping those in need.

Father's Day events don't have to be traditional--gifts, breakfast in bed, or cards. You can get creative, have fun, and show your appreciation, whether that is toward fathers in general or specific fathers in the lives of your children. If you need more ideas for Father's Day, ask your children. They will brainstorm unique ideas that will work for them personally. Fathers have a huge impact on the lives of their children. Take some time this month to honor fathers and all the sacrifices they've made and continue to make and the love and support they've given.

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