



U.S. Department of Health and Human Services
Administration for Children and Families
Office of Family Assistance



NRFC Transcript: Fifteen Seconds

VO: How to be a great dad in 15 seconds.

Bike Ride. Go Fish. Walk in the Park. Phone Call. Milkshake. Play Catch. Picnic. Fly a kite. Tell jokes. Laugh. Talk. Read a story. Tell a story. Bumper Cars. Swing set. Bowling. Pillow fight. Cut loose. Stay tight.

Sigh.

Because the smallest moments can have the biggest impacts on a child's life.

Take time to be a Dad today. Call 877-4DAD411 or visit fatherhood.gov.

Brought to you by the US Department of Health and Human Services and the Ad Council.

Take Time to Be a Dad Today

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