



## Ice Cream Sundae Fest

There's nothing more fun than ice cream! Combine your Sundae Fest with a shopping trip to the store to pick out yours and your daughter's favorite ice cream and toppings. When you return home, make the biggest and best sundaes ever! It's even better when you give a little taste to each other.



# Fathers & Daughters



Malachi 4:6:  
"He will turn the hearts of the fathers to the children, and the hearts of the children to their fathers..." (NKJV).



The prophet Malachi emphasizes the importance of the relationship between a father and child by prophesying that the “hearts of the fathers,” must be turned “to the children” and “hearts of the children to their fathers...” (Malachi 4:6). God’s expression of commitment to His family was shown through the sacrifice of His Son, allowing His earthly children the opportunity to live with Him forever. If you want your daughter to be strong, then you must love her as God loves you and be willing to give of yourself for her.

Dr. Meg Meeker’s book *Strong Fathers, Strong Daughters*, is filled with practical information on how you can build your father-daughter relationship. It reveals 10 secrets every father should know:

- You are the most important man in her life.
- She needs a hero.
- You are her first love.
- Teach her humility.
- Protect and defend her.
- Teach and show her pragmatism and grit.
- Be the kind of man you want her to marry.
- Teach her who God is.
- Teach her to fight for what’s right.
- Keep her connected.

While you may not always be able to spend enough time with your daughter, you can control the quality of time you have together. A song released by Stephen Curtis Chapman says it like this:



*So I will dance with Cinderella  
While she is here in my arms  
'cause I know something the prince never knew  
Oh I will dance with Cinderella  
I don't want to miss even one song  
'cause all too soon the clock will strike midnight  
And she'll be gone*

Album: *THIS MOMENT*  
Song: "Cinderella"  
by Stephen Curtis Chapman

The relationship you build with her as a child will determine the relationship you have with her as an adult. So, make the most of every moment because time lost is memories lost.

The following activities are suggestions as to how you can make memories and spend quality time with your child. Depending on her personality and age, she may not fall in love with all of the activities recommended, but she'll appreciate the attention and it will strengthen your relationship.

## DADDY DAUGHTER FUN!

1 FISHING



**1** Don't assume that only boys like to fish. One of my oldest daughter's fondest memories is a fishing excursion with her dad and granddaddy when she was eight years old. When the girls chose to shop, she chose to fish. Of course, she caught the biggest fish!

2 BAKING



**2** Don't mistake this for sexism; you should bake together and discover how fun it can be. Begin when she's young enough to help mix ingredients, and as the years go by, she can work the oven with supervision. If she's older, perhaps plan a meal and cook for the whole family.

4 SHOPPING



**4** If you thought baking was rough, you'll have to dig deep to tolerate shopping. Remember, though: this could very well be one of her favorite pastimes, so if she's willing to share it, be there. When she sees you take an interest, you'll enjoy it too! This gives you influence on her spending decisions and what she wears (so long as you still let her be a young girl). She'll realize it's not a free-for-all and that choices have to be made.

3 CAMPING



**3** There's something about getting back to nature that enables parents and kids to bond. It's a break from computers, games, phones and friends. Getting outdoors together is an activity that can mean more than you imagined. It can be as simple as camping in the backyard!