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Celebrating Fathers **By Susie Michelle Cortright**

Celebrating Fathers

by: **Susie Michelle Cortright**

On Father's Day, we celebrate the guys in our lives. Not just our dads and the fathers to our children, but all the men who have made a positive impact on a child's life.

A number of recently published studies call attention to the effects of good fathering. Men who play an active role in their children's lives stimulate all aspects of development: emotional, academic, behavioral, and social, even when those men don't live in the same home as their children.

But we don't need a study to understand that the men in our lives matter, whether he's a husband who lives at home, an ex-husband who lives across town, a stepfather, a grandfather, an uncle, or a mentor in the community.

Even from a child's conception, a supportive father makes a difference in the lives of mothers, their children, and the world-at-large. In fact, research shows that women with supportive partners experience fewer health complications in pregnancy and have better attitudes about the inevitable physical changes to their own bodies. Studies indicate that even labor and delivery may be shorter and easier when your partner is by your side.

Men lend a sense of self-control. They model their work ethic. They make us laugh and help us develop a sense of humor. Men teach self-reliance, self-confidence, discipline, independence, and the ability to deal with frustrations, large and small. They help their daughters understand how to relate to men and the meaning of trust and intimacy in all relationships. They help their sons understand what it means to be a husband and a father and a man.

This Father's Day, let us remember the father's role. Let us actively engage him in this day-to-day process of parenting. Let us stand back so he can take charge and do things his way once in a while. Let us see his parenting style as a complement - and not an opposition - to our own.

Let us celebrate our fathers and honor them for making a difference in our world.

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Susie Michelle Cortright is the founder and publisher of Momscape, a website devoted to nurturing the nurturers through empowering articles, inspiring essays, and daily pampering tips, as well as freebies, contests, and giveaways just for moms. Visit her at <http://www.momscape.com> and get inspired to be the best mom you can be.

momscape-subscribe@yahogroups.com

Father's Day Cards Are A Must

By Triston Huntsmin

Fathers are the heroes to many people. Young children, teens and adults often site their father as the person they look up to the most. Father's day is a day that happens once every year that is dedicated to reminding our fathers of how special they are and of celebrating their lives. Families gather to share meals and games or children that no longer live at home call their fathers on this day. One of the best ways that all children and adults can celebrate their fathers is by sending great father's day cards to the men they love the most.

Father's day cards are a great and simple way to show dads how much you care. Every card shop sells a variety of father's day cards every year. You can choose a funny card that will get your dad laughing or a more serious card that reflects your heart toward him a little more. Card companies have come out with father's day cards that are appropriate for a five year old to give or for a fifty-five year old to send. So no matter what your age you have no excuse not to send your father a father's day card. Cards are written with various levels of depth and caring, so even people that do not feel extremely close to their dads can send a card.

Father's day cards are a great opportunity to share with your dad the way you feel about him and the reasons why you are glad he is in your life. Think back to the past year of your life. Has your dad done anything special or said any kind words that have impacted you this year? If so, include those memories in your father's day card. Show your gratefulness for all of the ways your father has sacrificed for you over the years. Use father's day cards as a time to share with your dad all of your hopes about where your relationship will head in the year ahead. Tell him your desire to spend more time with him or to make him a bigger part of your life.

If creativity is a strong suit for you, consider making father's day cards of your own. What a great way to bless your dad with a card that you made just for him. You can include his favorite colors or a quote or saying that he particularly enjoys.

Make sure that you celebrate and appreciate your father the next time father's day comes around by giving him a father's day card that comes right from your heart.

Triston Huntsmin has become an expert in sending the perfect Father's Day card to his dad. He believes strongly in the importance of valuing the people you love. See <http://www.allfathersdaycards.info> to find the perfect card for the father in your life.

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