





Stay-at-home dads



More and more men are deciding to stay at home to look after their children.

Paternity leave was unthinkable not so long ago. However, society is changing quickly and everyone's roles are being redefined. Women have an established place in the job market and are able to make a good living; men are increasingly involved in childrearing and take on some of the household chores. Because of this, Mom is no longer the default caregiver, and more and more fathers are now putting their careers on hold to take on the role of stay-at-home dad.

Not only do men want to be more involved in their children's upbringing, but they also want to spend quality time with them. And that's great news. Even though their childrearing methods may differ from those of women, men are equally proficient in watching over their children, who are the true beneficiaries of both parents' involvement.

Of course, choosing to stay at home for a few months or for several years isn't always an easy decision to make. Despite the changing face of society, many couples still face prejudice because the notion of the father as the provider remains strong. And stay-

at-home dads often have to cope with social isolation; most of the time they are surrounded by mothers at the park or in play groups. Similarly, their male friends' topics of conversation are largely focused on work and the professional world. However, it is possible for stay-at-home dads

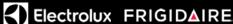
to remedy this situation by having a personal project that gives them value and purpose, such as working from home or writing a blog.

So, why shouldn't Dad stay at home if he wants to?















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Kids' gifts for loving dads

Father's Day is fast approaching, which means your kids will surely want to give a little something special to Dad to show him just how much he means to them. Here are a few heartfelt gift ideas that will definitely make him smile.

Crafts: A greeting card, pencil holder, personalized mug, keychain, painting,

drawing, macaroni picture frame, papiermâché sculpture — the possibilities are endless when it comes to making a handmade Father's Day gift. One thing's for sure: Dad will be proud of his budding little artists!

Photos: Let your kids flip through old photo albums and choose their favourite family photos. Next, help them create an annotated scrapbook that will surely bring a smile to Dad's face and allow him to reminisce about cherished memories with those he holds dear to his heart.

Poems: Help your kids compose a few rhymes paying homage to Dad. Have them recite their poems on Father's Day and present daddy dearest with a written, framed copy to hang in his office or workshop.

Videos: Make a home video in which your kids share some loving thoughts about Dad. Have them explain what they like the most about their father or what activities they like to do together. This thoughtful video will warm Dad's heart, and he'll undoubtedly take great pleasure in rewatching it countless times.





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Song and movie titles that pay tribute to Dad



Are you looking forward to thanking your dad for all he has done - and - for you come Father's Day? Would you like to tell him everything there is to love about him? Do you wish to remind him of some of your most heartfelt memories? A personalized card is always a touching gesture; however, if you have trouble finding the right words to express your deepest sentiments, dedicate a beautiful song to your daddy dearest instead! Here are a few heartfelt tunes to choose from.

- · My Father's Eyes,
- by Eric Clapton
- · Dance With My Father. by Luther Vandross
- · Daddy, by Beyoncé A Song For Dad,
- by Keith Urban • He Didn't Have To Be, by Brad Paisley

- by Miley Cyrus
- It's For My Dad, by Nancy Sinatra

Is your dad a film buff? Why not organize a special movie night in the comfort of your very own home with films that honour the relationship between a father and his kids? Butter your popcorn, get comfy and put on one of these crowd pleasers.

- Jersey Girl
- (directed by Kevin Smith)
- Life is Beautiful (directed by Roberto Benigni)
- Mrs. Doubtfire
 (directed by Chris Columbus)
- Finding Nemo (directed by Andrew Stanton and Lee Unkrich)
- The Pursuit of Happyness (directed by Gabriele Muccino)
- Taken (directed by Pierre Morel) • I Am Sam
- (directed by Jessie Nelson)
- Evelyn

(directed by Bruce Beresford)

So, how will you celebrate your father on this special day?



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Plan a special day for Dad!



Are you looking to celebrate Father's Day by planning an unforgettable outing this year? Great idea! Thankfully, you won't need to think too hard to find ways to bring a smile to dear ole' Dad's face. All you need to do is choose an activity that the two of you will enjoy doing together.

If your dad is a sports enthusiast who loves the great outdoors, a hike in the woods, a canoe excursion or a fishing trip will surely make his day. You could take advantage of the beautiful weather to go for a bike ride, have fun at an amusement park or play a friendly game of golf, soccer, volleyball — whatever his sport of choice!

Perhaps your dad is more the type to appreciate a delicious meal and a good bottle of wine? In that case, share a tasty dinner at a restaurant he's always been meaning to try and watch him beam with delight. And if you prefer to think outside the box, a tasting workshop (chocolate, cheese, beer) or cooking class is a surefire way to create cherished memories that

will last you both a lifetime.

Alternatively, if your dad loves cultural experiences, a visit to the local museum or art gallery is the perfect way to share a special day that's both inspiring and entertaining. Does your father absolutely love a good flick or an upbeat tune? Catch an afternoon showing at the movie theatre or attend a concert in his company to mark this most special of occasions.

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A special day designed just for Dad!



The highlight of this special day: a scrumptious barbecue with the best cut of meat and a delicious wine for Dad and me.

I don't know what to buy for my father because he already has everything he needs. The best gift I can think of giving him is some quality time together. I am going to set aside an entire day with him, a day that will include some typically "guy" stuff and not just a few treats.

I'll start off the morning by making us some delicious breakfast, featuring hot flambéed coffees. I know we'll have fun discussing what's new in the world over our steaming mugs. Next we'll set off on a tour of inspection, scrutinizing every nook and cranny in his garage and backyard. He'll be proud to show me his new lawmower and the bird houses he built with the tools he was given last Christmas. If he lets me, I'll join him in finishing up whatever tinkering project he's working on these days. After that, we'll be ready for a bit of rest and relaxation with a good bottle of red wine. We'll listen to his favourite records and look at some of the old slides that have spent years sitting under a layer of dust at the back of his closet.

The highlight of the evening: a sumptuous barbecue worthy of the world's best Dad. In order for him to demonstrate his skills with the hot coals, I'll choose a whole piece of meat that we can marinate in herbs and beer all afternoon. Maybe we'll try a whole pork rump, cooked on the spit. It'll be so tender and juicy that it will fall off the bone. I'll have to make some tasty barbecue sauce so we can dip and eat with our hands.

To round off the meal, we'll savour a rare after dinner drink, maybe a good whiskey or a fine cognac. What a great way for us to connect in a way we just don't seem to have the time for anymore. That's what I'd call a real Father's Day celebration.



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SUNDAY, JUNE 17, 2017 4:00 p.m. - 7:30 p.m.

Reservations preferred but not necessary

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