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Parental Involvement: Engaging a Father's Role in the Social and Psychological Development of our Daughters

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Parental Involvement: Engaging a Father's Role in the Social and Psychological Development of our Daughters

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Focus

- The Importance of an Active Father's Role on the Life of his Daughter

Issues Explored

- Responsible Fatherhood
- Non-Active Fathers living in the household
- Absentee Fathers
- Single Mother Households
- Teen behavioral problems
- Distorted view of relationships with men.



Objectives Explored

- The case for a positive father/daughter relationship
- The social and psychological development of teen girls
- Some best practices to enhance a father/daughter relationships
- Father Involvement Chart



Research Information

- Focus group of 14 fathers between the ages of 38 and 65 years.
- Occupations include-- security guard to college professor.
- Four research topics were presented for discussion:
 - 1) Identify/discuss the most difficult time you had raising your daughter.
 - 2) Age you were comfortable with your daughter dating.
Comfortable talking about sex with your daughter.
 - 3) Number one problem you had while raising your daughter?
 - 4) Looking back, what would you do differently?
- A group of 8 adult woman were asked: lesson (s) that only a father can teach his daughter. Some expectations you had of your father?

Research Information

- Response categories: open ended questions and statements.
- Adolescence age: 13- 19 years old.



Adolescence Period

- One of the most critical stages of development.
- Identity and role confusion concerns.
- Generally linked to emotional and social turmoil for parents and teens as teens try to find their identity. P.13- P16



Puberty Period

- Means to go hairy.
- A physical concept that refers to the specific time when people mature sexually and able to reproduce.
- Enlargement of the organs and genitalia.



Literature

- Erikson reveals in stage 5 Adolescence: the challenge of gaining identity vs. confusion. Young people struggle to establish their own identity but still want to fit in with their peers.
- As adolescents struggle for independence, they may be loving and affectionate with parents one minute and hostile and rejecting the next (Veron & Al-Mabuk,1995)
- Adults often overreact to adolescents' behavior, assuming that their illogical actions are intentional (Veron, 2009)
- To many fathers have abandoned their responsibilities, acting like boys instead of men. And the foundation of our families are weaker because of it. (Eilperin,2008).
- In a recent study only 30% of the fathers believed that active involvement in their daughters life was vital to her well being.
- In a study of college women over a 15 year period, found that women wished their relationship with their father was emotionally and personally closer.

Literature Continue

- A study by Kyle Pruett, Fatherneed, linked positive fatherhood involvement with:
 - Lower levels of disruptive behavior, acting out, and depression.
 - Obeying parents and being responsible. Girls were more confident and willing to try new things.
- About 40% of the children who live in absentee father households haven't seen their fathers in at least a year.
- "The greatest impact on a woman's romantic choices and ability to feel comfortable in her own sexuality is how her father related to her in childhood" Victoria Secunda.
- Girls who lose their father to divorce or abandonment.. tend to be more critical of their fathers and the opposite sex.



Findings

- Average age father thought it was okay for their daughters to date was 16 years old.
- 86% believed it was important to meet the young man his daughter was dating.
- 90% felt it was important for them to discuss the do s and don't of sex.
- Fathers agreed that the teen years were a struggle.
- Most girls who have little/ no contact contact with their fathers have difficulties forming long term relationships. (PI, Effects)

Some common myths

- A good and attentive father will raise a good daughter. You can give her all the attention she need and still she might do the opposite of everything you taught her. The only comfort that you can have is knowing that you taught her right from wrong.
- Just give your daughter all the love she needs and everything will be okay. Loving her unconditionally does not equal a successful daughter. Loving her unconditionally simply means that you have responded to your commitment and special feelings for her.

Some common myths

- My daughter will make the right decisions because of the influence I have on her. Peer pressure and the challenges of life will also influence the decisions that **your** daughter will make about dating, choosing friends, and career options. As fathers, we must do our best to lay a positive foundation as a guide for **how she should live her life.**
- Raising a daughter will be fun and a special journey. There will be many challenges that will make you feel as if you are failing as a father. She is just not responding to your advice, love, or attention. Your baby girl is now rebelling and challenging every piece of advice that you give her. She doesn't want to go to church or the store with you anymore. More often than not, you will find yourself wondering what happened.

Father Involvement Chart

Average Fathers

- **Involvement**
 - Average Father Involvement
 - Financially provides for his family. If not he is not living in the household, child support is paid as ordered by the court.
 - Leaves the responsibility of transportation of the daughter to the mother. Will make excuses why he cannot pick up his daughter.
 - Primarily leaves the discipline of the daughter to the mother. Disciplines usually when he is forced to or out of frustration.
 - The responsibility of the daughter's spiritual development is left to the mother.

Effective Fathers

- **Involvement**
 - Financially provides for his family.
 - Teaches his daughter to be self-sufficient.
 - Pick up the daughter from school and special activities when necessary.
 - Active in disciplining his daughter.
 - Supports his daughter's spiritual development, usually he does not attend church on regular bases, but ensures that his daughter goes.

Successful Fathers

- **Involvement**
 - Successful Father Involvement
 - Financially provides for his family.
 - Teaches his daughter to be self-sufficient.
 - Provides on-going nurturing and emotional support for his daughter.
 - Picks up the daughter on a regular basis from and to school and special activities.
 - Very activate in disciplining his daughter. Provides boundaries for correcting inappropriate behavior. Explains why corrective actions had to take place.
 - Supports his daughter's spiritual development by actively taking her to church. She sees her father's involvement in church programs and activities.

Ten Golden Rules for a Successful Father and Daughter Relationship

1) Take your daughter on dates.

Teach your daughter what to expect on a date. Taking her out to the movies and dinner is a great opportunity to show her what to expect on a date. Affection is something that she should not be missing from her father and seeking to find from another male figure. You set the example as her father.

2) Take an active role in providing transportation for her to various special activities.

Be the parent that takes her and her girlfriends to the movies or the school dance. It's okay for soccer dads to exist. Be present and take an interest in her participation in dance recitals, gymnastic meets, sporting events or other extra-curricular activities. When she looks in the audience, she should see an encouraging smile from her father. Be her number one cheerleader.

Ten Golden Rules for a Successful Father and Daughter Relationship (cont)

3) Listen to the small talk.

There are times when she just wants to talk about everything. Just listen to all that she has to say. Typically, your daughter will talk more than your son. No matter how un-important the conversation might seem, it's important to let her know that you are listening. Some of her most important concerns and thoughts will be shared during these times.

4) Show her your spiritual side.

It's okay for her to hear you pray before eating a meal; for a safe trip when traveling out of town; or for the safety of a relative to arrive in town for the Thanksgiving holiday.

5) Talk with her about who she is dating or has an interest in dating. 41

Take an active interest in whom she is dating. Maintain open communication about how things are going in the relationship. It is important to know if the relationship is going well or whether problems exist. I remember on one occasion during a conversation, my daughter shared with me that her boyfriend wanted her to go into the locker room and have sex with her. I was glad to discover that she was offended by his request and the relationship ended. The key is not to overreact, be critical or judgmental, but show that you are concerned for her best interest.

Ten Golden Rules for a Successful Father and Daughter Relationship (cont)

6) Provide boundaries and expectations.

Have and share your expectations with her while providing boundaries for behavior. Expecting your daughter to do well in school is necessary as you try to create standards for success. Sometimes you might find yourself saying, "Yes, school is hard, but I expect effort and consistency from you." Attending school is necessary for educational and social development. Expecting her to reach for high standards of achievement is okay.

7) Do not expect instant respect and admiration because you are her father.

Respect and admiration is earned through positive actions. She is watching everything that you do. Your daughter needs to witness you talking pleasantly to her mother, saying thank you to the waiter for bringing food to the table, and showing compassion for others.

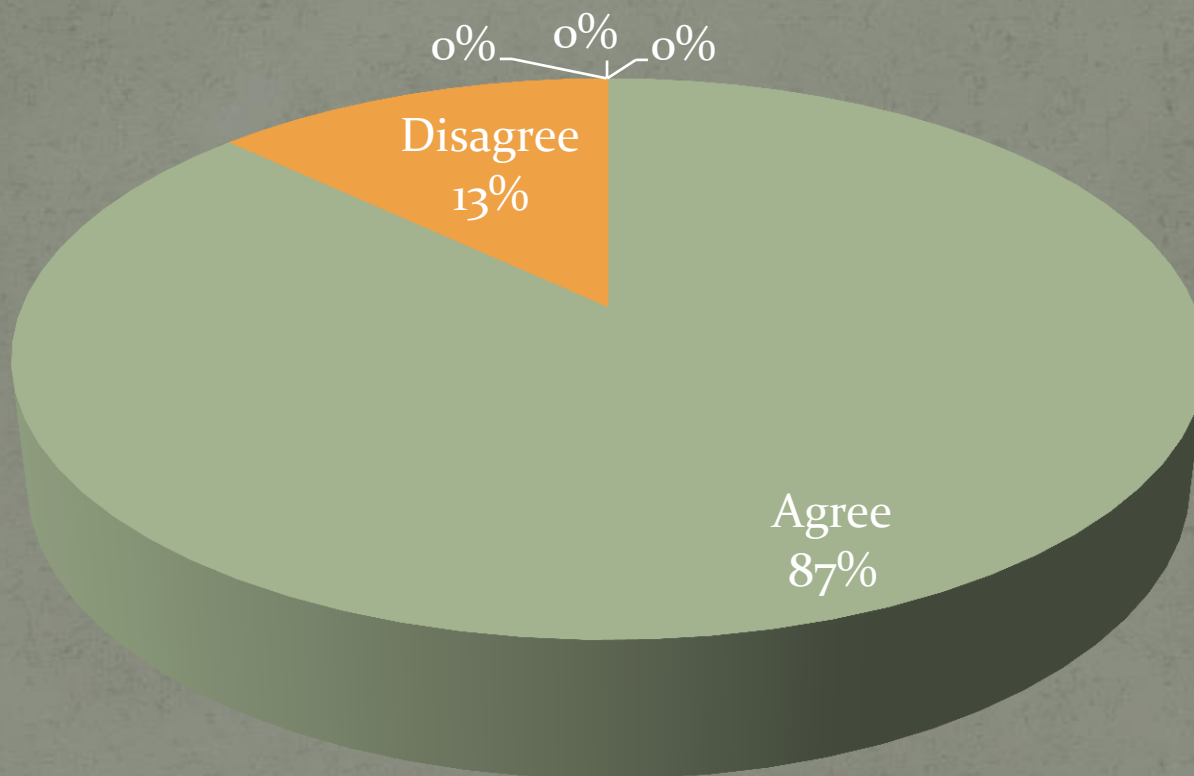
Ten Golden Rules for a Successful Father and Daughter Relationship (cont)

8) Be careful of the old hook, “She is the apple of my eye and melts my heart.” Yes, she is the apple of your eye, but not everyone else’s. You cannot give into her every request. Don’t spoil her. Sometimes it is more important to say no, in order to let her know that the world does not revolve around her.

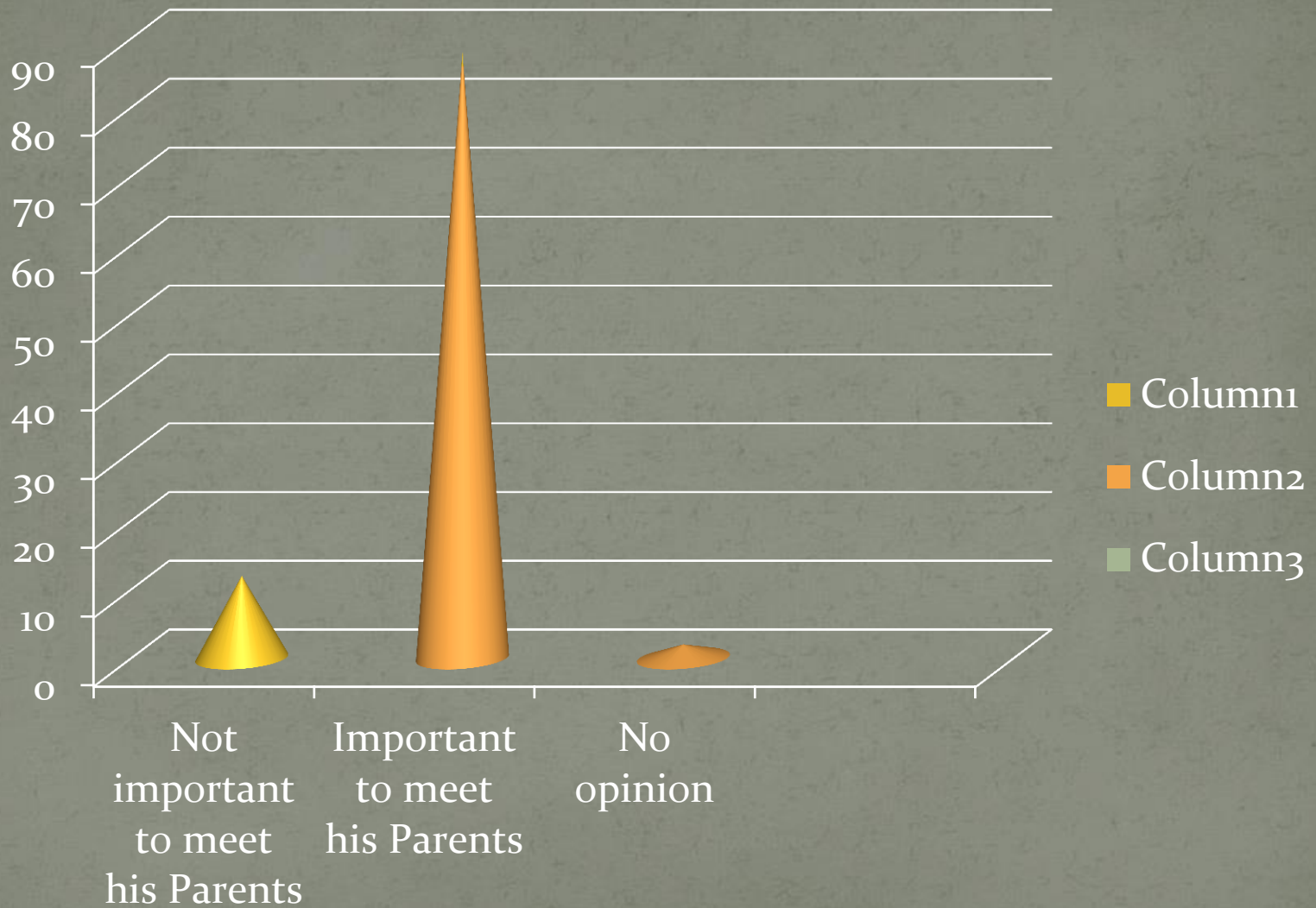
9) Provide a sense of protection and security.
Say good night and tell her that you love her even if it’s by phone. Just hearing her father’s voice can be very soothing and provide a sense of security.

10) Try to keep all promises.
Promises are agreements to provide something soon. Just as you have expectations for your daughter, she will expect and look forward to the promises you make her. Not keeping your promises will result in fostering disappointment and a loss of trust. If you cannot keep a specific promise, explain why and establish an alternative agreement. Disappointments are difficult for an adult to process and even more so for an adolescent

Average Age for Dating : 16 Years Old



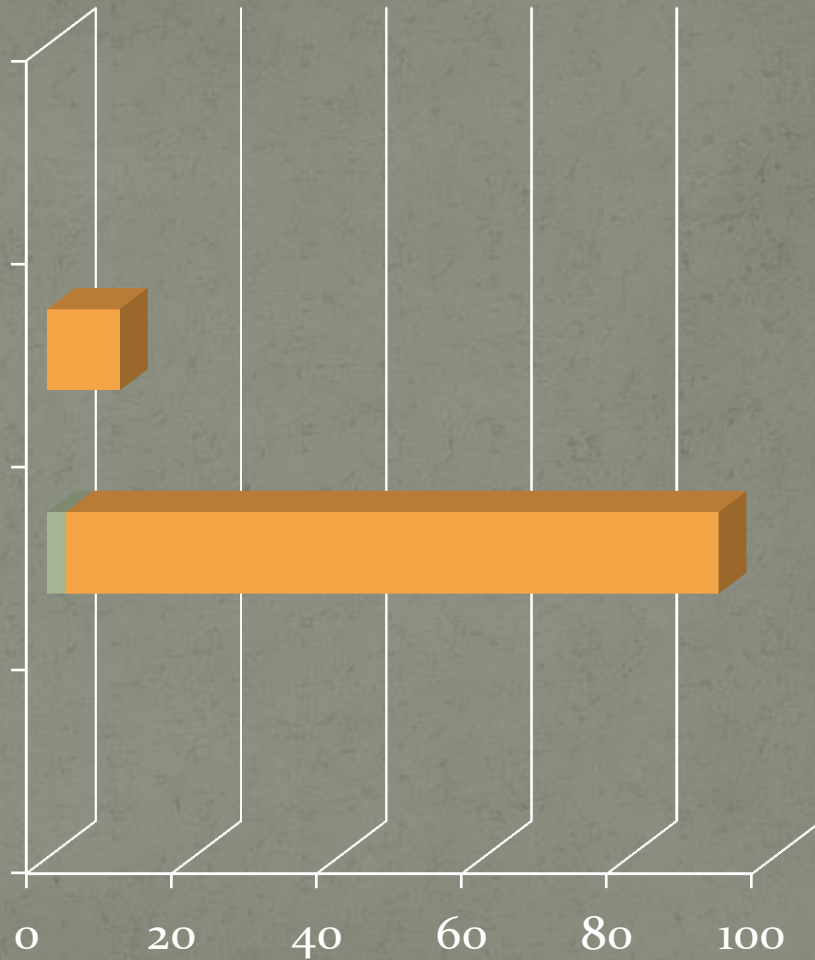
Meeting boyfriend Parents



The Talk with My Daughter

Not Comfortable- Sex Talk

Comfortable-Sex Talk



Implications for Social Scientists

- Sociologists, Social Workers, Educators, Social Service Agencies, Policy Makers, and Community Leaders must see this issue as a problem.
- How do we encourage fathers to take a more active role in raising their daughters.
- Is there a need for new paradigms for encouraging the father/daughter relationships.