

A photograph of a smiling father holding his young daughter on a beach. The father is on the right, wearing a white sweater, and the daughter is on the left, wearing a white shirt. They are both smiling and looking at each other. The background shows the ocean and a sandy beach.

NATIONAL  
**CELEBRATE OUR  
DAUGHTERS NIGHT**  
Activity Guide

**FRIDAY, MAY 20TH 2016**

## CELEBRATE OUR DAUGHTERS ACTIVITY GUIDE

Dear Partners and Friends

The literature conveys it, the research affirms it and the outcomes legitimize it; active and engaged fathers improve outcomes for children. So why are we having such a hard time changing outcomes?

**The relationship between fathers and daughters are often forgotten. With the recent tragic events regarding Black Men and Boys and the current Black Lives Matter movement; one might be led to believe that the work to heal our community doesn't include the reality that daughters are also a critical part of our concern. We realize that the same social ills that impact of sons; affect are daughters in similar; but distinct ways.**

Research reveals that the relationship between fathers and daughters are just as critical as that with sons. In fact we know some of the following:

- A girl's father is one of the most influential people in her life, from infant to toddler to tween to teen, to her development into a strong, confident woman.
- Girls with fathers who are involved in their lives have higher quantitative and verbal skills and higher intellectual functioning.
- Teenage girls who are close to their fathers are far less likely to become sexually active. It is the number-one factor in preventing girls from engaging in premarital sex and indulging in drugs and alcohol.

The impact of fatherlessness is far from being fully understood; especially as it relates to people of African decent. Today more of our children across the board are being born into out-of-wedlock homes, further sealing the reality that our children will spend some or all of the lives with the impact of not having their biological fathers living in the same house. Yet we clearly understand from history that not being born with married parents, doesn't regulate you to a life of doom and gloom.



This world is riddled with the faces of a fatherless nation, yet through that struggle we still find a way to make it through.

We might find some comfort in the fact that while 43% of our nations children are born into unmarried homes, intimate fatherhood engagement increases. Fathers are more apt to change diapers, feed, do homework and stay-at-home than ever before. This willingness to contribute to the well being our children is both welcomed, but misunderstood and often under appreciated.

While fathers are more engaged, we're not lost on the fact that parenting is not an automatic skill set given at birth. Parenting is a learned behavior based on what we've seen modeled in our own lives and what we are taught by the multiplicity of images we see each day.

Thus it is no surprise that men have a more difficult time knowing in all cases how to spend meaningful time with their children. Whether you have grown up in a house with a physically present, but emotionally absent father, a physically absent, but emotionally present father or both physically and emotionally absent, men (and women) have a lot to be taught about exactly how to give our children the best of our parenting.

This guide is not an all-inclusive way to spend time with your children, but we understand that the smallest moments can have the greatest impact. In this small guide we will attempt to give you some options in spending time with your daughters. Time spent that can create lasting memories and a behavior that make also have a positive impact on your grandchildren to come.

Thank You  
**Kenneth Braswell**

*Executive Director - Fathers Incorporated*



## **BIG RULE TO CONSIDER**

Turn off and stay away from ALL social media; both adults and youth.  
NO Facebook, Twitter, Instagram, vine or any other popular social marketing platform. If you want to take pictures of your evening; do so; but commit to NOT POSTING until your evening is over.

# CAMPAIGN FOCUS AREAS

There is so much work to do with our youth. As parents and advocates its difficult to determine where to start. Unfortunately we don't have a choice but to start everywhere. However for this campaign we want to be able to quantify the work in uplifting, celebrating and honoring the relationship between fathers and daughters. Below are three areas of work that we believe will have a tremendous impact on the well-being our daughters.

## Safety

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We can't place enough importance on the safety of our girls. From bullying to human trafficking to domestic violence we are not without critical areas of work to be focus on the safety of girls. Men play a vital role in keeping our girls safe.

## Self-Esteem (Beauty)

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A daughter's lens of beauty is first developed through the eyes of their father. His opinion matters, but than that; the expression of his opinion matters.

1. Don't fall into the trap of defining your worth by your outward appearance and physical attributes.
2. Inner beauty is the only beauty that lasts.
3. Don't let false "beauty" standards established by society compel you to change and "measure up."
4. Celebrate your differences from others, that's the spark of true beauty.

"Dads Can Define True Beauty for Their Daughters"  
*www.thegoodmenproject.com*

## Health

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It is important to take a holistic view of health. Physical, emotional and spiritual health is aspects of well being that fathers can have an impact. Visit our website at [www.celebrateourdaughtersnight.com](http://www.celebrateourdaughtersnight.com) to see the research that speaks to the importance of fathers and health.





## COLLABORATION AND PARTNERS

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2. It is important to find community partners to assist in planning events. Look for agencies, organizations or churches who understand the importance of encouraging the relationship between fathers and daughters. You have a little over two months from the campaign launch to put together an event or activity.

# Planners mutual Do's and Don'ts

## DO

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- Make it fun, yet teachable and bonding
- Allow all ideas to be considered
- Think outside of the box
- Enjoy the Moments
- Smile and laugh a lot

## DON'T

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- The day is about daughters/girls not YOU as adults!
- Do not use the day to hear yourself speak...Facilitate, not dictate.
- Don't bring up "old" stuff.
- Don't over intellectualize your activity. Make sure your activity is age appropriate.
- You don't have to exclude mom, but remember the night is about celebrating the relationship between daughters and their fathers.



### Your Notes

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# Women/Moms Do's and Don'ts



## DO

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- Understand the positive effects for your daughter of having an active and engaged father and how precious those memories will be to her.
- Encourage and support your daughter and her father spending quality time together.
- Express excitement and warmth about the activity they choose.
- Offer to help brainstorm ideas.
- Spread the word about National Celebrate Our Daughters Night.



## DON'T

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- Try to plan the activity.
- Criticize or even offer your opinion or feedback unless it is solicited.
- Make it about you, her father, or any negative feelings you have: This is about HER!



## Your Notes

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## Reading

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Reading is one of the earliest activities you can have with your children. Research shows that reading stimulates the mind of a child in ways that develop their ability to learn. Consider also spending some time in the library. In fact, sign up to receive a library card. Having a library card gives you access to other activities in the library.

**Consider going to the library or even surf the Internet as a project to learn about something you don't already know.**

## Outdoor Activities (One on one or Group)

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1. Go for a walk or run
2. Ride a bike
3. Plan a spa day
4. Go for a ride. Visit a place you've never seen before

## Indoor Activities (One on one or Group)

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1. Board Games
2. Cooking
3. Repairs
4. Video Games
5. Plan a trip/outing

## Projects and Hobbies

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1. Build a model airplane/car
2. Build a go cart
3. Start a collection
4. Go to a hobby store



## Traditions

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1. Research your family history
2. Plan a family reunion or gathering
3. Start a father/daughter day tradition
4. Start a journal
5. Plan to do the same thing every first Friday of February for the rest of your life

## Conversations

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There never seems to be a good time to have a conversation. However, most conversations are good when they just start. Go to your local book store and ask for books on having difficult conversations with your children, such as:

1. Sex
2. Bullying
3. Domestic Violence
4. Drugs
5. Education

## Old School – New School

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1. Listen to and talk about the differences in music
2. Look through old photo albums and recent phone pics
3. Watch two movies that the other person doesn't want to watch
4. Bring out items in your house that will make your children laugh; ie, Rotary Phone, Cassette Tape



## 10 INTRIGUING DADDY DAUGHTER RELATIONSHIPS IN TELEVISION TO DISCUSS

1. James and Thelma Evans (Good Times)
2. Archie and Gloria Bunker (All In The Family)
3. Homer and Lisa Simpson (The Simpsons)
4. Tony and Meadow Soprano (The Sopranos)
5. Bernie Mac and Bryana/Nessa (The Bernie Mac Show)
6. Al and Kelly Bundy (Married With Children)
7. Julius and Tonya Rock (Everybody Hates Chris)
8. Charles and Dee Dee/Mona Thorne (Half & Half)
9. Ray and Tia/Tamera Campbell (Sister, Sister)
10. Joey/Nick/Anthony and Blossom Russo (Blossom)

## Learning

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1. Host a rap/talk session
2. Plan a community meeting
3. Research and discuss a social issue impacting the well-being of girls
4. Hold a forum in your school and invite youth organizations to talk about their work
5. Sign up to take a CPR course at the YMCA or Red Cross

## Weekend Activities

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1. Plan to go visit out-of-town relatives
2. Go camping
3. Plan several activities over the weekend; possibly include eating, recreational, church and time to talk.

## Community Service

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1. Volunteer at a Senior Citizen Facility
2. Volunteer at a local non-profit organization
3. Plan an activity or fundraiser for a charity
4. Create a Public Service Campaign

## Entertaining

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1. Movies
2. Concert/Play
3. Sporting Event
4. Arcade
5. Gym



### **10 OF THE BEST DADDY/DAUGHTER MOVIES (VIEWER DISCRETION ADVISED)**

1. The Game Plan | Dwayne “The Rock” Johnson (2007)
2. Father of the Bride | Spenser Tracy (1951 & 1991 Remake)
3. To Kill a Mockingbird | Gregory Peck (1962)
4. College Road Trip | Martin Lawrence (2008)
5. Annie | Jamie Foxx (2014)
6. Despicable Me | Steve Carell (2010)
7. I Am Sam | Sean Penn (2001)
8. The Godfather Pt. III | Al Pacino (1990)
9. Daddy’s Little Girls | Idris Elba (2007)
10. Taken | Liam Neeson | (2008)



## 10 SCRIPTURES EVERY DAD SHOULD READ TO HIS DAUGHTER AND WHY?

1. **“You shall love the LORD your God with all your heart and with all your soul and with all your might.”** [Deuteronomy 6:5] Set a spiritual foundation for your daughter
2. **“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”** [Matthew 5:14-16 NIV]. Teach your daughter to be a leader, the shining example to others.
3. **“Do to others as you would have them do to you.”** [Luke 6:31 NIV]. Teach your daughter how to treat others.
4. **“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”** [Psalm 139:14 NIV]. Teach your daughter that she was created special and she was made absolutely perfect with everything she needs.
5. **“For all have sinned and fall short of the glory of God”** [Romans 3:23 NIV]. Teach your daughter that everyone makes mistakes and not to allow anyone to make her feel bad about past mistakes.
6. **“So whether you eat or drink or whatever you do, do it all for the glory of God.”** [1 Corinthians 10:31 NIV]. Teach your daughter her greatest success will not come from trying to make everyone happy but in trying to make God happy.
7. **“The Lord will make you the head, not the tail. If you pay attention to the commands of the Lord your God that I give you this day and carefully follow them, you will always be at the top, never at the bottom.”** [Deuteronomy 28:13 NIV]. Teach your daughter that you and God want the best for her; she was created to be the head and not the tail. She was created to be a blessing.
8. **“I can do all this through him who gives me strength.”** [Philippians 4:13 NIV]. Teach your daughter that there are no boundaries to what she can achieve.
9. **“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”** [2 Timothy 1:7 KJV]. Teach your daughter that fear is false evidence appearing real.
10. **“Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”** [1 Peter 3:3-4 NIV]. Teach your daughter that true beauty comes from within not from without. Teach her not to judge others based on their looks.

## Group Activities and Events

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1. Movies and Dinner
2. Having a recognition event
3. Talent Show/Open Mic
4. Training on the Principles of Dr. Kings Non-Violence Movement
5. Discussion on the history of protest in Black America
6. Muhammad Ali's Six Core Principles (Confidence, Conviction, Dedication, Giving, Respect and Spirituality)

## Faith Based Activities

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1. Explore women of the bible
2. Have a service dedicated to the girls/daughters in church
3. Consider changing (impromptu) your Sunday Morning Service into a roundtable discussion
4. Pray for the condition of girls in need and without access to a support system



## Social Media and Marketing

The campaign has created most of the material you will need for the effective marketing and outreach of your activity. We all of our campaigns we use the full array of social media platforms (Twitter, Facebook, website, Instagram and YouTube) in addition to traditional media via press releases and public service announcements. Below are the social media you should use to help create a cohesive messaging brand.

**Campaign Hashtag:** #celebrateourdaughters

**Campaign Website:** [www.celebrateourdaughtersnight.com](http://www.celebrateourdaughtersnight.com)

**Campaign Facebook Page:** [www.facebook.com/celebrateourdaughters](http://www.facebook.com/celebrateourdaughters)



# FREQUENTLY ASKED QUESTIONS

## 1. Can women participate?

**A.** Absolutely, we are attempting to increase the bond between men and girls, however remember the goal is to create healthy and productive activities for our daughters/girls. If a family activity works, that's fine as long as it is centered on the interaction between fathers/men and daughters/girl. In cases when there is a group of women who want to do something with girls. Go for it; I would however suggest that you try your very best to find some able bodied men to be involved.

## 2. Do I have to be Black/African American to participate?

**A.** No, you don't. Again, recent events have increased the attention and need to strengthen and improve environments for Black girls, but that doesn't negate the fact that all of our girls can use increased healthy, appropriate and safe attention from men.

## 3. What about sons/boys?

**A.** We just completed our National Celebrate Our Sons campaign that was held on February 6th. 111 organizations in over 60 cities held activities to encourage the relationship between boys and men. For more information on the effort you can visit the dedicated website at [www.celebrateoursonsnight.com](http://www.celebrateoursonsnight.com) or visit National Celebrate Our Sons Night on Facebook (<https://www.facebook.com/celebrateoursonsnight>)

## Resources and Links

<b>Better Dads</b>	<a href="http://www.betterdads.net">http://www.betterdads.net</a>
<b>Black Butterfly</b>	<a href="http://www.blackbutterflyinc.com">http://www.blackbutterflyinc.com</a>
<b>Black and Married with Kids</b>	<a href="http://blackandmarriedwithkids.com">http://blackandmarriedwithkids.com</a>
<b>Camp Diva</b>	<a href="http://campdiva.org">http://campdiva.org</a>
<b>Fathers Incorporated</b>	<a href="http://www.fathersincorporated.com">http://www.fathersincorporated.com</a>
<b>Focus on the Family</b>	<a href="http://www.focusonthefamily.com">http://www.focusonthefamily.com</a>
<b>Furthering Fathering Corporation</b>	<a href="http://www.furtheringfathering.org">http://www.furtheringfathering.org</a>
<b>Kids Health</b>	<a href="http://kidshealth.org">http://kidshealth.org</a>
<b>Mocha Manual</b>	<a href="http://mochamanual.com">http://mochamanual.com</a>
<b>National Responsible Fatherhood Clearinghouse</b>	<a href="https://www.fatherhood.gov">https://www.fatherhood.gov</a>
<b>Parenting</b>	<a href="http://www.parenting.com">http://www.parenting.com</a>
<b>Proactive Family</b>	<a href="http://www.theproactivefamily.com">http://www.theproactivefamily.com</a>
<b>Strong Fathers, Strong Families</b>	<a href="http://strongfathers.com">http://strongfathers.com</a>

## About Fathers Incorporated

**Fathers Incorporated (FI)**, a not-for-profit organization, will serve as a leader in the promotion of Responsible Fatherhood and Mentoring. This International, National, and local focus raises the awareness about, and combats the impact of father absence.

We do this through the use of innovative social marketing and multi-media platforms, traditional communications, and product development. We seek to expand the range of work in the fields of comprehensive and non-traditional family service models. **Fathers Incorporated's** primary goal is to encourage, change and support the current societal and cultural definition of family to include fathers.

