

DADS AND DAUGHTERS

How to Stay Connected

We all want that picturesque relationship with our children, but it isn't always as easy as it may seem. Tween and teen girls are in a unique stage in their life when, as a parent, being close to them may at times be especially difficult, while at the same time it is absolutely vital to her well-being.



Dad, we cannot say enough about the importance of your relationship with your daughter. It will impact her the rest of her life, especially when it comes to expectations related to the type of men she dates.

The following are some tips in building a healthy relationship with your daughter:

- **Worry Less About Giving Her Everything She Wants** – Worry more about giving her what she needs – you!
- **Treat Her Mom How You Want Her Husband to Treat Her** – She learns everything about dating by watching you. Even if you're not married, treat her mom with the respect you expect your daughter to be treated with.
- **Just Listen** – It's tempting for Dad to want to fix all her problems, but sometimes she just really needs someone to listen and to validate her feelings.
- **Understand Her World** – A girl's world is filled with drama – but you probably already know that! Show her you're interested in her world so she can have someone to talk to who she feels understands where she's coming from.
- **Be There for Her** – Spend one on one time with her. Have father-daughter time. Keep your promise when you tell her you're going to take her somewhere or attend her soccer game, dance recital or other activities. She needs to know she can count on you and that she can trust you.
- **Focus on who she is** - not what she does or what she looks like. Praise her for her character, her personality, her strengths and who she is as a young woman. Don't make comments about her weight.
- **Love Her for Who She is** - Don't compare her to others – consciously or subconsciously. Acknowledge what she is good at. Her talents and accomplishments are unique to her. She may not be an honor roll student or a soccer player. Notice her for what she is good at and she will see that you accept her for who she is.
- **Keep up the Hugs** - Don't stop hugging her just because her body is changing – she needs to know now more than ever that you still love her, and nothing says that like a hug!



Resources: Strong Fathers Strong Daughter by Meg Meeker