Most Top Enders will spend next Sunday honouring the father figures in their lives—whether that be a dad, step-fathers, uncles or grand-fathers.

Father’s Day is observed annually in Australia on the first Sunday in September but there is some debate on where and when the day originated.

The most commonly believed story is that of Sonora Louise Smart-Dodd of Spokane, Washington USA, who, having heard a Mother’s Day sermon in church, decided to instigate a special day for fathers too. That was in 1909 and many believe the very first Father’s Day celebration was held in America on June 19, 1910.

Today, Father’s Day is celebrated on a variety of dates worldwide. There are a host of special things you could do for your dad on Father’s Day, but most importantly, it’s a time for you to stop and think about what your father means to you. Let him know you value him and that he is a special person in your life.

Seven ways to be a great Dad

WARWICK MARSH, founder of the Fatherhood Foundation offers seven ways for dads to spend time with their children and become a great father.

Mr Marsh said the important thing to remember is children spell love as T-I-M-E.

Prioritize Your Time.

Take a look at your current schedule, and make a list of your current weekly activities. Where does your family fit into your schedule? Are there ways that you can make adjustments in order to spend more time with your family?

Can you include your children in activities that you would normally spend time doing for yourself?

Make one night a week Family Fun Night.

In our busy lives it is important to commit at least one night a week together as a family, and to enjoy one another’s company.

Do something together like going out for an ice-cream, playing a game, or simply doing something together that you all enjoy. Make sure you all have fun.

Eat at least one meal together a day.

Cooking and eating together as a family is a great way to share about the week, as well as plan for any upcoming events.

You might be surprised at how much your children would love to help around the kitchen. For a change, invite friends and/or family members to join you for dinner, or go out for special occasions.

Plan time for family outings.

Family outings can be as simple or as elaborate as you please and children love them. Find an activity that the entire family enjoys, or take turns choosing an activity. Make a list of different activities that the family enjoys. There are many things you can do including going on a bush walk or to a park to play sport that cost nothing.

Work together around the house.

There are always things that need to get done around the house. While these tasks are usually assigned individually, think of ways that you can do household chores as a family. For instance, after dinner, clear the table and wash the dishes together or get the family outside and do yard work. Not only will the job get done faster, but the time can also be spent asking the children about their accomplishments that day.

Look for opportunities to spend individual time with your children.

One on one time with your children is valuable. Not only does it invest worth in your child, but it can also strengthen your relationship and encourage open communication. Don’t just take them along while you run errands. Find out what activities your child enjoys, and do it with them. Take time to turn off your TV, computer, phone and turn on your ears.

It’s great that we have so many ways to communicate these days so it is important not to let devices take priority over our families. It’s up to dad to take the initiative and turn on your ears to hear the needs of your family.