**Holiday Greeting |
Father’s Day**

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# Being There for Dad this Father’s Day

# [Subject line] Being There for Dad this Father’s Day

“My father gave me the greatest gift anyone could give another person: He believed in me,” said the late Jim Valvano, basketball player, coach and broadcaster.1

According to the American Psychological Association, modern day fathers come from all walks of life and are more than just a provider and disciplinarian. From single fathers to stay-at-home fathers to parents in same-sex couples raising children, today’s fathers have unique challenges as well as tremendous rewards. But regardless of what family structure a father exists in, psychological research finds that our fathers being there involved in our lives promotes our social and emotional growth.2

So, the late Jim Valvano was correct: our fathers believing in us and being there are the greatest gifts they could give us.

How could we ever repay them? Majority of Americans attempt to do so by celebrating them on Father’s Day and spending approximately $20 billion on everything from special outings to clothing to gift cards to tools.3

We might buy them a funny Father’s Day Card or fishing trip. But no matter what we spend the money on for our dads, let’s spend quality time with them if we are lucky enough to have them still.

Happy Father’s Day to you and all the fathers you know and love!

Sources:

1 <https://www.goodhousekeeping.com/holidays/fathers-day/g2419/fathers-day-quotes/?slide=70>

2 <https://www.apa.org/pi/families/resources/changing-father>

3 <https://www.statista.com/statistics/438078/us-father-s-day-expenditure-by-category/>

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