

Life, Love and Family Daily Fact Sheet
Dr. Tim Clinton

"Dads and Daughters"

- **4 Steps for Loving Your Daughter** (Meeker, 2013):
 - **Give Love**— it is essential that you tell your daughter that you love her as frequently as possible.
 - **Believe in Her**—talk with her about her life. Encourage her. Help to minimize her fears. Affirm how precious she is to you.
 - **Use Words of Encouragement**—girls use words to connect. Speak truth and validation into her life. Tell her she's beautiful. Let her know that you think she's great and that you are proud of her. Acknowledge her success and comfort her when she fails.
 - **Spend Time Together**—make an effort to set aside time with your daughter. This may be as simple as a few minutes before bedtime, spending the day fishing, or riding to the store to grab a Coke. Your daughter needs you around. Your time with her is precious and fleeting—use it wisely.

- **Dad and God:**
 - A dad is a daughter's first exposure to male love. Even in the very early years of her life, a daughter begins to discern whether her dad loves her, will protect her, and will meet her needs.
 - If a daughter is hurt by her father in these early years, she will not know about the love of her Father God.
 - A dad must model Christ to his daughter. This may not always mean telling his daughter about Jesus. Rather, by showing his daughter what humility, goodness, integrity, and respect is like, a dad may model who Jesus is to his daughter.
 - Dads should reveal Christ to their daughters through their character before attempting to teach them the scriptures and rules.

- **Quotes:**
 - *"Certain is it that there is no kind of affection so purely angelic as of a father to a daughter. In love to our wives there is desire; to our sons, ambition; but to our daughters there is something which there are no words to express."*—Joseph Addison
 - *"A daughter may outgrow your lap, but she will never outgrow your heart."*—Unknown
 - *"A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society."*—Billy Graham
 - *"Each day of our lives we make deposits in the memory banks of our children."*—Charles Swindoll

- *"They say that from the instant he lays eyes on her, a father adores his daughter. Whoever she grows up to be, she is always to him that little girl in pigtails. She makes him feel like Christmas. In exchange, he makes a secret promise not to see the awkwardness of her teenage years, the mistakes she makes, or the secrets she keeps."*—Unknown
- *"It was my father who taught me to value myself. He told me that I was uncommonly beautiful and that I was the most precious thing in his life."*—Dawn French
- *"Every man who enters her life will be compared to you."*—Meg Meeker
- **Key Thoughts (Meeker, 2013):**
 - Dads are the means by which daughters develop a healthy sense of beauty and sexuality.
 - Even in the teenage years, when it feels as though your daughter is pulling away, affirm her, try to engage with her, stay close to her, and pursue her gently and sensitively.
 - Dads, because they speak less than mothers do, can get through to teenage daughters in ways that a mother cannot.
 - Daughters don't always need you to talk a lot when you're with them. You don't need to perform. Just sitting together fosters safety and peace.
 - Dads, regardless of where you are with your daughter, it is never too late to build a closer relationship with her.
- **Verses:**
 - *"Behold, children are a gift of the Lord, the fruit of the womb is a reward. Like arrows in the hand of a warrior, so are the children of one's youth. How blessed is the man whose quiver is full of them; They will not be ashamed when they speak with their enemies in the gate."*—**Psalms 127:3-5**
 - *"The righteous man walks in his integrity; his children are blessed after him."*—**Proverbs 20:7**
 - *"Fathers, do not exasperate your children, so that they will not lose heart."*—**Colossians 3:21**
 - *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."*—**1 Corinthians 13:4-8a**
 - *"Train up a child in the way he should go, even when he is old he will not depart from it."*—**Proverbs 22:6**

Endnotes

Meeker, M. (2013). "Dad: You are her first love." Accessed June 6, 2013 from <http://www.megmeekermd.com/2013/05/dad-you-are-her-first-love/>.