

## The fourth Sunday of July is National Parents' Day, an American National Holiday

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The fourth Sunday of July is a holiday that has only recently come into being. In 1994, True Father's vision to uphold and promote family values made its way to the Senate, with the creation of the National Parents' Day Coalition and Parents' Day being enacted as a National Holiday.

Parents' Day isn't just a time to celebrate parents; it's also a time for parents to solidify their relationship with their children. It is an initiative backed by a commitment to upholding strong marriages, responsible fatherhood and a value-based society. After all, societal harmony starts within the family. All over the country, states and communities are nominating noteworthy parents who've gone above and beyond in raising and building up their family.

Speaking in defense of the value of Parents' Day, in a 2003 Proclamation President George W. Bush said, "As a child's first teachers, mentors, and role models, parents shape the character of those who will help build the future of our Nation. On Parents' Day, we pay tribute to the hard work and sacrifice of the millions of devoted parents who provide guidance, support, and unconditional love to their children."

Children can honor their parents, and parents can find ways to connect more with their children in a variety of ways.

## **Love Languages Speak Volumes**

Most of us have heard about the Love Languages, but love languages transcend romantic relationships. This is often an overlooked piece in resolving persistent miscommunication and misunderstandings between siblings and parents and children. For example, just because "acts of service" is your primary love language, that doesn't mean that's how your kids or parents give or receive love. This is the perfect time to really get to know what makes everyone feel seen, heard and loved. Make an evening of it: gather together in a circle and share what makes each family member light up and feel special. After all, when we know how we can show each person their value in the unique way they need it, the more family harmony will result. For more information on the five love languages, [click here](#).

## **Quality Time, Quality Time, Quality Time**

Whether quality time is your love language or not, one-on-one time is an expedient to connecting heartistically. What better way to say "I love you" than rolling away some of those stress knots? Have a peaceful, relaxing massage circle after dinner one night.

Parents' hobbies and children's hobbies can often conflict, but try to explore together what the other person most enjoys, even if it's out of your comfort zone. Better yet, find a new game that both parties find fun.

Family dynamics are challenging, but your family operates as a unit. Whether you're an only child or the youngest of eight, the bond you build now lasts a lifetime. The stronger the glue that binds you, the stronger each of its members will be on their own because they know they have that support. After all, True Father matched couples intentionally with foresight into the families that would result. With all the sacrifices our parents have made, let us build bridges with our hearts and see what may come.

If you want to nominate your parents as parents of the year, visit [ParentsDay.com](http://ParentsDay.com).



# National Parents' Day

Every fourth Sunday  
of July in America

[Nominate Parents of the Year](#)





## An American holiday

In 1994, Congress unanimously passed “The Parents’ Day Resolution” establishing the fourth Sunday of July as a perennial day of commemoration.

On this day each year, Americans recognize outstanding parents, celebrate the teamwork in raising children, and support the role of parental guidance in building a strong, stable society.

Throughout the nation in almost every state, community leaders organize Parents’ Day events to honor parents.





**2000 National Parents' Day**  
Recognizing  
**Parents of the Year**  
from across America



# Honoring parents

Local Parents' Day Committees are made up of volunteers, public officials, community leaders, ministers, teachers, students, and, of course, parents, who organize events to honor parents.

Every year since 1994, these local committees have sponsored annual Parents' Day programs, gathered nominations, and awarded some incredible parents in towns and neighborhoods across America.

You are invited to participate with your time, expertise, and energy. You can provide in-kind services, gift certificates, donations, or just show up at one of the many Parents' Day events and applaud the parents making a difference in your area.







## Parents of the Year

At the national level, the Universal Peace Federation sponsors an award ceremony, inviting and hosting state nominees to a Parents of the Year Banquet in Washington, D.C. with members of Congress and other dignitaries.

National Parents of the Year awards are given to parents who exemplify parental love, service, and dedication to their family and to the broader family of their local community.

In this way, America's moral fiber is supported and strengthened in that most essential place: the home.

**Parents are at the root  
of America's goodness**

“The greatest work of any individual, rich or poor, black or white, when it comes down to the evening of their life, is their children and grandchildren, the work of being a parent.”

National and local *Parents Day* events and *Parents of the Year* programs and this website are projects of the Universal Peace Federation

