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FAMILY FIRST

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**ALL PRO DAD** iMOM

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# ABOUT FAMILY FIRST

Founded in 1991, Family First is a national non-profit that reaches millions of people daily with practical, timely advice to help them love their families well through its iMOM and All Pro Dad programs.

More than 8 million families a year take advantage of the free resources Family First provides.

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# ABOUT ALL PRO DAD

Founded by Mark Merrill and Pro Football Hall of Fame Coach, Tony Dungy, All Pro Dad has served families and fathers since 1997. All Pro Dad provides resources, training, and events to help fathers as they raise their children for a healthy and hopeful future.

We encourage dads to join the movement in three, easy steps: one minute a day newsletter, one hour a week podcast, one hour a month at a local chapter, and one day a year at an All Pro Dad Experience.

## Website

[AllProDad.com](https://AllProDad.com)

## Podcast



## Social







# ABOUT iMOM

Serving families and mothers since 2007, iMOM provides ideas, insight, and inspiration so moms can enjoy their families and love them well. Through a daily newsletter, podcast, and social media pages, moms can access practical advice quickly. Robust articles on parenting and marriage and printables for conversation starters, activity ideas, and more are accessible on the website.

## Website

[iMOM.com](https://iMOM.com)

## Podcast



## Social

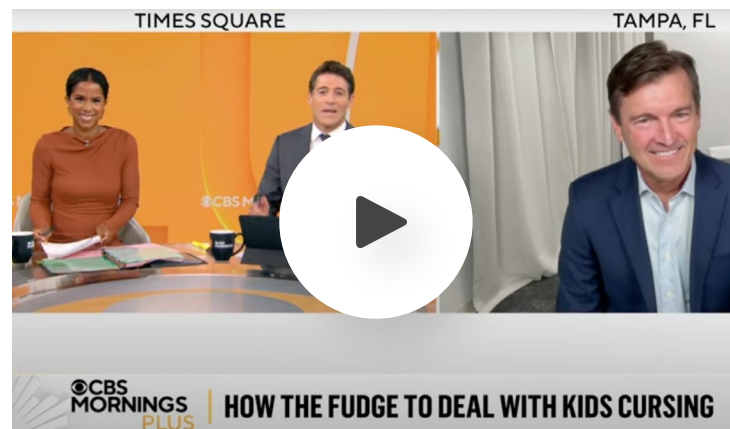


iMOM

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# AS FEATURED:



## CBS Mornings

"What to do when your kid starts swearing"

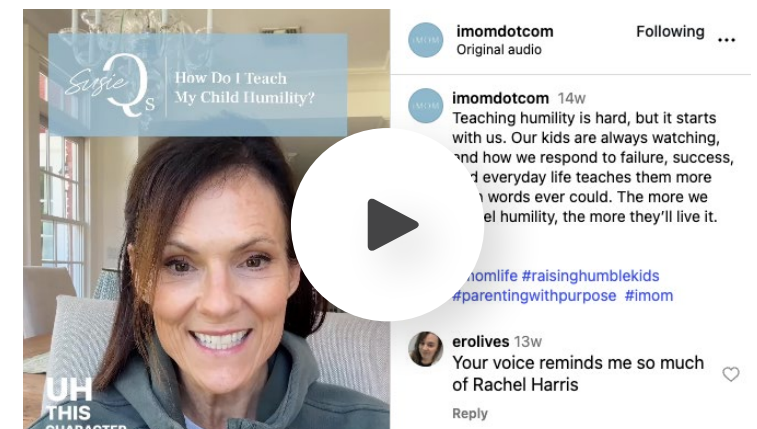


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## Tampa Bay's Morning Blend

"Empowering Fathers"



## iMOM Instagram Reels

"How Do I Teach My Child Humility?"



**More Videos Available in our Press Room**

[familyfirst.net/press-room](https://familyfirst.net/press-room)

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# ABOUT MARK MERRILL

Mark Merrill is the founder and president of Family First, Inc., a national non-profit organization that provides programs and online resources dedicated to helping people love their families well. He is host of the *Family Minute with Mark Merrill*, a nationally syndicated radio program reaching over 5 million listeners daily and has appeared on numerous major broadcasting network shows and affiliates, including *CBS Mornings*, *FOX and Friends* and the *TODAY Show*. Mark has been featured in publications including *USA Today*, the *Washington Times*, and *Sports Illustrated*, and is the author of “All Pro Dad – Seven Essentials to Be a Hero to Your Kids,” as well as several marriage and parenting books and articles. As an advocate for the family, Mark has spoken at conferences and events hosted by major companies, NFL teams, organizations, and government bodies. Before founding Family First in 1991, Mark practiced law in Florida for seven years. He and his wife, Susan, live in Tampa, Florida and have five children and three grandchildren.

# ADDITIONAL INFORMATION

## **Press Inquiries**

[press@familyfirst.net](mailto:press@familyfirst.net)

## **Photos, Videos, Logos**

Available upon request via email