

4 Reasons You Should Dance With Your Daughter

When we go to weddings, one of my favorite parts of the celebration is when the dad dances with his daughter, the bride. I can't wait to share this moment with each of my three daughters at their weddings.

I really like to dance with my girls and, throughout the years, have danced with them at home, at daddy-daughter dances and at other events.

So, if you're a dad who has a daughter, don't wait until her wedding day to dance with her. In fact, dance with her as often as you can. Here are four reasons why you should dance with your daughter.

1. It sets the standard. Long before their daughter's wedding day, dads have an opportunity to set the standard for the kind of guy their daughter should look to spend the rest of her life with. Dads should show their daughters what they should expect from the boys they date and the man they eventually marry—she should expect a gentleman who honors her body constantly, holds her hand securely, protects her passionately, laughs with her joyfully, values her immeasurably and loves her deeply. She should see all of those things when you, Dad, dance with her.

2. It builds memories. One of the things I talk about in my book *All Pro Dad* is the importance of creating memorable monuments with your children. Memorable monuments are things you do with your children that create lasting and loving memories. Dancing with your daughter can be a wonderful memorable monument—moments that can leave you both laughing on the floor at the end of one song and crying in each other's arms at the end of the next one. They'll certainly be memories

you'll both cherish.

3. It says she's beautiful. Twirl your daughter around, but also make sure to pull her in close and tell her she is beautiful and special. Like your wife, your daughter needs to hear that she is beautiful and captivating. Also, your little girl needs to know her beauty is not just outward, but that she also has a beautiful heart and incredible talents. Dancing with your daughter can provide you with a perfect opportunity to affirm her beauty.

4. It validates your love. As you affectionately embrace your daughter, you'll be saying to her, "I love you more than you'll ever know" ... even if you don't even say anything.

So seek and find moments to dance with your daughter now because, in the blink of an eye, she'll be dancing with her husband.

Do you dance with your daughter? How do you find ways to do so? And if you both have a favorite song to dance to, please share it.

Mark Merrill *is the president of Family First. For the original article, visit .*