

A Father's Love Is The Greatest Gift

By Elisabetta Franzoso



Whether he was present at home or not, whether he was affectionate, or a harsh disciplinarian, whether he was involved or aloof, daddy's influence remains and continues to affect you.

The recognition that a father plays an important role in the life of his children is very recent. Fathers, unlike mothers, rarely express themselves or talk about what is right. They live the example instead. Children learn to respect their dads because they admire him.

A father's love is displayed in different ways to different individuals. For some, it could be hours dad spent helping with math homework. For others, it is the encouragement they receive before a game.

A Father To His Children

A father's love is an important element in his son's life. If you were to look around, you will realize that many sons take after their fathers when it comes to certain personality traits and hobbies. Daddy is the hero to look up to! A young man learns what it means to be a man from the example of their fathers. Again, this is not a role to be taken lightly. Many young men will follow in their father's career paths simply because they are in awe of the man that raised them.

Yet little is said of the enormous importance of fatherhood in the lives of girls. Alison Pearson,

columnist of the Telegraph shares her bit on the approval girls hope to receive from their fathers. "Each time Olympic gold medalist Marion Jones crossed the finishing line, she told me she wondered if her errant father was watching." "Look at me, daddy, look what I can do," is the deserted child's silent plea.

For a daughter, a father's love plays an important part in building the foundation in her life. In fact, it is one of the most important bedrocks of her growing up. A girl will look to her dad as her 'prince' – her dad becomes a symbol of what is good and admirable in a man. A little girl's views of her father turns into the pursuit she will have for her future partner. Being daddy's 'little girl' is a role that many young women relish in. For the dads, this is something very special. While this role comes with significant amount of pressure, there is nothing more satisfying for a father than to have his little girl look up to him.

Fathers, Protect Your Little Girl!

Today's world is a dangerous place for girls and young women to live in. Hence, good, strong and protective fathers are needed in their lives. Our society sends messages to young girls through the media, advertising and movies. These messages say being sexy is extremely important, casual sex is normal. As such, girls today are in greater danger of being sexually and/or physically assaulted, many suffer from eating disorders, alcohol addiction, depression and suicidal thoughts. The rates of these incidents are higher today than they were 20 years ago.

There is enough evidence to show that a woman picks her boyfriend or husband based on the qualities (whether good or bad) that she sees in her father. This alone demonstrates the awesome responsibility that comes with fatherhood. Indeed there is something very special and particular about the relationship between a father and daughter. A little girl brought up amidst a father's love is different emotionally, physically and psychologically.

A Father's Love Builds

Whatever the relationship between you and your father, it is an emotional foundation that builds your life, especially in the following six major areas:

- Self-esteem and confidence
- Sexuality and personal identity
- Relationships and marriage
- Personal and professional achievements
- Being a parent to your own children
- Values and beliefs

When your father took you out, praised you, cheered you on, and consoled you when you met disappointments, he gave you a great start in building self-esteem and confidence.

Fathers, Here's How To Love

- ♥ Fathers decide that it is manly to love intensely.
- ♥ Fathers conquer the inhibition that society thrusts on them.
- ♥ Fathers truly treat their family members as they treat their own personal lives.
- ♥ Fathers accept the fact that their love complements the mothers' love, not competes with it. Thus, their love is equally important to the family welfare.
- ♥ Father become role models for his children: they walk the talk instead exercising merely their power by talking and preaching.

The Coach's Advice Fathers, Do Not Be Afraid!

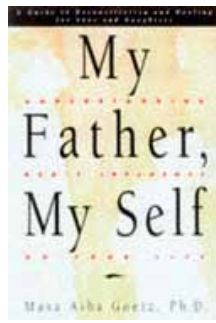
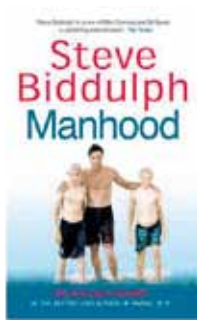
Fathers, do not be afraid to love your children well. Your love for them helps them feel secure physically, emotionally, spiritually, and intellectually. Did you know research shows that men who love their families passionately live longer and happier lives?

We also know that children whose fathers are actively involved in their lives do better in school, this applies to single-parent families. Remember fathers, when you do not love children as intensely as their mothers do, you are causing an imbalance in the family's equilibrium, this increases the risk of childhood rebellion and teenage delinquency.

Fathers, your children need your show of affection. They need hugs, kisses, smiles, re-affirming words, and ever-present energy. They need your love. Love, dear fathers, love!

Here's wishing all the fathers out there a Happy Father's Day!





Suggested readings if you want to know more about this topic are:

- ✧ *Manhood – Steve Biddulph (Parenting Skills & Self- Empowerment)*
- ✧ *Stella’s Mum Gets Her Groove Back – A True Story www.amazon.com (Parenting Skills, Psychology and Self-Empowerment)*
- ✧ *My Father, Myself – Masa Alba Goetz Ph.D. (Psychology)*
- ✧ *Giving the Love That Heals, A Guide For Parents – Harville Handrix Ph.D.*

Just For The Fathers

Are there any differences between managing a son and a daughter?

Certainly so! Sons and daughters require a different expression of father’s love. You might spend three hours watching a football or rugby match with your son and not say a word — and both of you would be contented.

But your teenage daughter isn’t wired the same way. Girls require verbal attention. One of the greatest myths that our society perpetuates is that teenagers need their space. But in fact, during the teenage years, a daughter needs her father more than ever, and fathers often misinterpret their daughter’s behavior and emotional needs. It is important for a father to initiate time alone with his daughter because she won’t ask for it herself. A daughter often wants to please her father and not be a nuisance to him, especially when she sees that daddy is busy.

Many fathers complain that their teenage daughters won’t talk to them. However, it is often the case where fathers discourage their daughters from talking to them with constant reprimands and corrections. More often than not, daughters just need their dads to listen, focus and show interest in them.

It is also extremely important for a father to frequently show physical affection for his daughter. Many girls

begin casual sex with their boyfriends because they do not receive physical affection from their fathers. The simple act of a father giving his daughter a hug should not be under-estimated. A father who tells his daughter he loves her builds her sense of self-worth and enables her to resist negative messages from unhealthy cultures of today.

What should a father’s love be like?

It is unfortunate that male love in our society is mostly measured by the way a father provides financially and materially for his family, and not by how much he really shares himself with them.

We often think of a mother’s love as warm and tender, but we rarely think the same for a father’s. This isn’t the original plan: a father’s love is supposed to complement a mother’s. Mothers tend to be more protective when they handle children. Fathers tend to be less protective, more casual, and freer in the way they hold and play with children, allowing the children to experiment.

Unfortunately, many men have been

fooled into believing that the love they give their families should resemble a mother’s love. Men also get many mixed messages concerning fatherhood. On one hand, society wants them to be committed first to their careers. The job comes first. Additionally, when we read magazines and books, they often paint the picture of parenting from a mother’s point of view. Men rarely receive encouragements to delve into fatherhood. The message society is giving is that a Father’s Love is not as important as a mother’s love.

General Douglas Mc Arthur, on the role of fatherhood once said: “By Profession I am a soldier and take great pride in that fact. But I am prouder – Infinitely prouder – to be a father.”

Can fathers love like mothers do?

Of course they can! According to research, fathers have the same ability as mothers have to think positive and negative. Therefore, there is no biological reason that can explain why a father’s love cannot be as meaningful and as deep as a mother’s. **ehb**

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