

5 Things Daughters Want From Their Fathers

Dr. Ken Canfield of the National Center for Fathering has done research and found the top five things daughters want from their fathers:

1. Daughters long to hear their fathers communicate love and encouragement. “The best thing my dad has ever done for me is let me know he loves me.” “I wish my father would say, ‘I love you.’” “When my dad encourages me, I feel like I can do anything.”

2. Daughters want their fathers to take the time to strengthen their relationship. “I wish my daddy wouldn’t work so much and spend more time with me.” “If I could add one thing to our relationship, I would add time.”

3. Daughters ask their dads to communicate with them more and give them guidance. “If we talked more truthfully, we would have a better relationship.” “I wish my dad would talk to me more and give me advice.” “I need more input from my dad.”

4. Daughters want their fathers to seek to understand them. “Sometimes I feel like my father has no idea what I’m going through.” “I wish my father would try and understand me.”

5. Daughters want their fathers to trust them more. “If I could add one thing to our relationship, I would add trust.” “I wish my dad would trust me more.”

The best way to hit all these five principles at once? Take your daughter on a date. Here are 10 things to do on a date with your daughter.

1. Dress up for the occasion. Dressing nicely will let her

know you take this date seriously. Definitely lose the gym shorts and shoes without socks.

2. Make sure she's happy with her outfit. If your daughter doesn't "feel" pretty, she won't have a good time with you. If you can afford it, offer to take her shopping beforehand to pick out an outfit she really likes.

3. Buy her flowers before you go. If you want to get really creative, have a single white rose in the middle of a dozen red roses and talk about how much she really does stand out.

4. Hold open doors. Show her what a gentleman looks like and what she needs to expect from her future dates.

5. Take her to an upscale restaurant. Save up and take her somewhere really nice. This is not an Arby's kind of night.

6. Give her a meaningful gift of some kind. It doesn't have to be expensive, just something she will keep and every time she looks at it, think of you.

7. Have the conversation revolve around encouraging her. This is not a time for you to lecture, but to listen and encourage. Share with her all the things you love and appreciate about her.

8. Share with her some of the first dates you had with her mother. She'll get a big kick about hearing how you had the best leisure suit at your high school back in the day.

9. Talk about what your next daddy/daughter date should be as you're heading home or on to your next activity.

10. Leave a thank you card on her pillow the next day. Write how much you appreciated getting to spend time with her. {eoa}

For the original article, visit .