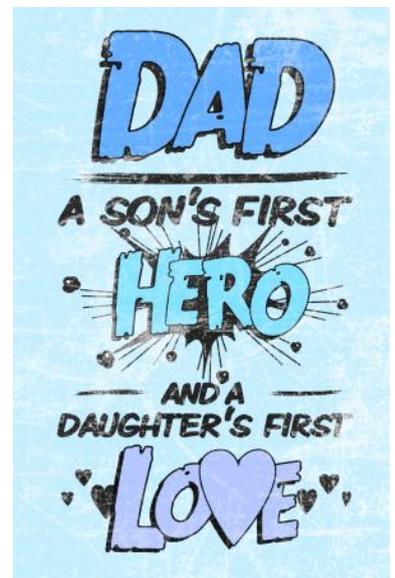


DADS & DAUGHTERS



10 Ways you can impact your daughters for life...

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"Daddy, what are you doing?" "I'm painting the porch, Honey. What's up?" "You promised to take me on a bike ride today. Remember?" "I know. But I'm really busy on this project. Maybe next week."

This was a regrettable exchange between my younger daughter and me a couple of weeks ago. Her disappointment at my broken promise still haunts me. I let her down that day.

"As a young girl (as most girls do), I cherished every moment I could spend with my Dad. My Dad is the number one biggest influence I have had in my life."

A female author wrote this quote in a Web article I just read. She wasn't trying to minimize Moms' incredible impact on daughters around Mother's Day! She was merely reflecting on the powerful effect that fathers have on their girls' faith, character, well being and self-view.

Whether your daughter is 2 or 17, she looks up to you as her dad. You can make the largest imprint on her life – both today and throughout her adulthood.

Here are 10 simple ways to get started.

1. Include her in your projects.

Your daughter needs to learn home improvement and life skills. Why not let her do age-appropriate helpful tasks with you as you paint a room, change the oil in your car or de-weed the lawn? You'll also discover that your kids open up to you more about personal heart issues as you work together.

2. Spend time doing things she enjoys.

A friend of mine gives his daughter 60 uninterrupted minutes of daddy time every Sunday. She chooses the activity. My friend has had to sip hundreds of cups of imaginary tea while playing dress-up and dolls with his princess. But his daughter relishes this time; he does, too.

3. Pray for her each day.

If your children are to grow up into [modern-day Josephs](#), they desperately need you to be a [praying parent](#). The more you pray for your kids, the more you invite God to intervene in their lives.

4. Spend 30 minutes a week one on one with her.

Another friend has a breakfast date with his daughter every Wednesday at McDonald's™. Some of his most meaningful conversations with his daughter have occurred during these weekly gatherings. She feels safest opening up to him and receiving his biblically based advice during these meals.



5. Tell her “I love you” at least once a day.

Your daughter craves these three words from the most important male in her life. I find it easiest to say this when tucking my older daughter in bed. It was awkward at first, but now I look forward to blessing her with these words. She does, too. It's become a game. She tries to say “I love you, Daddy” before I can say “I love you.”

6. Compliment her outer and inner appearance.

In a world where girls can feel pressured to look like paper-thin models, your daughter needs to hear from you that she's beautiful on the outside and inside. Complimenting her looks (“You look pretty in that dress”) will fight the temptation to starve herself to be thin. Complimenting her character (“You're so kind toward your younger siblings”) will fuel her desire to keep growing on the inside.

7. Pour God's truth into her.

Like Deuteronomy 6:4-9 teaches, look for opportunities to instill biblical truths in your daughter's heart, such as:

- Family night Bible reading
- Conversations in the car about what she learned in church
- Discussions about the day's events at bedtime
- Talks about a TV show you've seen together from a biblical perspective.

8. Develop a shared interest.

A hobby or activity that you and your daughter can enjoy together will bond you and grow you closer to each other. My daughters and I shoot hoops, play volleyball, ride bikes, visit the library and read together. Find an activity, especially one with long-term potential, and regularly enjoy it together.

9. Figure out her love language and use it to her advantage.

My younger daughter receives love best when she is served. Whenever she needs assistance on a school project, I try to dive in. She feels loved by me when I help. How does your daughter best receive love? Through words? Hugs? Time? Gifts? Communicate your love through that language so she will know that you love her.

10. Be her Number One encourager.

Whenever she does something well, let her know you noticed. Even a brief comment of encouragement will touch her heart. When she experiences difficulties, boost her spirits with encouraging words or actions. Become the first person she seeks out when she needs encouragement. Be her biggest encourager.

How have you positively influenced your daughter this week?

From the Father's Channel of Faith@Home.com

