

THE DAD-Q TEST

By: Dr. Peter Robbins

Here is a short Dads and Daughters self-assessment quiz. It's a quick way to understand how well you're doing as your daughter's father. Answer honestly and add up your score before peeking at the scoring key. The scoring directions are found below.

		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

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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

Total Points - If you scored:

26-35: 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

46-55: You probably need active steps to re-examine your attitudes and learn ways to build deeper respect for each other.

56-78: It's time to consider serious change. Your actions and attitudes may be undermining your daughter.

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