

FATHER

FATHER'S DAY EDITION

10 FATHER
DAUGHTER
'DATE' IDEAS

"I DON'T SPEAK
TEENAGE GIRL."
AND WHY YOU
DON'T HAVE TO.

GIFT GUIDE.
DON'T WORRY,
WE GOT YOU.

ASKING THE RIGHT
QUESTIONS, THE
RIGHT WAY.

DAUGHTER PROJECT CANADA

A GUIDE
FOR
CONNECTING
WITH YOUR
DAUGHTER.



"We need fathers to realize that what makes you a man is not the ability to have a child, it's the courage to raise one."

BARACK OBAMA

10 IDEAS

SURPRISE HER OR LET HER IN ON THE PLAN. THE BEST WAY TO CONNECT IS TO CREATE MEMORIES!

01

DO A RANDOM ACT OF KINDNESS TOGETHER

02

MINI PUTTING/BATTING CAGES/ICE CREAM

03

DRESS UP AND GO OUT FOR DINNER. YOU BE THE PLANNER.

04

GO TO A SPORTING EVENT. BUY HER A SOUENIR.

05

CHECK OUT Groupon. DO A POTTERY CLASS OR PAINT NIGHT.

06

TEACH HER SOMETHING YOU'RE GOOD AT. A LIFE SKILL. ANYTHING

07

PICNIC/BEACH DAY. GRAB A BOOK. BUILD A SAND CASTLE. TOSS AROUND A VOLLEYBALL OR FRISBEE

08

TAKE ON A CHALLENGE TOGETHER: AN ESCAPE ROOM, A ROPES COURSE, ZIPLINING.

09

DO SOMETHING ACTIVE. A HIKE, A BIKE RIDE, TENNIS.

10

TAKE HER TO AN ARCADE AND WINGS NIGHT. BUY ALL THE TOKENS!

TIPS.

- 01 AVOID MOVIES OR ACTIVITIES WHERE THERE'S NO OPPORTUNITY FOR CONVERSATION.
- 02 CHECK OUT OUR CONVERSATION STARTERS TO MAKE THE MOST OF YOUR TIME TOGETHER.
- 03 IT'S OKAY IF IT DOESN'T GO PERFECTLY. THE WHOLE POINT IS TO MAKE AN EFFORT. TO BE PRESENT.

"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

QUESTIONS TO ASK YOUR DAUGHTER

what to say when you don't know what to ask

TIPS.

- 01 BE PRESENT. PUT AWAY YOUR PHONE AND MAKE EYE CONTACT TO SHOW HER THAT SHE HAS YOUR FULL ATTENTION.
- 02 DO MORE LISTENING THAN YOU DO TALKING. DON'T BE AFRAID OF SOME SILENCE.
- 03 DON'T SELL YOURSELF SHORT. DON'T PUT SO MUCH PRESSURE ON ALWAYS HAVING THE 'RIGHT' WORDS - YOU ARE SHOWING UP AND THAT IS WHAT MATTERS!
- 04 PICK SOMEWHERE THAT IS COMFORTABLE FOR BOTH OF YOU. PICK SOMETHING FROM THE LIST OF THINGS TO DO AND HAVE A CONVERSATION IN THE CAR ON THE WAY THERE OR WHILE YOU'RE HAVING FUN.
- 05 A SIMPLE BUT GENUINE 'I LOVE YOU' GOES A LONG WAY.

01

WHAT IS SOMETHING THAT MAKES YOU PASSIONATE?

02

WHERE CAN I BE MORE INVOLVED IN YOUR LIFE?

03

WHAT IS YOUR FAVOURITE THING ABOUT OUR RELATIONSHIP?

04

HOW IS YOUR MENTAL HEALTH? HOW CAN I BE THERE FOR YOU?

05

TELL HER YOU ARE PROUD OF HER, AND WHY!

06

DESCRIBE YOUR PERFECT DAY IF THERE WERE NO LIMITATIONS

07

WHO ARE YOUR THREE CLOSEST FRIENDS? WHY ARE THEY IMPORTANT TO YOU?

08

ASK ME A QUESTION (ANY QUESTION) AND I'LL DO MY BEST TO ANSWER HONESTLY.

09

WHAT IS ONE OF YOUR FAVOURITE MEMORIES OF YOU AND I?

10

WHAT CAN I DO TO HELP YOU FEEL SUPPORTED AND LOVED?

CONNECT



BE PRESENT. SHOW UP. GIVE TIME.

My relationship with my own father is complicated and wonderful and painful, as most life-long relationships are. I would be lying if I said there weren't pages of our story that I wish I could tear out. Painful pages. Pages I'm still working through in my thirties. But I want to tell you how powerful the good pages can be. For they too have shaped me.

The dinners at the table he showed up for. The smell of sawdust as he hugged me each day after work (construction). Side note: Hug your children. I can't ever walk into a home depot without thinking of my dad. The Saturday mornings where we'd watch TV together and I'd eat his lunch. Seeing his face on the sidelines the few times he came to my high school soccer games. I remember.

BE PRESENT. SHOW UP. GIVE TIME.

You don't get to choose what she'll remember about her time with you, and I know that can feel scary. It doesn't have to be. Those good memories, I hold tight like keepsakes. They aren't that hard to create. My dad didn't need to talk to me about my period or like the same music as me; he didn't have to be "cool" (although I always thought he was). He just needed to show up. He needed to make being present a priority. There is so much power in simply showing up.

In a world where connection has been reduced to acting behind a screen, she needs you to teach her that true connection should never be sacrificed. She needs to know what safety, respect, and belonging feels like. It can start with you.

How do you do this? Respect and honour the women in your life and women in general. Married? Love your spouse well. Be faithful to her. Make HER a priority as well. Show self control in your words and your actions. Say the nice things out loud.

One of my favourite memories with my Dad was on July 31st 2011. Roberto Alomar was inducted into the MLB hall of fame and my dad bought just him and I tickets to go. We rode the subway, raced to get in line for bobble head dolls, and we ate street meat. I can't remember everything we talked about, but I remember flying high that whole day. I felt special. I felt loved. I wish I had more memories like this one and so this is why we've put together this resource for you.

Your daughter might not ask you for it. She might not know how to tell you what she needs. And you might miss it. You might miss the opportunity to fill up her most precious memories. Don't miss it. I promise you, every road trip, every awkward conversation, every lame dad joke to make her laugh, every hug, every time your words filled her up, they'll stay with her. Some day she'll be all grown up, and whether you took your role seriously or you took it for granted. She will think of you often. .

NEVER VENTURED INTO GIFT GIVING TERRITORY? LET US HELP! ALL OF OUR SUGGESTIONS CAME FROM TEENAGE GIRLS THEMSELVES!

01 FUN DAY OUT JUST HIM AND I.

02 GIFT CARD: COFFEE, THE MALL, OR ASK MY FRIEND FOR MY FAV PLACE.

03 EVENT TICKETS. GO WITH ME.

04 FLOWERS

05 GIFT CERTIFICATE TO A NEARBY SPA. MANI/PEDI

06 GO KARTING, A DRIVING RANGE. A FUN ACTIVITY

GIFT GUIDE



“In the darkest days, when I feel inadequate, unloved and unworthy, I remember whose daughter I am and I straighten my crown” – Unknown

YOUR ROLE MATTERS.

— The importance of fathers.

The role of a father is extremely important. Fathers are vital to the emotional, physical, and mental well-being of their children. Understanding a father's invaluable and irreplaceable role in the development and lives of their children can lead them to make a greater commitment and investment in their family. Studies have shown that fathers are as important as mothers in their respective roles as caregivers, protectors, financial supporters, and most importantly, models for social and emotional behaviour. Take care of your own health (mental/physical), love your spouse/partner well, respect and honour the women in your life. Keep your anger in check. Learn to say the important things out loud.

Children with involved fathers say they're happier and less anxious. They are known to have better relationships with their siblings and peers. (1)

Children with fathers who are involved are 70% less likely to drop out of school. (2)

Children from fatherless families are 10 times more likely to abuse chemical substances, 4 times more likely to be raised in poverty, twice as likely to commit suicide (3).

Girls with involved, fathers who model healthy relationships are less likely to become involved in violent or unhealthy relationships. (4)

- * 85% of all youth in prison come from fatherless homes
- * 63% of youth suicides are from fatherless homes
- * 71% of teen pregnancies lack a father in the home
- * 90% of runaways or homeless teens are from fatherless homes.(5)



YOU MATTER.

EVER HEARD YOUR DAUGHTER SAY SOMETHING THAT MADE YOU THINK SHE HAS LEARNED A NEW LANGUAGE? WELL, SHE KIND OF HAS. HERE ARE A FEW OF THE MOST COMMON WORDS AND THEIR TRANSLATIONS. DISCLAIMER: DON'T TRY AND USE THESE IN PUBLIC. IT WON'T GO OVER WELL.

"YOU ARE THE GOAT!" - YOU ARE THE GREATEST OF ALL TIME.

"IT'S ALL GUCCI" - IT'S ALL GOOD

"THAT'S LIT" - THAT'S AWESOME.

"WHY ARE YOU SO SALTY" - WHY ARE YOU SO CRANKY/BITTER?

"I LIKE YOUR FIT" - I LIKE WHAT YOU ARE WEARING.

"I'M 'V' HAPPY" - I'M VERY HAPPY.

"THEY ARE FLEX'N ON 'EM" - THEY ARE SHOWING OFF.

"THEY SUS" - THEY ARE NOT TRUSTWORTHY.

"RIP" - REST IN PEACE (SAID WHEN OVERWHELMED OR ANNOYED OR DID SOMETHING EMBARRASSING).

"WHY ARE YOU THROWIN' SHADE AT ME" - WHY ARE YOU UPSET WITH ME?

"SKURT" - GO AWAY

"TBH" - TO BE HONEST

"STRAIGHT FIRE" - HOT OR TRENDY

VOCAB 101

