



Whether you feel super-connected to your kid or a little distant, we believe that with our 30 Day Back-to-School Challenge, you and your child will be much closer when this is completed. Simply do the assigned task on that particular day and watch your relationship thrive!

1. Start an All Pro Dad's Day at your child's school.*
2. Eat lunch with your child at school.
3. After picking your child up from school, go get ice cream.
4. Say, "The one thing I really admire about you is _____."
5. Go out to dinner with your child and spouse after school.
6. Cook your child a special breakfast.
7. Ask your child what they want to be when they grow up.
8. Share your funniest memory from school.
9. Hug your child three times.
10. Go to a parent/teacher conference.
11. Put your child's sporting events on your calendar.
12. Pray for your child's success in school.
13. Let your child pick what's for dinner.
14. Leave a handwritten note on your child's pillow.
15. Chaperone a fieldtrip.
16. Show your child a few of his/her baby pictures.
17. Ask your child to help you fix something in the house.
18. Say, "My favorite memory of you when you were a baby was _____."
19. Make your child's photo the wallpaper on your phone and show it to him/her.
20. Ask your child these open-ended questions.**
21. Ask your child's teachers about his/her behavior at school.
22. Check over your child's homework assignments.
23. Play with your child for thirty minutes before dinner.
24. Pick a book, and read a couple pages to your child every night.
25. Pack a present for your child in his/her backpack.
26. Let your child pick a new CD to listen to in the car on the way to school.
27. Pray with your child before bed.
28. Put notes in your child's lunchbox.
29. Take your child and a few friends out for pizza and a movie.
30. Say, "I love you because _____."

* allprodad.com/dads-day

** bit.ly/apd-kid-conversation-starters

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