

STRONG FATHERS, STRONG DAUGHTERS: Ten Secrets Every Father Should Know

By Meg Meeker, M.D.

Did You Know...

- Toddlers securely attached to **fathers** are better at solving problems.
- With **fathers** present in the home, kids manage school stress better.
- Girls with doting **fathers** are more assertive.
- Daughters who perceive that their **fathers** care a lot about them, and who feel connected to their fathers have significantly fewer suicide attempts and fewer instances of body dissatisfaction, depression, low self-esteem, substance use, and unhealthy weight.
- Girls with involved **fathers** are twice as likely to stay in school.
- A daughter's self-esteem is best predicted by her **father's** physical affection.
- Girls whose parents divorce or separate before they turn twenty-one tend to have shorter life spans by four years.
- Girls with good **fathers** are less likely to flaunt themselves to seek male attention.
- **Fathers** help daughters become more competent, more achievement-oriented, and more successful.
- Girls with involved **fathers** wait longer to initiate sex and have lower rates of teen pregnancy.
- Girls who live solely with their mothers have significantly less ability to control impulses, delay gratification, and have a weaker sense of conscience or right and wrong.
- Kids do better academically if their **fathers** establish rules and exhibit affection.
- Teen girls who live with both parents are three times less likely to lose their virginity before their sixteenth birthdays.
- 76 percent of teen girls said that **fathers** influenced their decisions on whether they should become sexually active.
- One in five Americans over age twelve tests positive for genital herpes.
- 46.7 percent of students (girls and boys) will be sexually active before high school ends.
- Engaging in sex puts girls at higher risk for depression.
- 11.5 percent of females attempted suicide last year.
- 27.8 percent of high school students (female and male) drank alcohol before age thirteen.
- Parent connectedness is the number-one factor in preventing girls from engaging in premarital sex and indulging in drugs and alcohol.

**To receive a review copy or schedule an interview with Dr. Meg Meeker,
please contact ANNE MANN 231-392-9038 annemann@gmail.com**