

THE BOOK

OF PA



AN ESOTERIC manual* to raising a girl child (and, also a guidebook for fathers – on how to grow up, and to staying young)

* Use with care.

May contain inaccurate facts, and wildly inappropriate advise.

The only rule with the girl chyld is that there are no rules.

AUTHOR: ANON

"For most of history, Anonymous was a woman", Virginia Woolf

Addendum: Sometimes, Anon was a father.

YE WEE PAMPHLET

Offers a few gentle words of wysdom to raising a girl child as her sire, her abbu, her faeder, her appa, her pater, her baba, her poppa, her deuta, and her old man.

And her hero.

HENCEFORTH...

You are no longer master of your life, your will, your senses, your dreams, or your breath.

WELCOME!

You are now a father.

INHALE...

That was your last breath.

From now on, you breathe as family.

You don't know it yet, but your world has changed forever.

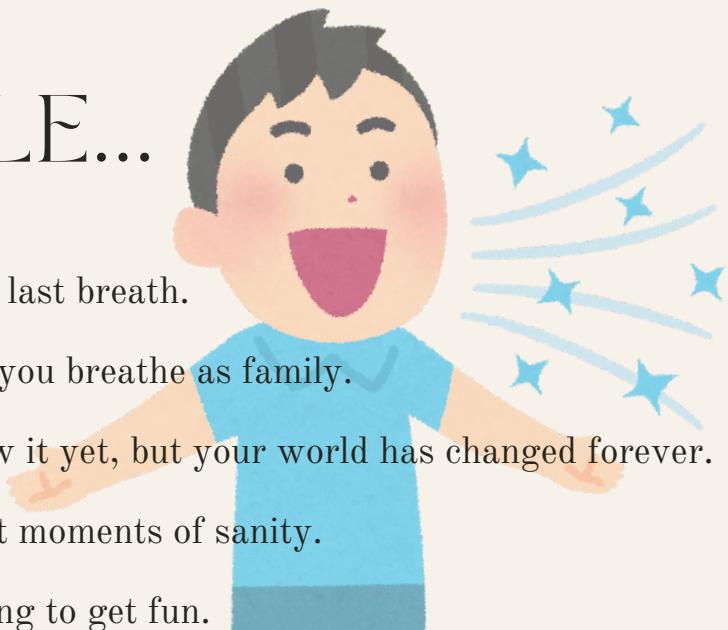
Savor your last moments of sanity.

Things are going to get fun.

And messy.

Especially messy.

Yes, there will be poop and vomit on the way.



REMEMBER...

As a father of a girl, you still can drink, smoke, party, get hungover, or do any of those crazy bachelor things that you once did.

BUT:

You can never let her down

THIS WILL



Break her heart

(and yours too, but hide it well)

AND, YET -

You will.

Many times.

Again and again.

THIS IS THE “TRUTH”

To know the truth,
and to accept it:

With sadness & a smile,
and to try and be a better man.

This is what it means to become
father

WITH THAT OUT OF THE WAY,

LET US PROCEED...

It gets more fun from here on out...

BEGINNINGS: YEARS 0 - 1



Sing to her

Rock her to sleep

Smell her deeply

YOU WILL LEARN

That despite being small,

She has a **loud** voice.

If you are a philosopher-king, you will understand that attending to the loud voice of the small person is your only job.

This voice cannot be repressed, silenced, or forgotten.

One should try to understand it, and should try to slake the need.

And most of all, one should care for it well, and should nurture it dearly: the loud voice of the small one is a sign of a healthy family, and a healthy state.

A house silent without the shrieks of a child is a joyless one.

Hungreeee



WANT MILK
NOW!

Do not bathe her daily

The stale ones smell the sweetest.

CONSTIPATION

Can last for weeks

(try prunes)

bewarē

projectiles from both ends

(stop prunes)

Show her that you love her mother



*That you love your parents,
and her mothers parents too...*

Healthy relationships start at home

THE TERRIBLE TWOS (AND THREES)



WORDS THAT YOU
THOUGHT WERE
SYNONYMS,

BUT YOU NOW KNOW
BETTER:

Shriek, Howl, Wail, Scream,
Sob, Peal, Bawl, Screech.



THERE IS AN IDEAL
TEMPERATURE FOR BATH-
WATER, SOMWHERE BETWEEN
19.234645 AND
19.234646 DEGREES CELSIUS.

EVERYTHING ELSE IS
TOO COLD OR TOO HOT, AND
WILL RESULT IN WORDS FROM
THE PREVIOUS PAGE

*(it may be true that the phrase
“throw out the baby with the bath-
water” originated with this...)*



Throw her in the air,
and hear her squeal!

ON THE EFFICACIOUSNESS OF BEATINGS

They don't work.

The little beast is obdurate,
obstreperous, and loud-
mouthed.

She has a will of her own.

She will wear you owt.

(Avoid beatings: try kindness instead)

READ TO HER

Books are the best way to let her know that the world is filled with magic and wonder



(Buying books: Unlimited budget)

FOUR TO SEVEN





THE WEE ONES

Will wear your shoes, your
clothes, and your cologne.

BRAID HER HAIR

*Fathers can sometimes mother,
even if badly.*



REMEMBER!

Henceforth,
your stationery is no longer yours

ASK HER FOR HER OPINION

And show her that it matters



COOK FOR HER



Pancakes, Crepes, French toast,
scrambled eggs
are father foods

*(Also, know now that she'll forever only remember
that one time you burnt the toast)*

Cricket, Football, and Chess are
easy games



REAL MEN PLAY
HOUSE,
TEA PARTY,
AND DRESS-UP

SHOW HER

That it's perfectly fine to be
different,

And never alright to be
indifferent.

Children learn best by seeing and observing, and not by instruction.

Telling her to be different is one thing; being your own person each day and celebrating the differences in the people around you is how you show her that it's fine to be different, and remove any anxiety that she may have about her quirks and idiosyncrasies.

Now, also show her that you care deeply, that you lose sleep over mistakes that you may have made, and that you grapple with moral dilemmas: show her that you are not indifferent to the needs of those less privileged or able, and that it matters to you that you do the right thing.

THE TWEEN YEARS: FROM EIGHT TO TEN



LET HER

Show you the way



ICE CREAM IS FOOD



Eat tubs of it with her

**"REVENGE
ICE-CREAM
IS A DISH BEST
SERVED COLD"**

- The GodFather

HAPPINESS



Is singing together in the car

THE GOOD FIGHT

Teach her to fight the good
fight, to fight for her rights,
to fight for what's right.

Father's should fight with their daughters
So that she learns to fight in a safe space

And can later fight out in the world.

YOU ARE TOUGH!

YOU ARE GRUFF!

(AND SHE KNOWS THAT YOU
ARE A POWDER PUFF)



KEEP YOUR WORD

Show her that she can depend on you.

ON RESPECT

Show her, in your actions, that you neither care for the respect that others give to you, and nor do you care when people try and take it away from you.

She should know, from you, that respect can never be given nor taken away.

It is intrinsic.

For a young girl to absorb that her self-worth is not to be drawn from the approval or criticisms of others: if you give her this gift as a father, you will be gifting her a lifetime of freedom.

ELEVENSES

&

TWELVES



GET A FULL-LENGTH MIRROR



A mirror is a portal to another dimension
that men seldom know exists

SLEEP

Even 14 hours of sleep may not be enough for a growing girl.

Let her sleep in.



DON'T CRITICIZE

She should feel it in her bones that she can tell you anything without your criticizing her for her choices or actions

(This is hard. You will criticize. She will stop sharing. But the less you criticize, the sooner she'll come back to you and share once again)



DANCE WITH HER

Even if you can't!



INDULGE IN TIMELESS TOMFOOLERY

Medieval: Sire Jest

Roman: Begetter Banter

Shakespearean: Ye Quip

Victorian: Musty Mirth

Early 20th: Fathers Folly

Americana: Pater Pun

Current: Dad Joke

SHOW UP FOR HER

*Parent teacher meetings
Music recitals
Dance performances
And bad theatre
productions*

Are sacred and unmissable

LET HER SEE

That you cry

It is important for a young woman to see that her father is sensitive and vulnerable.

Our societal obsession with the strong man is not only a male fetish, but also sadly a female one.

Your tears will help wash away these outdated patriarchal norms.

So, put away that stoic face, and show your tears to her, to show that you too hurt, that you too have a heart.

THE TEENAGE YEARS



KNOW NOW

That she is growing up

She is becoming a young lady.

*Quit tickling, pinching, mussing her hair.
And spare your comments on her weight or looks.*

TEACH HER



The joy of learning

A BIT OF PHYSICS: EVENT HORIZON

An event horizon refers to the boundary around a black hole beyond which nothing—not even light—can escape the immense gravitational pull.

Once something crosses the event horizon, it is effectively trapped and drawn into the black hole.

The event horizon represents a point of no return.

Fascinatingly, we can't see past the event horizon.

When she enters her room,
that is an event horizon.

FOR EVERY 24 HOURS IN A DAY

There can be 25 hours in the bathroom.



THERE WILL BE BOYS



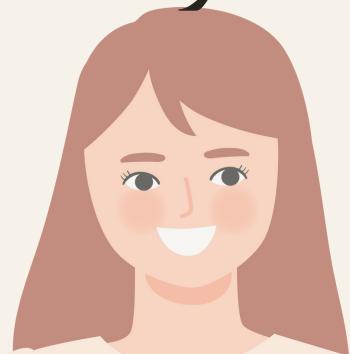
And maybe girls.

Don'ts for Dads:

Don't judge her friends. Don't forget their names.
& Don't bring out the shotgun when they visit.

SHE WILL TALK

Endlessly



When she wants to

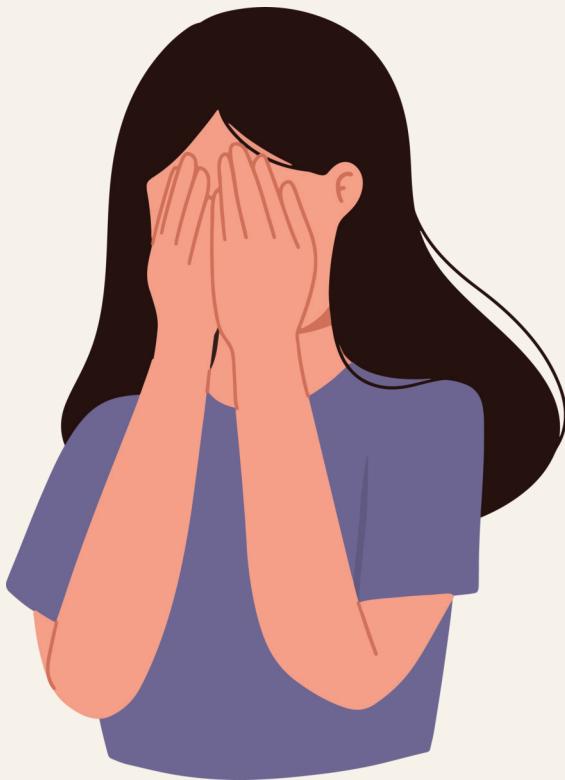


And never at all sometimes;

And especially not if you want her to.

TEARS

Give up trying to understand tears



GRUMBLE.

MUTTER UNDER
YOUR BREATH.

Fathers of teenage girls
are known for such things.

AND NOW,

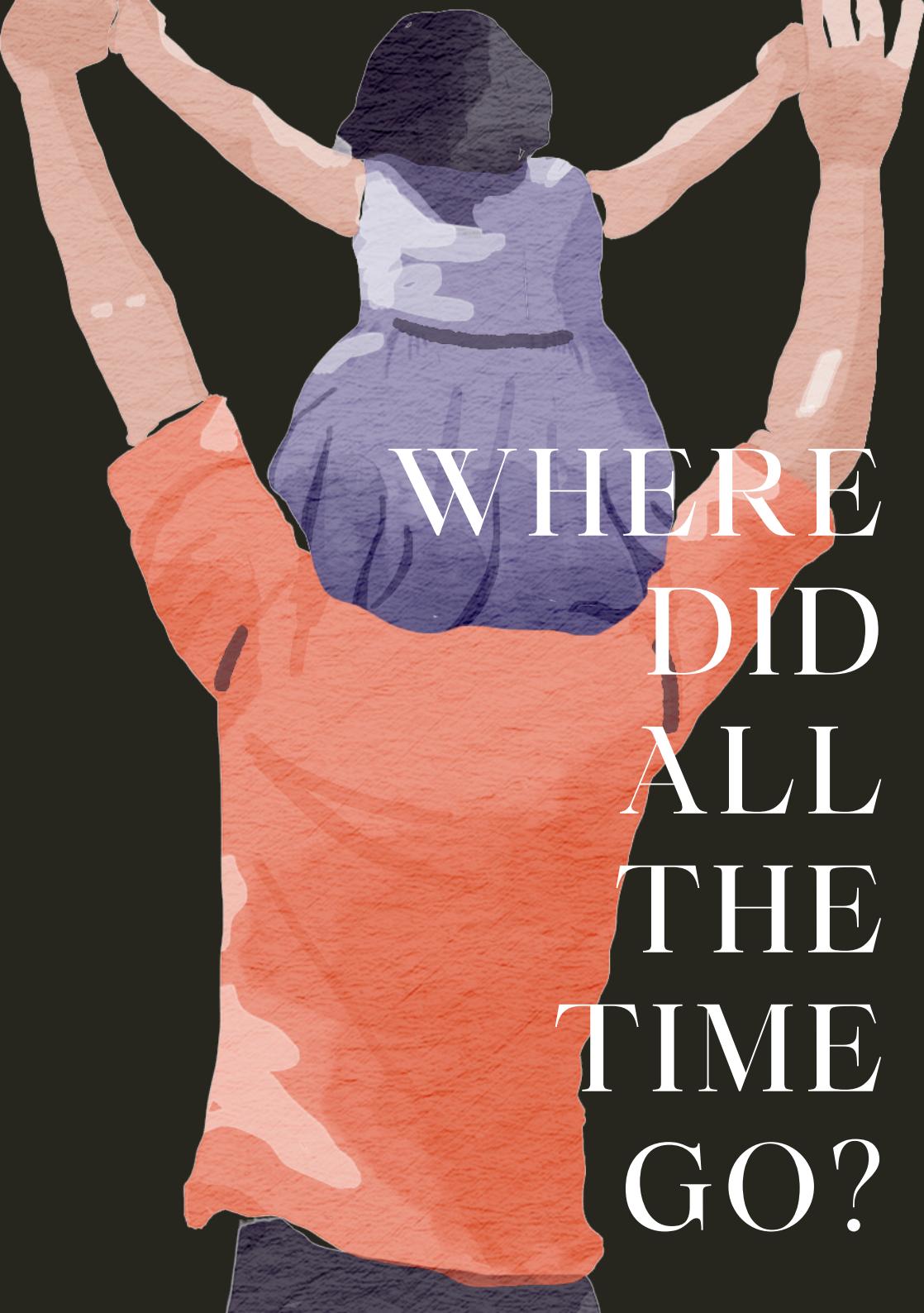
SHE'S
EIGHTEEN...

CERTIFICATE

CONGRATS

YOU ARE NOW A
CERTIFIED DAD!

(YOU CAN NOW SHOW HER THIS BOOK)

A stylized illustration of a person from behind, wearing a purple hoodie and an orange t-shirt. Their arms are raised high above their head. The background is solid black.

WHERE
DID
ALL
THE
TIME
GO?

FOR DADS EVERYWHERE

