



Mildura Rural City Council

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/ **Dad's Day Out to celebrate fatherhood**



# Dad's Day Out to celebrate fatherhood

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Sunraysia's dads are encouraged to celebrate together this Father's Day at Dad's Day Out on Sunday September 1.

Presented by Gender Equity Action Sunraysia (GEAS) and Mildura Rural City Council, the event aims to bring together the region's dads to spend time with their kids and celebrate the important role they have.

Dad's Day Out will start with a walk for dads and kids at 10am from the Langtree Mall to Jaycee Park where all families are welcome to join the free family fun and BBQ.

There will be an activity for every interest and some new things to try including Loose Parts Play, craft, fitness and music activities, a fire truck and police car to sit in,

Smoothie Bike, Henna Art, Playgroup Victoria's All Come Out to Play performance and more.

There are great prizes up for grabs for the dads who join in the walk including a fire pit and vouchers from Bunnings, toddler bike from TTN Baby Warehouse, a number of \$50 vouchers from Tasco Petroleum and Mildura City Heart, Aligned Leisure family passes, a Chemist Warehouse hamper and more. Dads can register for the walk now or on the day at [www.mildura.vic.gov.au/DadsDayOut2019](http://www.mildura.vic.gov.au/DadsDayOut2019) (<http://www.mildura.vic.gov.au/DadsDayOut2019>).

Mildura Rural City Councillor and Deputy Mayor Jason Modica is one of three ambassadors for the event together with local community leaders and dads Jacob Hunt and Zia Ibrahim.

Cr Modica said that while the Father's Day event is a great way for local dads to get together and spend time with their kids, it also has a valuable purpose.

"As an older father I felt confronted in how to balance the responsibilities of children, being a supportive husband, income and financial pressures," he said.

"So many families have both parents working, making it difficult to manage time and careers, with the added pressure of the pace of today's world.

"With good support networks, all these changes can be overcome."

Jacob Hunt, a Ngarrindjeri man and proud dad of four jumped at the chance to be involved in the event.

"It's so important to me to be involved in my kids' lives and spend quality time with them, to be at their school and sports events encouraging and supporting them," Jacob said.

"I'm an advocate for gender equality. Also, we need to understand how many men were raised to disconnect with emotions other than anger and support them to understand it's okay to hug and nurture your children, we need to welcome dads into that nurturing space."

Hazara community leader Zia Ibrahim said he feels lucky to be able to support his child and wants to be remembered as a role model to him.

“I would like my son to learn from the good behaviour of me, the love and affection that he will give to his kids one day. I want him to remember me as the one who showed love and affection and was involved in his daily life,” Zia said.

Councillor for Community Development and Gender Equality Helen Healy said the event was about celebrating being dads together and acknowledging how important dads are in their kids’ lives.

“Research has shown that high levels of father involvement are associated with more positive child-father and adolescent-father relationships which are beneficial to both father and child,” Cr Healy said.

Dad’s Day Out is an initiative of GEAS and Mildura Rural City Council with support from the Victorian Government, Mallee Family Violence Executive, Hands Up Mallee, Mallee Family Care, Dad’s Group Inc and many other local organisations.

For more information contact Toni Mottram on (03) 5018 8100.

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