

INSTRUCTOR'S GUIDE ©

Dr. Linda Nielsen

BETWEEN FATHERS AND DAUGHTERS:

Enriching & Rebuilding Your Adult Relationship

Wake Forest University
Nielsen@wfu.edu
www.wfu.edu/~nielsen

Dear Colleagues,

For the past twenty years I have been teaching my Fathers and Daughters course at Wake Forest University in Winston Salem, NC. This PDF file is my 70 page instructor's manual which includes test questions, class activities, internet assignments, written homework assignments, grading criteria, interview questions and the semester's class calendar.

I wrote *Between Fathers and Daughters* to be used as a supplemental text in college courses that deal with women's development, fathers, divorce, family relationships, or family dynamics. The book is based on the most recent statistics and research from academic journals and academic books. I wrote in an informal, engaging style and included countless stories about real fathers and daughters who have followed my advice over these many years. Students find the book engaging and are compelled to apply the research to their own lives.

I'm sure your students will be overjoyed that you selected my book for your course. I welcome your feedback and theirs.

Enjoy!

Linda Nielsen
Professor of Women's Studies & Education
Wake Forest University

TEACHING TIPS

If you are leading a workshop or working as a private therapist with a group of your clients, the structure and goals of your group are different from groups of college students taking a course for academic credit. My teaching tips are designed for professors, although some of the ideas might be useful to you in leading workshops as well.

Generating Enrollment

When you're trying to start a Fathers & Daughters course on your campus, you first have to generate enough interest among the students to warrant the course. I do this by creating brochures that I distribute around campus where the students hang out – dining areas, lounges, recreational spaces. You can create a similar brochure for your course on your computer for very little money if you avoid using too much colored ink. Here's the information from my brochure:

Class Structure & Preparation

I run my course as a seminar for juniors and seniors. Because I require so much reading in the course & require that students participate voluntarily in a seminar format, it's not suitable for first and second year students. If there are more than 16 students in the seminar, I find it detracts from the conversations. I teach the course once a week for 2 ½ hours late in the afternoon so that students don't have other courses to attend afterwards. Because the content and the seminars can be very emotional, and because the students often have intense conversations with each other after class, I don't want them having to dash off to another class. The time goes quickly because I use the first half of the class to present a film, guest speaker, lecture, or group activity. After a 15 minute break, they come back for a seminar discussion. I arrange the seats in a circle and hang a full size sheet of paper on the front of each desk with the student's first name printed large enough for everyone to read. These remain throughout the semester so that students can address each other by name.

Guest Speakers

I invite one father who has had experiences or has insights that are relevant to that particular semester's students. For example, if I have several students with divorced parents, I invite a divorced father. A week before the guest comes, I have the students write down 7 or 8 questions they would like the father to answer. I give them a little background information about the father so that they will have ideas what to ask. Then I send the father the questions so he has time to think about the questions. He does NOT lecture the students. He sits in the circle with them and answers those questions that interest him most. Then the students engage in a more natural conversation with him. I stay out of it completely. After the speaker leaves, the students spend 15 minutes writing their answers to these questions: What surprised or affected you the most? What did you learn that you can apply to your relationship with your father? How did the speakers' comments or experiences relate to the research you have been reading? After I've removed the students names from the papers, I send their papers to the guest speaker so

that he can see the kind of impact he had on the class. This always has a powerful and positive impact on the speaker.

Therapy versus Teaching

Because the course content is so personal and emotional, and because I am a psychologist, there's a tendency for some students to try to use the seminars as therapy sessions. During the first class meeting, I explain very emphatically that this is an academic course where they are expected to learn research and statistics and to discuss the ways in which the research applies to or explains their father-daughter relationships. I also explain that while it is helpful for them to share personal examples with us in class, this is not the place for intense focus on any one of them and not the place for therapy. I welcome them to come see me in private where I often do offer advice. But since I am in the position of giving them a grade, I do not engage in personal therapy even in the privacy of my office. In cases where the students need counseling, I refer them elsewhere.

Students who have little or no contact with their fathers

Almost every semester there is at least one student who has not had contact with her dad for many years or who has a very strained relationship with him. Since part of the grade comes from 3 long conversations that the students are required to have with their fathers (and papers written about those conversations) I work closely with these students outside of class to establish written contact with their fathers. I urge them to send the questions to their father and ask him if he's willing to respond in writing or by e mail. In every case during the past 15 years I have gotten ALL of these students to take this first step. And ALL of their fathers have responded to them – not just in writing, but usually by phone. I work with these students throughout the semester to get them to phone their father and then to meet him in person. Over these 15 years, all but 2 of the fathers met with their daughters. Please note that none of these fathers had ever been physically or sexually abusive, or I would never have urged these daughters to contact their fathers.

Confidentiality

Although the seminars are not therapy sessions, students do share a lot of information with each other about their families. Especially as the semester progresses and they begin to trust one another more, they share more personal information. During the first class meeting I reassure the students that any of the information they share with me in the quizzes or self assessment tests in my book is confidential. I also remind the class that whatever information their classmates share about their families in class is confidential.

Partners' Exercises

A few times during the semester I have students do an assignment with a partner. I assign these partners based on what I know about the issues each of them is dealing with. I try to pair these students together in the partner assignments in hopes that they will decide to open up to each other and work together on their mutual problems. This technique allows me to protect their privacy and yet give them the opportunity to be mentors and allies for one another.

COURSE SYLLABUS

FATHERS & DAUGHTERS - WST 359

Dr.Linda Nielsen

Fathers & Daughters is a course for juniors and seniors who want to explore their relationships with their fathers or who are interested in the research on father-daughter relationships in modern American society. By exploring the research in psychology and sociology, the course addresses questions such as:

- ..What weakens or strengthens relationships between fathers and daughters?
- ..How do fathers influence their daughters' intellectual, sexual & emotional development?
- ..How can having a better understanding of her relationship with her father benefit a woman?
- ..How and why does adolescence usually alter the relationship between fathers and daughters?
- ..How can the father-daughter relationship be improved?
- ..What are the most common problems fathers and daughters encounter in their relationship?
- ..How do mothers and stepmothers influence the father-daughter relationship?
- ..How does divorce and remarriage affect the father-daughter relationship?
- ..How can a daughter get to know her father as someone other than her parent?

Required Reading

Nielsen – Between Fathers & Daughters

Barras – What happened to daddy's little girl: Impact of fatherlessness on Black women

Maine – Father Hunger

Grading

Two Written Tests = 65 points

The test questions will come directly from the questions listed in this syllabus. There will be a mix of true-false, multiple choice, & short essay questions.

3 Interviews Papers = 25 points

Mail your father a copy of the interview questions during the first week of class. At 3 separate times during the semester, you will talk to your father about the assigned questions. If you can't talk to him in person, arrange to have several long conversations by phone. **DO NOT allow any other family member to be around while you & your father are talking.** After each discussion, you will write a 2 page typed, single spaced paper answering these questions. 1) What are the most important or most surprising things you learned about your father? (2) How did the reading assignments relate to what your father and you discussed? (3) What was most meaningful to him about the discussion and why? (4) On the basis of what you learned from his answers, specifically what can you do in order to strengthen your relationship? .

Attendance A= attend at least 90% of the classes, 85% for a B & 70% for a C.

Seminar participation & preparation Since this is a seminar course, you are expected to participate in every class. Come to class prepared to answer these two questions: (1) What data or ideas surprised or upset you most in the assigned reading? Why? (2) What was most relevant or most useful to your relationship with your father? Complete all of the exercises in the boxed inserts in Nielsen's chapters. If you need information about your father to complete an assignment, **get the information directly from him - not from anyone else in your family.** How much information about your family you choose to share during seminars is entirely up to you and in no way affects your grade. At the end of the semester your participation will be graded on a 5 point scale:
Excellent =5 points 4= well done Above average=3 Average=2 points

Grading Scale

A = 90-100 points B= 80-89 points C = 70-79 points

You may take this course A pass-fail @ & pass by meeting the criteria for a C.

HOMWORK ASSIGNMENTS

Web Site Assignment:

Go to each web site & study it. Then TYPE a 3-5 sentence reaction (your impressions, assessments or feelings) **about each one** of the sites.

Center for Successful Fathering fathering.org

Center on Fathering Pcisys.net

Dads & Daughters.org

Fathers' Resource Center.org

Father & Child Society fatherandchild.org (new zealand)

fathersdirect.com (England)

Mens Stuff Resource Center menstuff.org

Men's Voices Magazine Menweb.org

Mensight magazine themenscenter.com

National Center for Fathering fathers.com

THE PERFECT CONVERSATION

Type a 2 page single spaced conversation between you and your father on a topic that you would like to discuss with him - or on a topic that you have already discussed with him that didn't turn out the way you had hoped. In this conversation, write down exactly what you think your father will say in response to each of your comments. For your part of the conversation, write down the IDEAL ways of saying what you want to say based on what you have read in Nielsen's book

ADVERTISING, CHILDREN'S BOOKS & MOVIES

Magazines: Bring 2 magazine ads to class - one that is sending a stereotypical, traditional message about what a father should be and one that sends a non sexist, non-traditional message about fathers or fatherhood. A non-traditional ad is one that shows fathers or fatherhood in a way that is typically associated with mothers or motherhood. What message does each ad send about what a father should do or should provide?

TV Ads: Repeat this exercise for 2 ads on television. Briefly describe each ad and the message it is sending about fathers or fatherhood.

Children's Books: Look at a children's book that has human or animal parents. Choose a book published since 1990. What messages do the pictures send about fathers and fatherhood? What messages does the story itself send about what a good father does and how he is supposed to relate to his son – and to his daughter. You can find these books in local bookstores or in the library in Tribble A2-A - basement floor.

Movies: Think of 3 movies that deal with families. How are the father & mother portrayed in terms of what a good parent does, who the audience is supposed to feel sorriest for or forgive, and who the bad guy & good guy are supposed to be.

PARTNER'S ACTIVITY # 1

Thinking about the next 5 years: 1- what do you think the 4 biggest threats to your relationship might be in terms of issues or decisions or attitudes or things going on between others in your family that might create tension or distance between you? 2- What are your 3 biggest weaknesses/shortcomings as a daughter (at this point in your life - not how you were in the past) in terms of things you could do differently to enhance your relationship with your father? Talking as candidly as you can with your partner, what specific ideas can the two of you come up with for ways YOU (not your dad or someone else in the family) might be able to prepare for, to prevent, or to deal with these 4 threats and with your weaknesses?

PARTNER'S EXERCISE - # 2

1. What you would like to change or to improve about your relationship with your dad. Be specific.
2. How has your mother affected (good & bad) the relationship you have with your dad?
3. What are the things you have already tried to do in order to make these changes happen?
4. Why do you & your partner think each of these approaches failed.
5. Come up with at least 5 specific ideas for what you could say or do differently with your dad that might bring you closer to getting what you'd like in your relationship

Final Class Presentation Your final presentation will be graded on a 5 point scale:

Excellent =5 points Well done - 4 Better than average=3 Average=2 points
 You will have 15 minutes to answer the following 3 questions, considering all of the interviews with your father during the semester. So that you don't meander or repeat yourself, you need to make notes beforehand and practice so that your talk lasts 15 minutes. (1) What were the highlights of the 3 interviews from your viewpoint and from his? (2) What did you enjoy most and least - and what did he enjoy most and least? (3) Based on what you learned from your conversations, what specific changes can you make that might enhance your relationship? (4) What surprised you most about the 3 interviews?

CALENDAR AND ASSIGNMENTS

- 1 **Lecture & documentary film**

- 2 **Damaging Beliefs and Stereotypes**
 Nielsen Ch. 1 5 Glenn Sacks TV commercials
 Assignment : Fathers in commercials & kids' books
 Lecture: socialization & stereotypes

- 3 **Work and Money**
 Nielsen Ch. 2 articles: Wills & Ways, Weddings
 Lecture: money matters
 Assignment : Web site paper
 Film: Juggling Family & Work Complete question sheet after the film

- 4 **Communication**
 Nielsen Ch. 3
 Assignment: perfect conversation paper
 Film: Fathers & Sons Complete question sheet after the film

- 5 **Getting to Know One Another**
 Nielsen Ch. 4 **First paper due**
 Partners' exercise in class
 Film: Father's Day Complete question sheet after the film

- 6 TEST

- 7 **Fathers & Eating Disorders**
 Maine Chapters 1,3, 7, 8 , 9, 11, 13
 Guest speaker: therapist

- 8 **Mothers and Motherhood**
 Nielsen Ch. 5
 Lecture: Family Triangles & unhappy marriages

- 9 **Family Dynamics**
 Nielsen chapter 5, Maine chapters
 Film: Going Home (197) complete question sheet after the film
Second paper due

- 10 Divorce & Remarriage
 Nielsen Ch. 7
 Written assignment due: Advising a Daughter

- 11 Dating & Sexuality
 Nielsen Ch 6 & Maine ch 8 (again)

- 12 TEST

- 13 **Final Presentation** This will be a 3 hour class.
Third paper due Bring photos to class.

INTERVIEWS WITH YOUR FATHER

When you are discussing these questions with your father, be sure that no other family member is nearby. The two of you must have complete privacy & plenty of time. Discuss the questions in any order he chooses. If there are any questions your father doesn't feel comfortable answering, let him tell you so himself. Do not assume ahead of time that you know what he is or is not willing to talk about. **LET YOUR FATHER SPEAK FOR HIMSELF.**

Ask your father to choose 10 or 15 pictures of: him & his father, him as a boy & teenager, his wedding, him with you as a baby & as you were growing up, him & his friends. Then ask him to tell you about what was going on in his life around the time each picture was taken.

PAPER # 1

Childhood

1. Who is (or was) your favorite relative? Why?
2. What do you like and dislike about each of your parents?
3. How are you like and unlike each of your parents?
4. What are three of your favorite childhood memories?
5. How did each of your parents show they loved you?
6. What were your father's hopes for you?
7. What did you get too little of from your father? What did you get too much of?
8. What kind of relationship did you have with your father? With your mother?
9. What have you had to forgive your father for? And your mother?
10. How are you and your siblings alike and different? Why do you think this is?
11. What is something you wish—or would have wished—for your father? Your mother?
12. What were some of your favorite childhood toys or games?
13. Who were your best friends and your "enemies" as a child and teenager?
14. Other than a relative, who was especially kind to you as a child and a teenager?
15. What was your best and your worst birthday while you were growing up?

Work & Money -

16. When you were young, what did you hope for in your life in terms of work and money?
17. What people or circumstances influenced the type of work you chose?

18. If the money hadn't mattered at all, what kind of work would you have chosen?
19. What have you liked least and most about your work over the years?
20. What advice would you give me about work, money, and happiness?
21. How well does your job fit your personality?
22. How has your work affected your life at home?
23. How has your work affected your relationship with me?
24. What do you hope for me in terms of work and money?
25. How do your parents or other relatives feel about the work you do?
26. How do you define success, and how successful do you think you are?
27. What are the biggest mistakes you've made related to work or money?
28. How has your work turned out differently from what you wanted as a young man?
29. If you had been a woman, what kind of work would you have chosen and why?
30. If you had to have chosen another type of work, what would it have been?
31. What have you been proudest of in your work?
32. What has disappointed you most since you first went to work as an adult?
33. How much pleasure has your work given you over the years?
34. How would you feel if your wife had always earned much more money than you do?
35. How would you feel about my marrying a man who earns much less than I do?
36. What have you lost or had to give up over the years because of your work?
37. What do you wish you had known about work and money when you were younger?
38. How do you feel about the kind of work your father did, and how did that affect your choices?
39. If you could afford to retire now, would you? What would you do with your time?
40. How have people misunderstood you in terms of your work or money?

PAPER # 2

His Values

1. What book, film, and piece of music has affected you the most? Why?
2. What's your favorite time of day? Why?
3. If you had a motto, what would it be?

4. If you could afford it, what would you buy or do?
5. What do you wish you had more of? Why?
6. What are your three most important possessions?
7. What are your opinions on welfare, the death penalty, legal drinking age, and interracial marriage?
8. How do you define yourself politically?
9. What three people do you admire? Why?
10. If you could change two laws, what would they be?
11. What would bring you the greatest joy during the next few years?

His Friends

1. What are four traits you look for in a friend?
2. Who have you known longest, and why has your friendship lasted so long?
3. Which friend do you miss most? Why?
4. What is the best advice a friend ever gave you?
5. Which friend knows you the best, frustrates you most, and is most unlike you?
6. What have friends done that hurt you the most, and how did you deal with that?
7. What does it take for you to forgive a friend?
8. What things do you have the hardest time forgiving?
9. How do show love and anger to your friends?
10. What do your friends like the most and the least about you?
11. What would you like to say to one of your friends if you wouldn't have to pay a price for it?
12. What do you feel most ashamed of doing to a friend?
13. What are some of the best things your friends have ever done for you?
14. How have your friendships changed since you were my age?
15. What are some of your saddest experiences with friends?

His experiences with Anger & Forgiveness

Ask your father to tell you a story about a time when he was angry with someone. As he talks, ask him

16. How did you let the person know you were angry?

17. What impact did it have on your relationship?
18. What were you most worried about when you let the person know that you were angry?
19. How did the person respond?
20. What do you wish you had done differently?
21. When the person got angry at you, how did it affect you?
22. What's the best way for someone to let you know that they're mad at you?
23. What's hardest for you when someone is mad at you?
24. What's hard for you in expressing your anger?
25. What lessons have you learned about getting angry or dealing with others' anger?
26. As you were growing up, how did each person in your family deal with conflict?
27. How was anger handled and expressed in your family?

PAPER # 3

His Romantic Life

1. What were some of the best & worst dating experiences you had before your got married?
2. How do you feel about people living together or having sex before marriage?
3. How do you feel about gay and lesbian relationships?
4. What romantic relationships had the greatest impact on you, and how?
5. What do you wish had been different about your romantic relationships?
6. How liberal or conservative do you consider yourself to be on sexual issues?
7. How have your ideas about love, sex, and marriage changed over time?
8. What do you wish you had known about sexual and romantic relationships as a young man?
9. What have your strengths & weaknesses been as a romantic partner or husband?
10. What were some of the most heart-breaking experiences you had in your romantic life?

His Spiritual Beliefs

1. How have your religious beliefs changed over time?
2. What were some of your most spiritual experiences?

3. What spiritual questions do you ask yourself most often?
4. How would you like to spend the last 3 years of your life? The last 3 hours of your life?
5. Other than relatives, who would you like to see during the last years of your life?
6. What do you hope people will remember most about you?
7. How would you want your funeral arranged?
8. What are your greatest worries about aging or dying?
9. How has another person's death affected your own religious views or feelings about dying?
10. How has your parents' aging or dying affected you?
11. If you could have any two spiritual questions answered, what would they be?
12. What were your spiritual beliefs when you were my age?

Fatherhood & Our Relationship

13. What has been the most fun about being a father?
14. How has being a father changed you?
15. As a young father, what worried you the most?
16. What do you wish you had known before you became a father?
17. How well do you think you fit our society's definition of a "good" father?
18. What are your greatest strengths and weaknesses as a father?
19. How did your relationship with your dad influence the kind of parent you have been?
20. What advice would you give, on the basis of your experiences, to younger fathers?
21. How has being a father to a son been different from being a father to a daughter?
22. How have your ideas and your behavior as a father changed over the years?
23. What was the best gift and compliment I ever gave you?
24. What was hardest about being my father when I was an infant? A teenager? Now?
25. How did our relationship change as I was growing up?
26. What do you wish we had more of in our relationship now?
27. What do you wish you and I had done differently in our relationship?
28. What do you wish had been different about our relationship as I was growing up?
Now?

29. What do you wish I had understood better about you as I was growing up? Now?
30. What are some of the saddest and happiest experiences you've had with me?
31. What questions do you wish I had asked you about our relationship?
32. What questions are you glad I didn't ask you? (You don't have to answer them.)

FILMS AS CATALYSTS

You can buy these films through amazon.com as well as through most of your local video stores. I have had our university library buy them as part of their film collection. I have categorized the films according to the issues that daughters are commonly dealing with. As I get to know each daughter's personal situation, I make specific recommendations to her about which films she ought to watch. When several daughters are dealing with the same issues, for example if several have strained relationships with their father as a result of their parents divorce, I pair them to watch the movie together. This technique usually generates helpful conversations among them.

Divorce Remarriage

Affliction
Twice in a Lifetime
Young girl & the monsoon
Kramer vs. Kramer
Stepmom
Nobody's Fool

Gay & Lesbian

Oranges are not the only fruit
Torch Song Trilogy

Men's Lives

Spring Forward
The Big Kahuna
Glengarry Glen Ross

Your Father & His Father Your Parents Marriage

Pushing Hands	Ordinary People
Voyage around my father	American Beauty
DA	One True Thing
I never sang for my father	
Tell me a Riddle	

Fathers & Daughters

Father & Daughter (Michael Dudok de Wit - 2001 Academy Award)
Father of the Bride
Guess who's coming to dinner? (inter-racial dating)
Mississippi Masala (inter racial dating)
Once Around
Class Action
Eat, drink, man, woman
Ulee' Gold
About Schmidt
A Soldier's Daughter Never Cries
One True Thing
On Golden Pond
Pieces of April
To Kill A Mockingbird (autobiographical film)

Test Questions

Nielsen Book

*All of your answers must come from the statistics & research cited in the chapter. The true false & fill in the blank questions on the test will come directly from statistics & research cited in the EYE OPENERS.

Chapter 1 & 2 -

1. What are the 5 negative beliefs about fathers discussed in this chapter? Cite specific research or statistics to show how & why each belief is untrue. Explain how each belief can hurt the father-daughter relationship.
2. How do mothers & fathers differ in each of these respects. : child care, housework, employment, balancing work & parenting, parenting styles, job stress, maternal instinct. Cite specific research conclusions or statistics to support each answer.
3. Describe 3 ways we often get negative messages about father or fatherhood.
4. How do our society's definitions of a good father change over time? Cite specific examples.
5. What do we mean by the "idealization" of motherhood and how does this hurt father-daughter relationships?
6. Explain 3 ways that our beliefs about fathers matter in terms of how they affect father-daughter relationships?
7. Describe 3 ways in which idealizing mothers or motherhood can hurt the father-daughter relationship.
8. What are 5 beliefs about fd relationships that can weaken them? Explain how each influences the relationship.
9. Explain 5 areas of a daughter's life that are affected by the kind of relationship she has with her father. In 3-5 sentences for each, explain how the father influences her in that area of her development.
10. How can each of these have a negative impact on the father-daughter relationship: school counselor & family therapists, television, national holidays, advertising.
11. What are 5 differences in the ways the most fathers & mothers relate to their children?
12. Which moms are usually the most supportive & least jealous of father-daughter relationships?
13. What usually determines the kind of relationship the father has with the children?
14. What are 4 ways you can tell when a child & parent have become triangulated or enmeshed?
15. What are 3 ways an unhappy marriage affects children's relationships with each parent? How does it differ for mothers & fathers?

Chapter 3 - Communication (15 sentence explanations for each question)

1. Explain 5 ways in which most males & females are taught to communicate differently.
2. Describe 5 components of emotional intelligence.
3. Describe 3 mistakes daughters can make communicating with their fathers. Then explain specific ways daughters can improve in each of these 3 areas. (5-7 sentences for each)
4. Describe 4 techniques daughters can use to improve communication when their fathers are giving them advice.

5. What are 3 reasons a daughter needs to let her father know whether it's advice or approval she wants from him? Give specific examples to demonstrate each reason.
6. In terms of advice & approval, describe 3 differences between mothers & fathers.
7. What are 3 reasons why it's difficult for most fathers & daughters to deal with anger?
8. Explain 4 ways daughters can deal better with anger in regard to their fathers.
9. What is emotional blackmail & describe 3 different ways to deal with it.
10. What are 3 of the beliefs that make it easy for people to use emotional blackmail against each other

Chapter 4 - Getting to know each other

1. Describe/explain 5 of the components of emotional intimacy? (From the Emotional Intimacy Quiz)
2. Explain 5 things a daughter can do to build more emotional intimacy with her father.
3. What are 5 ways in which most males & females differ when it comes to emotional intimacy?
4. In 4-5 sentences each, explain differences between privacy & secrecy in terms of how we behave & the impact on relationships. Give an example for each of how it can have a negative impact on the father-daughter relationship.
5. What are 3 ways in which secrecy & lies can hurt the father-daughter relationship?
6. What are 5 reasons why memory & perceptions can hurt our relationships?

Chapter 5 - work & money

1. Explain 5 different ways in which money or work can interfere with father-daughter relationships. Then explain 5 different ways in which these difficulties could be avoided or diminished.
2. What 4 beliefs of yours were challenged by the statistics or research in this chapter & what were the results of the research or statistics?
3. What are 4 beliefs related to work & income which can interfere with their relationships with their children?
4. What 5 statistics or research studies surprised you most in the Eye Openers?
5. What are 3 ways in which dads have less freedom than moms in regard to work & money?
6. In regard to their fathers & money, what are 3 potentially damaging beliefs or behaviors that many daughters have? What negative impact can the daughter's beliefs or behavior have on her relationship with her father?
7. What are 5 issues related to a daughter's work or money that can have a negative impact on her relationship with her father? How can each of these issues be dealt with according to the author?
8. What are 4 statistical facts about retirement that daughters should keep in mind regarding dad's financial future?
9. What are 5 statistical facts about young adults' attitudes & behavior that give fathers legitimate reason for worrying & trying to teach their kids about money?
10. A daughter says to you: "My dad is more interested in his work than in being with us" What 5 research facts or statistics you could share with her that might help her reconsider her negative attitudes about her dad?
12. A daughter says to you: "Nobody forced my dad to choose his demanding career. That's what he wanted to do with his life." What 5 research facts or statistics would you share with her

that might help her see things differently?

13. Someone says to you: Employed mothers do an unfair share of work at home compared to employed fathers. What are 3 statistical facts or research conclusions you can share with this person?

14. What were 3 of the major conclusions from the book, *The Second Shift*? What were 3 weaknesses in this study? What are 3 facts from more recent & more thorough studies that refute her conclusions? Why do so many people still believe that mothers work a second shift but fathers don't?

Chapter 6 - Mothers

1. What are 5 common beliefs about mothers which are not true according to our research or statistics?
2. What are 5 beliefs about mothers who stay home full time that are not in fact true? What specific research conclusions or statistics refute each belief?
3. In order to predict how jealous or how uncomfortable a particular woman is likely to be about sharing her daughter EQUALLY with the father, what are 5 areas or 5 questions to consider? Put differently, what are 5 factors that influence how comfortable a woman will feel about allowing the father to be an EQUAL parent?
4. Most mothers will say they want their daughter to be just as close to the father as to her. What are 5 things you might look at or monitor or ask questions about to determine if, in fact, the mother is actually DOING this?
6. A daughter comes to you for advice. She says that her mother has never said anything negative about her father, but she gets the feeling that her mother doesn't think he's nearly as good a parent as she is. What are 4 things this mother might be doing to give her daughter this impression? (Different answers from #5)
7. Explain each of these situations in terms of how they can negatively affect the father-daughter relationship: enmeshed, boundaries, triangulation. What are 3 factors that make these situations most likely to occur?
8. What are 5 things a mother can do to help her daughter have a close relationship with her father?
9. What are 4 commonly held beliefs about adultery that are not supported by the research & statistics? What are the facts for each?
10. What are 3 ways in which adultery can hurt the father-daughter relationship?

Chapter 7 - Divorce

1. What do the statistics and research studies tell us about divorced fathers in regard to: how upset they are compared to their ex-wife after divorce, who initiates divorce, who commits adultery, and who loses the most time and influence over the children?
2. What are 3 types of psychological or social problems that many children develop when they see little or nothing of their own father? Briefly explain (5-6 sentences each) how each is related to the father's absence.
3. EXPLAIN 3 of the reasons why most fathers aren't more involved with their children after a divorce?
4. What are 2 popular assumptions about mothers or motherhood that work against divorced fathers? Briefly explain how each works against the divorced father staying closely bonded to his children.

5. In 5-6 sentences each, explain 3 of the ways in which our society idealizes mothers or motherhood?
6. In 5-6 sentences each, explain 2 of the ways in which most divorced fathers are disadvantaged by our laws?
7. In 5-6 sentences each, explain 3 ways that a mother can weaken the father's bond with their children after divorce.
8. In 5-6 sentences each, explain 3 reasons why the father's remarrying can weaken his bond with his children.
9. In 5-6 sentences each, explain how mother's parenting style affects kids relationships with dad after divorce.
10. In 5-6 sentences each, explain 3 reasons why children's memories can hurt their relationship with their father after divorce. In each explanation, include the research findings that relate to your answer.
11. In 5-6 sentences each, explain how each of these variables might weaken a father's relationship with his children after divorce: the mother's income, the mother's guilt, the mother's attitudes about gender roles.
12. In 5-6 sentences each, explain 4 ways in which mothers generally have more power than fathers after divorce.
13. In 5-6 sentences each, describe 4 common myths about divorced dads & give the statistics to refute each myth.

Chapter 8 - Sex & Dating

1. What are 10 statistical facts about teenage sex & dating that worry many fathers?
2. What do the majority of men your father's age believe or how did they behave as young men in terms of: virginity, drug use, divorce, abortion, inter racial marriage, sex education in schools, drinking, cigarette smoking.
3. What are 4 of the fears that fathers often have about their teenage daughters social lives. In 2-3 sentences each, explain how each of these fears can cause dads to behave in ways that hurt the father-daughter relationship.
4. In 3-5 sentences each what are 4 of Nielsen's suggestions for handling sex or dating issues with your father?
5. In 3-5 sentences each explain 4 mistakes daughters make that create more stress for their fathers.
6. What is the difference between secrecy & privacy & how can these two issues have a negative impact on f-d relationships?
7. Historically why were fathers concerned with these issues in their daughters lives: virginity, marriage, rape.

Chapter 9 – Reconciling

1. Explain 5 suggestions from this chapter about how to reconcile a relationship?
2. Describe 3 of the mistakes that dads or daughters often make in trying to reconcile?
3. Explain 5 ways in which women are damaged by not having a relationship with dad.
4. What are 5 of the most surprising things you learned from this chapter and why did they surprise you?

BOOKS ABOUT FATHER-DAUGHTER RELATIONSHIPS

Nonfiction

- Boose, L. & Flowers, B. (eds.). *Daughters and Fathers*. Baltimore: Johns Hopkins 1989.
- Kast, V. *Father-Daughter, Mother-Son*. Rockport, MA: Element Press, 1997.
- Kelly, J. *Fathers and Daughters*. New York: Broadway Books, 2002.
- Leonard, L. *The Wounded Woman*. Boston: Shambala, 1998.
- Maine, M. *Father Hunger*. New York: Gurze Books, 2004.
- Murdock, M. *Fathers' Daughters*. New York: Fawcett, 1996.
- Sharpe, S. *Fathers and Daughters*. New York: Routledge, 1994.
- Simon, C. *Fatherless Women*. New York: Wiley, 2001.

Fiction, Autobiography, Photographic Essays

- Broyard, B. *My Father, Dancing: Stories* New York: Knopf (1999)
- Cook, M., and Styron, W. *Fathers and Daughters*. New York: Chronicle Books, 1994.
- Eicher, T. and Geller, J. (eds) *Fathers and Daughters* New York: Plume (1990)
- Gawalt, G. *First Daughters: Letters between Presidents & Daughters*. Leventhal, 2004.
- Gayles, G. *Father Songs*. Boston: Beacon Press, 1997.
- Godwin, G. *Father Melancholy's Daughter*. New York: William Morrow (1991)
- Goldberg, M. *The Bee Season*. New York: Anchor (2001)
- Knight, R. *Far From Home: Father-Daughters Travel Adventures* . Seal Press, 2004.
- Morgan, J. (ed.) *Fathers and Daughters: Memoirs and Stories* New York: Signet (2000)
- Norman, G. *Two For the Summit: My Daughter, the Mountain & Me* NY: Dutton (2000)
- Olds, S. *The Father*. New York: Random House (1992)
- Perchinske, M. *Commitment: Fatherhood in Black America*. University of Missouri , 1998.
- Smith, G. *Fathers: A Celebration*. New York: St. Martin's Press, 2000.