

Father-Daughter Connection Checklist

10 Habits for a Stronger Bond

Small, consistent actions build the trust and emotional safety that shape your daughter for life. Use this checklist to turn intention into habit.

- ☐ I greet my daughter with eye contact and warmth when we reconnect.
 - ☐ I have at least one regular one-on-one ritual with her.
 - ☐ I ask open-ended questions about her thoughts, feelings, and experiences.
 - ☐ I validate her emotions before offering solutions.
 - ☐ I apologize sincerely when I make a mistake.
 - ☐ I show interest in her hobbies, even when they differ from mine.
 - ☐ I offer specific praise for character and effort, not just appearance.
 - ☐ I keep my promises and follow through on commitments.
 - ☐ I avoid speaking negatively about her other parent.
 - ☐ I tell her explicitly that she is loved, valued, and safe.
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From **Osita Ibekwe**

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