





A Date to Remember

Fathers and daughters who participated in last year's *Date with Dad* share some of their precious moments.

"It is one of the most precious, memorable moments in my life. It is something so necessary in a daughter's life."

— VERA NATHAN

"I had the opportunity to verbalize my love for my daughter."

— GERALD NG

"When we wrote the letter to each other, I cried because of the words he wrote in the letter. It showed me how my daddy really loved me whole-heartedly. He knows I love him as much too."

— SOPHIA TANG

"The most memorable moment was when I put on the ring for my daughter. For the first time in 11 years, I really hugged and kissed my daughter."

— MOHD HISHAM RAMLI

Dads Make All the Difference

THE FATHER FACTOR

Research shows that girls with involved fathers are more likely to have healthier, more confident relationships with boys in adolescence and men in adulthood. This is because girls have a greater opportunity to learn from their fathers how men should act towards women. Girls with involved fathers, therefore, are more likely to select good boyfriends and husbands because they have had a good model by which to judge all candidates.

A dad's influence has an impact in many other aspects of his daughter's life such as:

- Long-term male romantic relationships
- Views of the opposite sex
- Sexual attitude and behaviors
- Body image
- Social skills
- Academic goals

If a dad thinks his daughter is beautiful and valuable, she will likely see herself that way too.

That's why Focus on the Family Singapore is encouraging dads to affirm their daughter's worth and femininity by taking her out on a special date – especially when she blooms from a child to a young lady.

"Fathers are the single greatest untapped resource in the lives of children. Natural, renewable, and by and large nontoxic, they couldn't be healthier for the country's children. We can't afford to let another one get away."

DR KYLE D. PRUETT

Child Psychiatrist and author of *Fatherhood*

Acing Your Relationship With Your Daughter

AFFIRM • Validate or confirm her feelings. When you affirm her feelings, you give her a sense of *authenticity*.

ACCEPTANCE • When you accept her for who she is, you give her a sense of *security*.

APPRECIATION • Show her she is valued and that her accomplishments make a difference. When you express appreciation, you give her a sense of *significance* – the feeling or thought that she has done or said something worthwhile.

AFFECTION • Express affection through loving words and appropriate touch. When you show affection, you give her a sense of *lovability*.

AVAILABILITY • When you make yourself available, you give her a sense of *importance* in your life.

APPROACH • You need to find out what is significant to your daughter, no matter how old she is. When you approach your daughter's world, you say to her "I care about you and what interests you."

ACCOUNTABILITY • Balance with loving limits and boundaries. When you provide loving accountability to your daughter, you give her a sense of *responsibility*.

Adapted from the article *Where Closeness Comes From* by Josh McDowell



10 Things You Can Do To Connect With Her

- 1 • Write a letter, card, email or text message to affirm and appreciate her.
- 2 • Apologize, say sorry for something you've done wrong.
- 3 • Pick a value you want to see in her and role model it.
- 4 • Listen! And ask questions. Don't tell or try to 'fix' things.
- 5 • Find an activity she enjoys and sign up to do it together... no 'but' (unless it's illegal, immoral, detrimental to health or way over budget).
- 6 • Serve together in a community project.
- 7 • Open doors for her.
- 8 • Give her a small gift to show you thought about her and went out of your way for her.
- 9 • Surprise her by picking her up from school and bringing her to watch a movie.
- 10 • Have a 'Date with Dad' once every 3 months.

*Any man can be a father.
It takes someone special to be a dad.*





Your Role as Dad

- What words of appreciation have you shared with – and about – your wife today? The way you treat your wife will shape how your daughter views she should be treated.
- How do your words of blessing connect with your demonstration of affection for your daughter?
- What qualities would you like your daughter to remember you for? What do you need to do to demonstrate those qualities?
- What can you do to become more “approachable” in your daughter’s eyes?

“Fatherhood must be at the core of the universe.”

C.S. LEWIS

Dating Your Daughter SIMPLE TIPS TO WINNING HER HEART

Because the first man a girl will see as her hero is her dad, you have the honor of setting the standard for your daughter’s future romantic relationships.

- **PLAN THE DATE**
Preparation and planning show that you value the time you have with her.
- **TREAT HER LIKE A LADY**
It’s all in the little gestures, like opening the door for her and being courteous.
- **RESPECT HER CHOICES**
Ask her what she would like to do and be attentive to her likes and dislikes.
- **SET A POSITIVE TONE**
Keep it fun and lighthearted. Smile.
- **GIVE HER YOUR FULL ATTENTION**
Turn off your mobile phone, maintain eye contact, and listen carefully.
- **DON’T INTERRUPT**
Give her time to think and speak her mind freely. Refrain from lecturing or problem solving.
- **COLLECT MEMORIES**
Print out photos or bring back something to remember the date by.

HEART TALK

What I appreciate about you is...

I’m so proud of you because...

One thing that I could give more of to you is...

What I would like more of from you is...

One thing that I want to thank you for is...



Date with Dad

HIGH TEA

An exclusive afternoon event for fathers & daughters, featuring fun bonding activities, games and meaningful conversations.

Recommended for daughters aged 10-18

DATE Saturday, February 11, 2012

TIME 2 pm to 5 pm

VENUE The Regent Singapore
1 Cuscaden Road

PRICE \$95 per father-daughter pair*
(incl. purity ring worth \$25)

*\$10 of the participant fee will go towards sponsoring an inmate to attend the *Date with Dad* prison event with his daughter in March 2012.

ENQUIRIES AND REGISTRATION

www.family.org.sg

Date with Dad

CAMPAIGN

*Here's how you can
participate in this campaign:*

ONE • *Take her on a Date*

Spend some one-on-one time with your daughter to encourage and affirm her.

TWO • *Present her with a Purity Ring*

Give her this ring as a sign and reminder to protect her purity, and that she is worth the wait.



THREE • *Tell other Dads!*

FOR RING ENQUIRIES, VISIT

www.family.org.sg

Fathers and daughters can enjoy special shopping and dining privileges at participating outlets in Millenia Walk upon presentation of this guide.

Also, spend \$50* at Millenia Walk to enjoy:

- Complimentary parking
- A chance for an instant dip to win a designer tie worth over \$120.

Promotion period will be from Jan 14 to Feb 14.

* Conditions apply. For details please visit www.milleniawalk.com

Organizer



Sponsor



Supporter



Partners



Participating Mall



Dear Dad



Dear Dad, you are so many things
Your wisdom guides my heart
A source of strength and righteousness
Right from the very start



At two you lifted and swung me high
You bounced me on your knee
At eight you wiped my tear-stained eyes
When some kids laughed at me



Sweet sixteen came and so did boys
You interviewed each one
You spoke of my value and worth
It etched in me for the long run



You asked me out on a date
Precious words you bestowed
Your eyes said "I am beautiful"
An angel to behold



Church bells rang at twenty-eight
My hero you'll always be
You shook the hand of my husband
And told him to love me



And when you're grey and wisdom flows
Our special time well known
I'll take your hand, anticipate
My date with Dad alone

From the heart of your daughter