

Activities for Fathering

A Father can do any of the following quality-time activities with – or for – his child:

1. Send a card on birthday and holidays
2. Call on the phone to wish child happy birthday, holiday, or any day
3. Help with homework
4. Read a book with his child
5. Go to a ball game
6. Go to a movie
7. Go to a school event
8. Go to a park
9. Take a walk
10. Watch an appropriate show on television
11. Build something together (ex: a birdhouse)
12. Prepare and plant a garden
13. Play a board game
14. Put a puzzle together
15. Toss a football or baseball
16. Put a model airplane together
17. Send flowers
18. Go shopping
19. Read the comics in the newspaper together
20. Go to the library
21. Ask a question such as “Why do you think the sky is blue?”
22. Do a clean-up project together
23. Go to a local tourist attraction
24. Cook dinner together
25. Make cookies or brownies
26. Change the furniture in a room (let the arrangement be your child’s suggestion)
27. Get a bird book and go bird watching. See how many different birds you can find
28. Write a poem together
29. Make up a story together
30. Play school. Let your child be the teacher.
31. With magnetic letters write notes back & forth to each other on the refrigerator
32. Make finger Jell-O and cut it into crazy shapes with a cookie cutter
33. Build a sand castle at the beach or sandbox
34. Start a hobby together such as collecting stamps or postcards
35. Play tic-tac-toe
36. Create a scavenger hunt list for your child to find
37. Go to a yard sale and pick up some cool books
38. Go to yard sales and see who can spot the weirdest object for sale
39. Make hand puppets out of socks and create a puppet show
40. Create a dream vacation (you do not have to actually go on it to have fun creating it)