



Charlie Crist
Governor

Ana M. Viamonte-Ros, M.D., M.P.H.
Secretary of Health

PINELLAS COUNTY HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

Contact: Jeannine Mallory, Public Information Officer
Pinellas County Health Department
727-824-6908 (media only)

“Mr. Dad” to speak to share advice for dads
Nationally-Known Parenting Expert to Visit Pinellas County

Who: Armin Brott, also known as “Mr. Dad”
What: Men’s Health Week presentation – Free
Attendees will receive a free copy of “Blueprint for Men’s Health” by Armin Brott
When: Thursday, June 14 – 6:30 p.m.
Where: USF St. Petersburg – Campus Activities Center
Hosted by: USF St. Petersburg and the Pinellas County Health Department

There is no question that dads are important. Sure, moms are the ones who breastfeed and they probably change more than their fair share of diapers. But dads play a unique – and essential – role in their children’s lives from the start. Kids who grow up with actively involved fathers are happier, healthier, smarter and better adjusted than those who don’t.

Whether you are an expectant dad or have just sent your last child off to college, **Mr. Dad – Armin Brott** – can give you the tools, information, and encouragement you need to be the kind of father you want to be – and that your children need you to be.

Brott is a father of three and host of a nationally syndicated radio show that puts him in touch with a wide range of fathers across the country. Wry and honest, he is the perfect mentor for dads of all ages. He describes the developmental growth each year brings for children and the corresponding experience of their fathers – both the joys and the disappointments. He shares plain information – gathered from extensive research – about what men need to know in order to become the fathers they want to be.

Brott provides information on such issues as:

- different learning styles and how to determine which one fits your child;
- how being a committed dad can save your life;
- how to keep your children whole when your relationship is broken;
- how to become a “gamer” – and which games can help strengthen your bond with your child;
- how physical play with a child helps in math class and beyond;
- how to make your marriage a priority and why “fighting” a little helps;
- why reading aloud is still critical;
- and more.

(MORE)



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Hailed by *Time* Magazine as “the superdad’s superdad,” Brott has been building better fathers for more than a decade. As the author of six bestselling books on fatherhood and Men’s Health Network board member, he has helped millions of men around the world become the fathers they want to be – and that their children need them to be.

He has written for *The New York Times Magazine*, *Newsweek*, *American Baby*, *Parenting*, *Child*, *Men’s Health*, *The Washington Post* and dozens of other major publications and websites. Brott has been a guest on hundreds of radio and television shows, including Today, CBS Overnight, Fox News, and Politically Incorrect. His work on fatherhood has been featured in *Glamour*, *Time*, *The New York Times*, *The Chicago Tribune*, *Newsday* and many others.

He is the host of “Positive Parenting,” a weekly radio program which airs in the San Francisco Bay Area, Washington, DC, and a number of other markets. He also does the “DaddyCast,” a twice-weekly podcast.

Armin Brott lives with his wife and three daughters in Oakland, California. His newest book, “Fathering Your School-Age Child: A Dad’s Guide to the Wonder Years 3-9,” is due to be released in June.

For more information: www.mrdad.com

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