Still His Daughter

a journal for the days you still need your dad

M. Rose Delmonico

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a note before you begin

Losing your dad does not mean you stop having things to tell him. The longer I live without my dad, the more I want to tell him, ask for his advice, and share my life with him.

This journal was created for those words. Some letters may hold love, anger, ordinary news, or questions left unanswered.

Use these pages however you need. Write a full letter or one honest sentence. There is no right way to talk to your dad.

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I.
the moments you reach for him

I wish I could call you today

If it helps, begin with something you wished you could call him about today. It might be a question, a story, or simply wanting to hear his voice.

Dear Dad,

Guess what happened

Some news you would have wanted to share with him. The good part, the surprising part, or the part you are still trying to understand.

Dear Dad,