



THE DAD-Q TEST

		Often/ Yes	Sometimes	Rarely/ No
1	I can name her 3 best friends	1	2	3
2	I know my daughter's goals	1	2	3
3	I comment on my wife/partner's weight	3	2	1
4	I'm physically active with my daughter (shoot hoops, jog, etc.)	1	2	3
5	I make dinner for my family	1	2	3
6	I talk to my daughter about managing money	1	2	3
7	I spend 1/2 hour, 1-on-1 with her, doing something we both enjoy.	1	2	3
8	I talk to other fathers about raising kids	1	2	3
9	I talk to other fathers about raising daughters	1	2	3
10	I restrict her activities more than I do/ would for a son	3	2	1
11	I talk to my daughter about advertising	1	2	3
12	I tell my daughter what her strengths are	1	2	3
13	I comment on my daughter's weight	3	2	1
14	I know what school project she's working on	1	2	3
15	I protest negative media portrayals of girls	1	2	3
16	I view pornographic material	3	2	1
17	I participate in parenting organizations	1	2	3
18	I yell at my daughter's mother	3	2	1
19	I suggest that my daughter go on a diet	3	2	1
20	I object when others suggest that she go on a diet	1	2	3
21	I converse with my daughter, and she does most of the talking	1	2	3
22	I know what my daughter is concerned about today	1	2	3
23	I know how many student government officers at her school are girls	1	2	3
24	I have read her school's sexual harassment policy	1	2	3
25	I help boys learn to respect girls	1	2	3
26	I tell my daughter stories about my own youth	1	2	3
For dads who live AWAY from their daughters		Often/ Yes	Sometimes	Rarely/ No
27	I initiate contact with her at least 5 times a week	1	2	3
28	I ask how she feels transitioning to and from my home	1	2	3
29	I demonstrate respect for her mother and stepparent(s)	1	2	3
30	I fulfill my visitation and support commitments	1	2	3

For dads who live WITH their daughters <i>(extra credit for live-away dads)</i>	Often/		Rarely/
	Yes	Sometimes	No
27 I volunteer to help with her extracurricular activities	1	2	3
28 I take my daughter to school	1	2	3
29 I visit my daughter's school during the school day	1	2	3
30 I take my daughter to work with me	1	2	3

Total Points

If you scored:

30-35: Your relationship with your daughter looks like it's on very solid ground

36-45: You appear to have a good foundation, but there are places to improve

46-60: You probably need active steps to re-examine your attitudes and learn ways to build deeper respect for each other.

61-90: It's time to consider serious change. Your actions and attitudes may be undermining your daughter.

*** Regardless of your score, you can always make your relationship with your daughter better. Your daughter deserves it!**

Source: Dads & Daughters