## Dad, What to Say (and Not Say) to Your Daughter

### WHAT NOT TO SAY
- You got yourself into this mess, so don’t come running to me...
- You have no one to blame but yourself
- Stop crying....You’re being a big baby
- It’s about time you grew up
- Do you know how utterly ridiculous and nonsensical you sound right now?
- Why do you always make mountains out of molehills?
- You are one high-maintenance girl
- You are wearing me out...I don’t know how much more of you I can take
- You have always been the most needy of all our kids
- You drive me crazy
- When are you ever going to start acting your age?
- In my house you will act the way I tell you to act
- Why can’t you be more like your brother/sister?
- You’re a spoiled brat
- You look like you’ve gained weight
- Can’t you ever think of anyone but yourself?

### WHAT TO SAY
- In my eyes, you are the best of the best
- I am so proud of you
- Do you know how grateful I am to be your dad?!
- You look so beautiful today
- You’re right, I don’t understand you right now but I want to understand. Can you help me understand?
- You’re going to make a great wife and mother some day (if you choose that)
- I’ve seen so much growth in you (list specifics)
- What was good (or hard) about your day?
- You are completely unique and gifted (list specifics)
- You get prettier with each passing year
- I’ll be here for you no matter what
- I love you just the way you are, always and forever
- I want you to know that no matter what, I will always be your main man
- You are amazing
- I love you

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