



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



## NRFC Transcript: Take a moment (60 seconds)

### (Laughing and chatter of children)

**Voice over:**

Hey Everyone.

Let's all stop what we're doing & take a moment.

**(Kids quiet and there is a pause)**

That felt good, huh?

Just like that we had a nice, special sort of moment. Together.

Of course, they don't all need to be quiet moments to be special.

**(Kids laugh a bit and react)**

They can be loud moments. Goofy moments. Sporty moments. Dorky moments.

Moments where we talk or walk or just hang out.

Doesn't really matter. They all count.

Because every time dads like us take a moment like that to spend with our kids...well, it's pretty momentous.

**(A Kid's laugh punctuates the moment)**

Sounds like somebody agrees.

So let's take a moment, to make a moment. Today.

Call 877-4Dad411 or visit [Fatherhood.gov](http://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

Toll-free: 877-4DAD411 (877-432-3411) | Fax: 703-934-3740 | [info@fatherhood.gov](mailto:info@fatherhood.gov) | [www.fatherhood.gov](http://www.fatherhood.gov)

 [facebook.com/fatherhoodgov](https://facebook.com/fatherhoodgov)

 [@fatherhoodgov](https://twitter.com/fatherhoodgov)