



Top health & safety tips

for

FATHERS

day

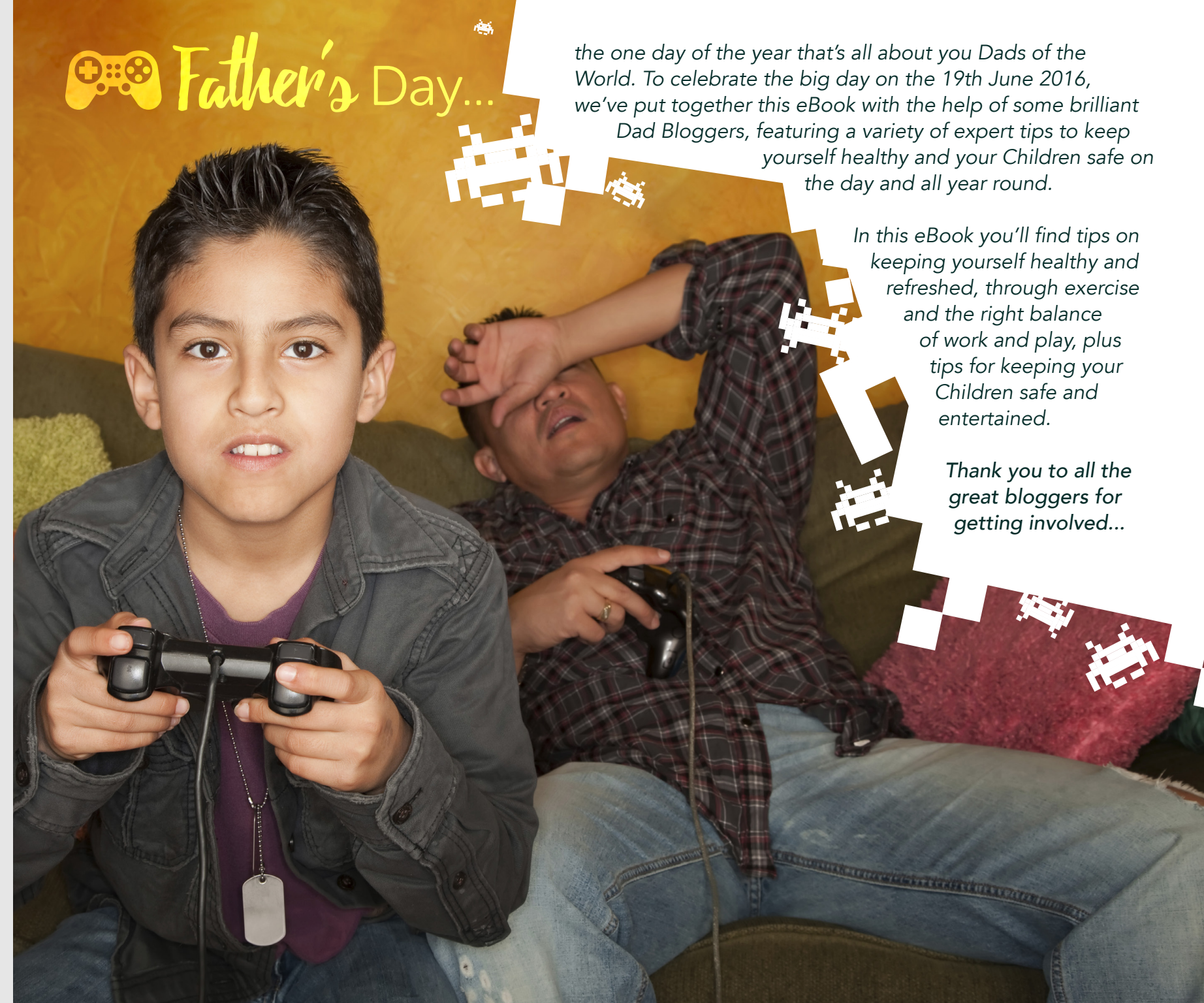


Contents

Introduction 3

The best way to spend the day 4

Keeping children safe 6



the one day of the year that's all about you Dads of the World. To celebrate the big day on the 19th June 2016, we've put together this eBook with the help of some brilliant Dad Bloggers, featuring a variety of expert tips to keep yourself healthy and your Children safe on the day and all year round.

In this eBook you'll find tips on keeping yourself healthy and refreshed, through exercise and the right balance of work and play, plus tips for keeping your Children safe and entertained.

Thank you to all the great bloggers for getting involved...



the
Best Way
to spend
the day

Family time

For me Father's Day is all about spending as much time with family as possible. Whilst it is always nice to receive presents, there is no better feeling than spending time and laughing with your family for one day. I always try and split my time spending half a day with my own kids and then the rest of the day visiting my Father. It's that one day of the year when it is ok to write sappy things in cards and spoil your Dad rotten, even if they hate it, they certainly appreciate the time, effort and energy.

Karl from
www.yorkshiredad.co.uk

Have a break

Do what you want to do and not what you feel like you should do. If that is having a lie in until midday with the Sunday papers and the kids being out of the house at the park, then don't feel guilty. It's only one day of the year after all.

Kate from
www.madabouttheboys.net

Precious memories

I don't really think it matters where you spend father's day, but who you spend it with. We try to go out for a family meal where we can enjoy good food and good company. A couple of year's ago we actually enjoyed a father's day with five fathers, including my dad and father in law, my brother in law and his dad. It was fabulous fun. Father's Day is about keeping the family close.

Emma's husband, Peter, from
www.fashion-mommy.com



Time together

It's not about how much money you spend, it's the time you put into it as a family that makes the difference.

Phil from
www.theparentgameblog.co.uk

Just relax

With it being Summer (fingers crossed) we're hoping for a BBQ, get everyone together and sit back, relax and enjoy the day. We like all of us to get together and celebrate it properly, memories are the best gift.

Mike from
www.largerfamilylife.com



SUMMER TIME

Father's Day arrives at the beginning of summer which is a time of year when many dad's love to BBQ. Keep you and your family safe when grilling by making sure the cylinder is always kept outside, away from your home. Valves should be turned off when not in use. Regularly use a soap and water mix to check for leaks in the connections. This will show bubbles where gas escapes.

Franca's husband, Nick, from www.amomentwithfranca.com



Hydration

If you going out for the day, hopefully it's going to be nice and sunny as it is June after all, so make sure you have plenty of fluids available for yourself and your family for long car journeys.

D from www.chillingwithlucas.com

Safety

My kids are both small, but they can move really quickly and I can't keep my eyes on them every second of the day; I think it's really important to be aware of their environment, it can't be child 'proofed' but by making it as safe as possible beforehand I can minimise risks when they're playing.

Ben from www.laurasummers.co.uk



Keeping Children healthy & safe



Top health & safety tips

for **FATHERS'** day

SHEilds