

# Parenting

THE INTELLIGENCE OF LOVE

SELF CONTROL **L**

MOTIVATI**O**N

**V**ALUES

**E**DUCATION





## INTRODUCTION

Somebody once said to Imam Sadiq (pbuh) “I never wanted children until I stood on the plains of ‘Arafat when I heard a young boy next to me crying and praying “O my Rabb! My parents! My parents!” It was then that I realised the value of a child.”

There is a psychic difference between human beings and animals. Animals are like an object that has been mass produced. Each possesses the special characteristic of its particular species. A human being, on the other hand, is like an object that is handmade, individual, unique, each a work of art. Animals as soon as they are born grow quickly without much trouble. A human child is helpless and takes time – learning step by step.....

The first problem is the failure to recognise the fact that a child possesses an active psychic life even when he cannot manifest himself. The sense perception of even the tiniest infant initiates its psychic development. The nafs of an infant has secret depths that are still unknown to the adults that care for them. E.g. How often does a child weep without reason and resists all attempts of consolation? This is in itself sufficient cause to make us suspect that there is a hidden need which needs to be satisfied.

What **parenting** really means is **the intelligence of love**. It is the most difficult and most challenging job which is only recognised by parents.

The Prophet (pbuh) has said: “Every tree has a fruit; the fruit of the heart is a child.” The hearts of parents return through their children.

Growing families have different constellations and therefore each child is an enigma with his unique strengths and weaknesses. There are no singular definitive answers; however, guidelines from the Prophet (pbuh) and his Ahlulbayt provide the solutions with dua within a broad framework.



Education of child begins at birth. The Prophet (pbuh) has advised to recite the **Adhan** in the right ear of a new born baby and **Iqama** in his left ear as this provides protection against shaitan.

Imam Baqir (pbuh) as quoted from his companion Abdullah ibne Fazala says: “When the child becomes **three years old** tell them to recite” *Laa ilaha illallah*” seven times. Then leave him until he is **three years and seven months old** and then tell him to recite “*Sallallahu ala Muhamadin wa aalihi*” and then leave him until he is **five** and then you should ask him to differentiate between his right and left hand and ask him to face qibla and tell him to do sajda. Then leave him until he is **seven** and then teach him how to wash his face and hands and tell him to recite salaa. When he reaches the age of **nine** teach him wudhoo and if he learns wudhoo and salaa, Allah will forgive his parents Inshallah”.

Look at the stage by stage working that Imam talks about and how to instill in our child the love of Allah. There is no coercion. It is done very slowly and systematically.

The Prophet (pbuh) has said “The child is a master for 7 years, and a slave for 7 years and an ambassador for 7 years; so if he builds a good character within 21 years all is well; otherwise leave him alone because you have discharged your responsibility before Allah.”

Imam Sadiq (pbuh) has said leave your child to play for seven years, teach him how to behave for seven years, keep him with you for seven years so that he may prosper and if he doesn't then it is very difficult to change that child.

The Prophet (pbuh) has mentioned play for first seven years which means teach through playing for first seven years, the next seven years teach through instructions and the final seven years teach through example. He also said a young child should play for seven years, learn the Holy Quran for seven years and learn what he is allowed and forbidden during the next seven years.



Imam Ali (pbuh) has said, teach your children to swim and throw and to shoot. So it's a balanced life of physical, emotional, mental and spiritual state.

Imam Sadiq (pbuh) says continue to talk to your children lest that those who transgress and disobey gets to them before you.

In Suratu Luqman, Luqman imparts valuable advice to his son on various aspects of life.

*"And when Luqman said to his son giving him advice: "O my son! Do not associate anything with Allah, for verily associating (anything) with Allah is the greatest sin." "*

*"O my son! Indeed if it is even the very weight of the grain of a mustard seed (closed) in (even) a rock, or (be it high) in the heavens or (buried deep) in the earth, Allah will bring it to light; Allah is All Subtle (Lateef), All Aware."*

*And when Luqman said to his son and when he was admonishing his son do not associate anything with Allah indeed association with Allah (SWT) polytheism is a grievous thing.*

*"O my son! Establish salaah and enjoin the good and forbid the evil, and be patient against what befalls you; indeed this is the task of steadfastness. And do not turn your face to people (in scorn) and do not walk proudly in the earth; verily Allah does not like any self-conceited boaster. And be moderate (modest) and lower your voice; indeed the most unpleasant of voices is the braying of the donkeys." Qur'an - Suratu Luqman - 31 : 12, 13, 14, 16*

He is making his son aware of the fact that he is responsible for his actions and that the consequences of his actions are his responsibility and will remain so until he deals with them.



Some of the aspects that Luqman sees as important for his son in order to reach his full potential are:

- The importance of establishing salaa.
- To share his righteousness and when he sees something wrong he has to avoid it and be able to admonish people in the nicest way to tell them that they are doing wrong.
- To be patient.
- Attitude - Not to turn away from people in contempt and not to be self-conceited.
- Discipline in talking – Speak with a lower voice
- To make sure that whatever he does is in the right way

**The key to successful parenting is building a high self-esteem in children.**



## A

### ADHAN & IQAMA

- The child is in essence a spiritual being
- Born with an internal programme to reach full potential
- Statement of intent and mission statement for parenting

### AQEEQA

- Thanksgiving for the gift of life

It is recommended that the baby's head be shaved when he is seven days old. Traditionally the shaved hair is weighed and the equivalent weight in gold or silver is given to the poor and needy to thank God for the gift of a new life. A donation is given in lieu. A sacrifice of a sheep or a goat is done and distributed between the midwife, the poor and family and friends. This ceremony is known as aqeeqa.

Imam Sadiq (pbuh) has said: "Every child that is born is under the pledge in respect of his aqeeqa."

It is reported that a man came to Imam saying that he was not sure whether his father had performed his aqeeqa. Imam asked him to perform his own aqeeqa, which the man did in his old age.



## Dua for Aqeeqa

When slaughtering the animal, recite the following dua:

	For a girl:	For a boy
<p>In the name of Allah for His said. O my Allah! This is Aqeeqa (sacrifice) for .... (name of child and father), its (the animal's meat for his/her flesh, its blood for his/her blood, its bones for his/her bones, its hair for his/her hair, its skin for his/her skin. O my Allah! Make him/her a protector (waqa'an) of Muhammad and his progeny.</p>	<p>بِسْمِ اللَّهِ وَ بِاللَّهِ  اللَّهُمَّ هَذِهِ عَقِيقَةٌ  عَنْ ... لَحْمُهَا  بِلَحْمِهَا وَ دَمُهَا  بِدَمِهَا وَ عَظْمُهَا  بِعَظْمِهَا وَ شَعْرُهَا  بِشَعْرِهَا وَ جِلْدُهَا  بِجِلْدِهَا  اللَّهُمَّ اجْعَلْهَا وَ  قَاءً لِأَلِ مُحَمَّدٍ وَ  إِلَى السَّلَامِ</p>	<p>بِسْمِ اللَّهِ وَ بِاللَّهِ  اللَّهُمَّ هَذِهِ عَقِيقَةٌ  عَنْ ... لَحْمُهَا  بِلَحْمِهِ وَ دَمُهَا  بِدَمِهِ وَ عَظْمُهَا  بِعَظْمِهِ وَ شَعْرُهَا  بِشَعْرِهِ وَ جِلْدُهَا  بِجِلْدِهِ  اللَّهُمَّ اجْعَلْهَا وَ  قَاءً لِأَلِ مُحَمَّدٍ وَ  إِلَى السَّلَامِ</p>

## AHADITH

- When Imam Sadiq (pbuh) looked at a handsome young boy, he immediately remarked: "His father must have eaten quince the night he planned for the child"
- The Prophet (pbuh) has said: In the month that she is due to deliver, feed the woman with dates and her child will be pious and kind hearted.



## ANXIETY

- “Wa ufawwidhu ilallah, Innallaha Baseerum bil ‘ibaad”
- Asmaul Husna
- Grandparents
- Help!



## B

### BIRTH

#### CHILDBIRTH AND IMMEDIATELY AFTER

- Childbirth is probably the most difficult time for a woman. There is a hadith which says that when a woman comes out of this stage, she is purified of all sins.
- There are many recommended recitations which assist with childbirth. They may be recited by the mother herself or anyone who is with her during childbirth.
- Recite Yaa Musawwiru as frequently possible.
- It is recommended to recite Suratul Qadr as many times as possible to make childbirth easier.
- If a mother at childbirth is experiencing a lot of pain, it is recommended to recite aya 5 & 6 of Suratul Inshirah continually.
- It is also recommended to recite Dua Yastasheer.
- The Prophet (pbuh) has said: “When a child arrives in the world, recite Adhan in his right ear and Iqama in his left ear.”
- It aims at the declaration of the oneness of Allah, the invitation of Islam, and the advice of performing good deeds to be recited in the child’s ear.”
- It is recommended to give a new born child a ghusl with the intention of Ghusl of birth.



- It is also highly recommended to feed family and friends after the birth of a child. The Prophet (pbuh) has said: “There is no Walima (feeding people) expect 5 occasions:
  1. Marriage
  2. When a child is born
  3. When you circumcise a male child
  4. When you buy a house
  5. When you return from visiting Makka

## BIRTH TO 7 YEARS

The first seven years is the period of playful life for the child and what he wants most is the love of parents and to have fun. During this stage, the child is acting on his fitrat (instinct), and there is a lot of informal training without the child realising that he is being trained. He thus becomes a willing partner and learns with enjoyment. The first seven years set the foundation for the relationship between parents and children. Once you have recognised your child’s strengths and weaknesses, Inshallah you can work with them to enhance their strengths and overcome any weaknesses.



Dr Ali Qaemi in his book ‘The Family and the Needs of Children’ writes that in the first seven years, the child has the following traits:

1. **Desire for Fun and Pleasure:** During this stage the child strives for pleasure, and it is necessary for the parent to channel this pleasure into what is acceptable and right. Informal training and subtle discipline are done through the medium of fun and games, and storytelling is a good method of teaching during this time.



2. **Love of Play:** Through play a child experiences different emotions such as happiness, anger, frustration, disappointment, excitement etc. He learns to deal with these emotions, and so subconsciously the playing is having a positive effect, without the child feeling that he has to learn. During the first seven years, the parents should be a partner in play. Islam lays much stress on being kind to children. The Prophet (pbuh) has said “a good act is written in the record of virtuous deeds for one who gives a kiss to his child”.  
The Prophet (pbuh) has said “do not beat a child who is crying because for the first four months his crying is testimony of the Oneness of Allah; and for the following four months it is for the blessings for the Prophet and his Ahlulbayt; and for the final four months it is a dua for the parents”.
3. **Limited Perceptions:** During the first three years the child has very limited understanding and perception. Everything is understood through his outer senses; his eyes, ears, touch, taste and smell. A child during this stage cannot differentiate between safety and danger, and is prone to test things for himself.
4. **Questioning and Exploring:** Children are particularly curious especially after the first three years. They can be demanding with lots of questions, which should be answered.
5. **Ability to Imitate:** Children during this stage love to imitate others around them. Thus a young child will pray with the mother, try to do wudhoo, recite Quran etc. Hence during this stage it is important for parents to be good role models.



## **BEDTIME**

- Routine
- Ayatul Kursi, 4 Quls, Wudhoo

## **BULOUGH**

- B – Beauty
- A – Awareness/Aspiration
- L – Little ladies and gentlemen
- I – Intention
- G – Genes
- H – Hijab



## CIRCUMCISION

It is highly recommended that a male child be circumcised soon after birth. The Prophet (pbuh) has said:

- “Circumcise your sons on the seventh day (after birth) because the tissues build up quickly and the wound heals easily.”
- One of the pre requisite conditions of tawaf of the Ka’ba for a man is that he must be circumcised. As per Ihtiyat Wajib, tawaf by children who have not been circumcised is batil too.
- Imam Ali (pbuh) has said that if a man is a Muslim he should be circumcised even if he has reached old age.
- The New Encyclopaedia Britannica states (Vol. 3 pg.328) Studies have indicated that uncircumcised men have a higher incidence of AIDS, syphilis and other sexually transmitted diseases than circumcised men.....

When the child is being circumcised, recite the following dua:

O Allah! This is your sunna (tradition) and that of your Prophet, peace be upon him and his progeny, and my following You and Your religion (Islam) in whatever You have ordained in matters You know better than me.

O Allah! So please free him from and increase in his age and keep away calamities from his body and increase his wealth and keep away poorness from him, for You know and we don't.

اللَّهُمَّ هَذِهِ سُنَّتُكَ وَ سُنَّةُ نَبِيِّكَ  
صَلَّوَاتِكَ عَلَيْهِ وَ آلِهِ وَ اتَّبَاعِ  
مَنَّا لِكَ وَ لِنَبِيِّكَ بِمَشِيَّتِكَ وَ بِإِرَا  
دَتِكَ لِأَمْرٍ أَنْتَ أَعْرَفُ بِهِ مِنِّي

اللَّهُمَّ فَطَهِّرْهُ مِنَ الذُّنُوبِ وَ  
زِدْ فِي عُمُرِهِ وَ ادْفَعْ الْأَفَاتِ عَن  
بَدَنِهِ وَ الْأَوْجَاعِ عَن جِسْمِهِ  
وَ زِدْهُ مِنَ الْغِنَى وَ ادْفَعْ عَنهُ  
الْفَقْرَ فَإِنَّكَ تَعْلَمُ وَ لَا نَعْلَمُ



## **CRYING & COMFORTING**

- Babies genetically programmed to call out for comfort when distressed.
- Prophet (pbuh) couldn't bear the crying of children.
- Impossible to spoil a baby in the first year of life.
- Prolonged uncomforted distress (leaving a baby to settle herself) can have long term adverse consequences for the body and brain.
- Comforting activates the vagus nerve in the brain stem which rebalances the digestive system, heart rate, breathing & function of the immune system. It also brings about emotional balance, clear thinking & improved attention span.
- Significance of touch in the first year of life. The more touch a child gets in childhood, the calmer he is likely to be as an adult.

## **CHILD CARE**

- Grandparents, Nanny (SAS of childcare world), Au Pair, Nursery, Baby sitter.....

## **COMMUNICATING WITH CHILDREN**

- Content and relational level of communication
- Emotionally intense messages
- Frequently repeated messages
- Messages from important people have the greatest Impact.



## Negative behaviour

- Focus on behaviour, not on the child
- Focus on things that can be changed
- Focus on observation, not inference
- Avoid absolutes
- Base feedback on child's needs, not yours
- Orient feedback to future, not past
- Strictly limit feedback

## Positive behaviour

- Specific
- Sincere (realistic and honest)
- Generous
- Public feedback has added impact
- Feedback should focus on what the child did for himself, not for you

## COMPETENCE

- Personal
- Intrapersonal
  - Self Awareness  
How you think, feel and want
  - Self Control  
Modelling restraint
- Inter - Personal
- Social

## 5 KEY SKILLS IN INTER PERSONAL RELATIONSHIPS

- Initiating
- Expressing / Asserting
- Listening
- Sharing / Co Operating
- Negotiating



## D

### DIALOGUE

- Genuine dialogue versus Monologue
- Validation
  - Appropriateness
  - Clarity
  - Acceptance

### THE MISSING £10

Mum: “Aasiya, did you take £10 from my wallet?”

Aasiya: “No”

Mum: “Well! If you didn’t who did? There’s no one else in the house”

Aasiya: “I didn’t take it!”

Mum: “Now you’re lying. Lying and stealing... Where did I go wrong. Go to your room and stay there until you remember what you did with the £10”

### DEPRESSION

- Post Natal and associated highs and lows.

### DRESSING UP

- The furthest thing away from your mind.

### DRUDGERY

- Cooking, cleaning, washing, tidying, changing nappies, feeding, comforting, pretend smiling and more smiling.....

### DISCIPLINE

- Difference between discipline and punishment
  - We punish to control our children
  - We discipline them to teach them to control themselves
- Developing a consequential environment
  - Clear and reasonable limits

*“The fault no child loses is the one he was most PUNISHED for”.*



## **DISCIPLINE VERSUS PUNISHMENT**

Many family structures have situations where the use of power is one-sided:

- Where parents or elders control their children, which usually results in the child becoming either rebellious or submissive to the wishes of the parents.
- Where children control the parents and what they say goes. This situation usually arises when parents feel guilty for spending enough time with their child or they have been brought up in an authoritative environment and don't want to subject their child to the same situation.

There needs to be an environment of shared power where parent empower their child to be able to take control of their own lives in a disciplined manner.

Discipline is the ability to empower children to take control of their lives. Children need to be accountable for their own behaviour in order to learn the inner control necessary to function as healthy, self-disciplined individuals.

In order to instil discipline in a household, there needs to be an environment which is consequential. The child must have a clear understanding that every behaviour and/or action has a particular consequence attached to it.

In order to develop a household with a consequential environment, there needs to be clear understanding of the limits laid out and the consequences of breaking these limits. There also need to be a consistency in behaviour by the parents in applying the consequences. Children will test these parameters and limits but they have to be aware that they will not budge. At the same time, parents need to be aware that the limits laid down do not encourage the child to lie.



## **DISCIPLINE**

Discipline is guidance. When we guide children toward positive behaviour and learning, we are promoting a healthy attitude. Positive guidance encourages a child to think before he acts. Positive guidance promotes self-control. Different styles of discipline produce results that are different. Discipline requires thought, planning, and patience. It:

- Teaches a child to behave in an agreeable way.
- Helps a child learn to control behaviour.

## **PUNISHMENT**

Punishment is controlling and does not promote self-discipline. It only stops misbehaviour for that moment, fulfilling a short-term goal, but actually interferes with the accomplishment of the long term goal of self-control. Punishment is usually used because it's quick and easy, parents don't know other methods, it asserts adult power and is a means to vent adult frustration. Basically there are 3 kinds of punishment:

**Physical** - Slapping, spanking, switching, paddling, using a belt or hair brush, and so on.

**Verbal** - Shaming, ridiculing, or using cruel words.

**Holding back rewards or penalizing** - E.g. "You can't watch TV if your chores aren't done."

The consequences of punishment for children include the following lessons:

- Those who love you the most are also those who hit you.
- It is right to hit those you are closest to.
- It is okay to hit people who are smaller than you are.
- Violence is okay when other things don't work. Parents and teachers would probably rather teach their children other more positive lessons.



## EFFECTIVE DISCIPLINE

When you discipline, explain why.

- Set clear and safe limits.
- Be sure children know these limits.
- Be consistent.
- Keep discipline positive.
- Tell children what to do instead of what not to do.
- Teach by example. Be a good example. If you hit children for hitting others, they won't understand why they can't hit.
- Guide through consequences. If a child leaves his toys outside and the toys are stolen or damaged--no toys.
- Build self-esteem and respect. Avoid words that reduce self-esteem.
- Plan ahead. Prevent misbehaviour by eliminating situations that spell trouble. For example, make sure children have been fed and are rested before going to the grocery store.
- Address the situation; do not judge the child. This is important because diminished self-esteem leads to insecurity, even hostility.
- Be firm. Clearly and firmly state that, the child does what needs to be done. Speak in a tone that lets your child know you mean what you say and you expect the child to do it. It doesn't mean yelling or threatening. Being firm works for any age child and for many situations.



- Keep your cool. Listen calmly to your child's explanation of the problem; talk about ways to deal with it. Come to a solution that's agreeable to you and the child--this helps the child learn to be responsible for his behaviour.
- It is important not to teach children by scaring them. For example if he is not praying do not threaten him with the fire of Hell, but instead explain to him how much Allah loves him and that is why he has given him the opportunity to pray and ask for what he wants. If a child is taught through love, the lessons learnt will be cherished blessings, not burdens.



## DUA

- Crying child
  - Write ayat 108 to 112 of Suratut Taha and make the child wear as tawidh.
  - Recite Suratul Ghashiya (88)
- Teething problems
  - Write Suratul Qaf (50) with saffron, wash and apply sparingly to child's gums.
- Disobedience in a child
  - Recite Suratush Shuara 7x and Suratul Ahzab once and blow on child.
  - After every wajib salaa recite Aya 15 of Suratul Ahqaf 7x thinking of the child in question.
- To keep away effects of "evil eye"
  - Recite 7:54-56
  - 28:35 7x after Salatut Tahajjud
  - Ayatul Kareema (21:89) 121x after Fajr salaa for 40 days
  - Recite Suratul Humaza (104)



## E

### ENERGY

- You need it, they have got it

### EDUCATION

- Which school?
- The role of the Madrasa & Mimbar
- Television, Computers, Internet .....
- Grand parents

### ETHICS

- Respect
- Accountability
- Expression of opinions



## F

### **FAMILY SELF ESTEEM**

In order to further enhance family esteem:

- We need to teach our children through example to rely on Allah. To be able to use all means possible, physical, spiritual, mental and emotional, to get to them to their full potential.
- To be able to teach children the things that give us strength to carry on.
- Teach them how to visualise their future and work towards it.
- Have quiet time once a day, and if not at least once a week to reflect on what has transpired during the week and if things have gone wrong during the week, identify why and make rectifications.
- To be able to love and play with our children. Pretend play is an ideal way to interact with your child as it gives and insight into how he thinks.
- To enjoy the little things in the child's life.
- Be grateful for the blessings that have been endowed upon you. Extend this gratefulness to your children.
- Keep on progressing. The self-esteem needs to be enhanced on a regular basis. The journey to reach one's full potential needs to carry on.
- Get support. Extended families, the community and madrasa are all support channels in the upbringing of children. Islam is about fraternity where children are raised together.



- Don't be too harsh on yourself or your children. Everyone makes mistakes. The good thing making mistakes is that we learn from it and move on.
- Don't be too judgemental about yourself.
- Our nafs does not have a sense of humour and believes what we tell it. So if you keep telling yourself that you are not a good parent, you will not be one.
- Do the best that you can and leave the rest to Him.

### **FOSTERING A CHILD'S SELF ESTEEM**

- Value each child as an individual with unique strengths, needs, interests and skills.
- Focus on the child's strengths. Emphasize and celebrate his "islands of competence."
- Reject the child's behaviour, but never reject the child. Use affectionate terms and nicknames when scolding ("Your room is a mess. Now turn off the TV and make your bed.").
- Remember that sincere interest can be more effective and meaningful than praise. Demonstrate a genuine interest in her activities, hobbies, etc.
- Establish realistic, achievable goals for your child. Anticipate success.
- Avoid using sarcasm with kids — children with language problems often misinterpret it.



- When discussing an issue or a problem, avoid bringing up past difficulties.
- Never compare one child to another.
- Help the child develop decision-making and problem-solving skills.
- Understand that mistakes are an inevitable (and valuable!) part of any learning experience. Use these as an opportunity to teach and assist.
- Divide large tasks into smaller, manageable ones. This will ensure success, mastery, and retention.
- Maintain a file of his academic work. Use this to demonstrate his progress and development when he is feeling down.
- Encourage him to maintain “collections” (e.g., baseball cards, stamps, rocks, etc.). This allows him to be the resident expert on a topic.
- If she does not participate in team sports, promote individual sports (e.g., skiing, golf, swimming). This will provide opportunities for success, exercise, and peer interaction.
- Communicate your confidence in the child and in her future.
- Permit and encourage the child to follow the normal fads of his peer group allowing that which can be adapted to sharia’ rules (e.g., clothing,.....). This will enhance his acceptance at school and in the community.



- Emphasize the positive aspects of her behaviour or performance, even if the task was not completely successful. Reward direction, not perfection.
- Anticipate that the child will have plateaus, failures, backslides, setbacks, and regressions. Support and encourage him at these times. Kids need love most when they deserve it least!
- Look for opportunities to offer him choices to allow him to practice decision-making skills.
- Never, ever, communicate disappointment to your child. The disappointment of an adult may be too great a burden for a child to carry.

## **FUTURE**

- Its what you are doing now multiplied by xxxxxxxxxxxx where x is debatable



## G

### GENES

- IRQ according to the Prophet (pbuh). Its too late to worry about them at this stage

### GIVING IN

- Yes, No, Maybe, Perhaps.....

### GURUS

- God
- Gym
- Grandparents
- Good Friends
- Great websites eg. Q Fatima
- Gorgeous memories



# H

## HOME

- Used to be a show house

## DAWN

### D – Discipline

- Discipline is to teach a child to be responsible for his actions whilst punishment is to control a child.
- Discipline by example.
- The ‘iron rod’ method leads to rebelliousness.

### A – Acceptance

- Accept the child even if you do not approve of what they do. He only door they can knock on is yours...Disapproval need not mean rejection.

### W – Wanted

- Show physical affection.

### N – Needed

- Give the child a sense they are needed in the house, to help with chores, make decisions etc.
- Start slowly with little things and then build up responsibility.
- Encourage and reward, but do not judge the outcome.



Imam Sajjad (pbuh) says in Risalatul Huquq (the treatise of rights); “The right of the child is that you have to know he emerged from you in this world and everything right he does and everything wrong he does is attributed to you. You are responsible for his teaching, training



and guiding him to his Lord Almighty Allah and assisting him in obedience. Therefore be sure if you do a favour for your child, you will obtain the goodness of it. But if you act viciously against him that too will come back to you.”

Education is extremely important for both boys and girls; our Holy Prophet (pbuh) has said “attainment of knowledge is a must for every Muslim”. Both secular and religious educations are imperative, for success in this life and the hereafter. In the Qu’ran, Allah holds the people of knowledge in high regard, and mentions them with Himself and His angels saying, “Allah bears witness that there is no God but He, and so do the angels and those possessed of knowledge...”. To improve your child’s marks in school, make him recite Quran and memorize at least 10 ayaats; Inshallah you will see the difference. Finally, our present Imam should not be forgotten; he is always willing to help us, not only when in need.

Teach your children to send salaam to him when they wake up, “Asalaamun Alaikum Yaa Abaa Salih Al Mahdi,” and ask him to protect us.



## **HOPE**

- Its not a strategy

## **HELP**

- Now that's a strategy
  - Dawa and dua
  - Duas for every aspect of parenting

## **HOME ALONE**

- The Law
- Guidelines by the NSPCC



I

I

- What's that? Its now WE US

## **INTENT**

- Statement of intent - Why?

## **INTER FAITH**

- Respect vs Tolerance
- Agree to disagree vs Abuse



## J

### JUDGING

- “I would never bribe my children with sweets like she does”

### JANNA & JAHANNAM

- Fire? Garden?
- Story of Bahlool

### JEALOUSY

- Parent or Spouse?
- Siblings



## K

### **KHOJA SHIA ITHNA ASHERI MUSLIM**

- Identity
- British
- Jamaat allegiance



# L

## **LISTENING**

- Empathic listening – listening to the whole child to understand and reflect the understanding
- Pretend listening
- Selective listening
- Autobiographical listening

**EMPATHIC LISTENING GIVES A CLEAR MESSAGE TO A CHILD THAT HE IS WORTHWHILE, IMPORTANT AND VALUABLE IN YOUR EYES**

## **LONELINESS**

- Coping during the day alone without sleep
- Not speaking to an adult for ..... Hours
- Keeping awake at night for a whole month whilst he snores peacefully near you



# M

## MOSQUE

- Mothers room

## MA'SUMEEN

- Wiladats & Wafats
- Who are they?

## MEALS

- Ensuring one meal together if not two

## ME TIME

- Pardon?

## MINE

- What's mine is yours..... Learning that very quickly...
- Body, Heart & Soul
- Valuables – Sentiment and wallet
- Basically everything

## MOTIVATION

- Rewards versus bribes



## N

### NEED GRATIFICATION

- Total dependency
- The basic needs of Healthy Food, Clean Clothes and Warm Shelter, Feeling Safe, Communication, Feeling Loved.

There are four aspects of need gratification.

- Physical
- Mental
- Spiritual
- Emotional

### PHYSICAL/ SPIRITUAL

The first basic needs are **touch, sustenance, warmth and cleanliness**.

In a survey carried out on mums and babies, it was noted that mums who responded to their babies every time their baby cried, the children grew up to be content, happy and more confident. It was found that mothers who were inconsistent in their behaviour of responding to their baby, had children who were passive and anxious in their behaviour. And finally, the mums who didn't pay attention to the cries of their babies, had children who grew up to be listless and lacking in empathy. Thus, the first stimulation for a child is that of touch. A baby can never be spoilt by being carried or held close. Whilst holding the baby, continuously recite the Asmaul Husna and the Qur'an so that it becomes second nature to the child. This becomes the second stimulus, the one of words.

### Breast feeding

Imam Ali (pbuh) has said: "The best milk for a child is the milk from its own mother."

A number of Ulema consider it obligatory for a mother to nurse her child from her own breast immediately after the birth of a child. The



first 3 days are very important for the proper functioning of the baby's digestive system.

It is highly recommended to do wudhoo before feeding a child, and to have good thoughts. As in pregnancy, the mother's diet and thoughts have a significant effect on the child. Thus the hadith from Imam Ali (pbuh): "Allow only a woman whose outward and inward manners are proper to nurse your child, because the child will take on those qualities from her."

The mum should ensure that the food she consumes is fresh, healthy and halal.

### **MENTAL / SPIRITUAL**

We have many toys and educational means which are geared towards stimulating the minds babies and children. We can tweak these such that they reflect the goal that we have aspired for our children. For example, change the lullaby to the recitation of the Qur'an. The mobile on the baby's cot could be changed to one with Asmaul Husna.

What an adult tells a child remains engraved on its mind as if it has been cut on stone (Hadith of the Prophet pbuh). A child's rebellion is nothing more that aspects of a vital conflict between his creative impulses and his love for an adult who fails to understand his needs.

### **EMOTIONAL/SPIRITUAL**

Prophet Musa (pbuh) once asked: "O Lord! Which deed is best in your eyes?"

Allah replied: "Love of children, for I have created them with the natural belief in My unity and if I grant them death, I will put them mercifully in heaven."

Imam Sadiq (pbuh) has said: "Allah may have mercy on a person simply because the person loves his child very much."

The Prophet (pbuh) says: "A good act is written in the record of virtuous deeds for one who gives a kiss to his child".



The Prophet (pbuh) once met Uthman bin Mazun who was hugging his child. The Prophet asked: Is this your child? Uthman said: Yes. ” Do you love him, Uthman? He replied: “Yes, I love him.” “Shall I tell you something that will increase your love for your child? Uthman replied: “Please!” The Prophet said: “Whosoever pleases a child of his, Allah shall please him by making the Day of Judgement pleasant for him.”

## **COMMUNICATION**

Communication means talking and listening to the child so that he is made to feel valued.

It is in essence empathic listening and genuine dialogue.

## **EMPATHIC LISTENING**

Also called active listening or reflective listening.

It is to be able to comprehend and understand the whole content of the message. To listen with the aim to understand.

A lot of the communication is non-verbal, such as tension in the voice, posture, and hand gestures.

Benefits of emphatic listening

1. The child feels valued. They feel important and deserving of your attention
2. The child feels that he is being understood
3. The parent will discover how competent and capable the child is. The parent will discover through their talking that the child has problem solving capabilities and all that is required is a listening ear to help them through it.
4. It is reciprocated. Just as a parent will listen empathetically to the child, the child will in turn listen to the parent in the same way.



## The wrong kind of listening

1. Pretend listening – Not actually listening when the child is talking
2. Selective hearing – Listen to a sentence and pick out just certain phrases
3. Autobiographical listening – Listening through our wisdom and tend to think of our goals and advise. Not taking into account the needs of the child.

## **SOCIAL SKILLS**

There is a great need for parents to instill social skills in their children, so that they are able to socialise in the correct manner. What children portray to others is usually a reflection of what they have learnt from the family through role play and teaching. Children will behave in exactly the same way they watch their parents' behaviour toward them.

In order to have good social akhlaq, children need to learn:

- How to initiate a relationship
- How to express themselves in a disciplined manner
- To listen
- To co-operate and share
- The art of negotiation

All these skills need to be taught to a child so that he is able to be interdependent.

## **Necessity of meeting needs**

- QUICKLY
- CONSISTENTLY
- SENSITIVELY



## **NETWORKING**

- Facebook
- Telephone life line
- Friends

## **NITS**

- Jealousy

## **NAMAZ (SALAA)**

- Praying together



# O

## **OTHER PEOPLE'S CHILDREN**

- You don't have to like them all and feel guilty about it...

## **ORGANISE**

- Life
- Home
- Paperwork



## P

### POWER

- Parent power- Obedience enforced through punishment
  - Results in fear, power struggles or over submissiveness
- Children power – Allowing children to control parents
  - Wilful children, resenting parents
- Shared power – Empowering children to take control of their lives
  - Discussion
  - White board sessions
  - Agree to disagree
  - Shared decision making within boundaries
- Patience
  - “Istaeenu’ bis sabri was salaa.....”
  - “Innallaha ma’as saabireen....”

### PREGNANCY

#### • CHOOSING FUTURE PARENTS (SPOUSE SELECTION)

The first importance of a child is when you select a spouse. Islam has emphasized the need to choose wisely, the future parents of a child. And the attention is drawn very clearly in Suratu Nuh 71:26. When Prophet Nuh (pbuh) says *“My Rabb do not leave upon land any dweller from those who cover up the truth for if You leave them they will lead astray those connected to You and they will not give birth to anyone except anyone who are immoral and ungrateful.”*

The Prophet (pbuh) has said “Watch where you plant your seed for that IRQ\* can be dirty.” The word dirty doesn’t mean dirty literally but the morals of parents are transferred to the children.

Imam Ali (pbuh) has said “Good manners are testimony to honourable IRQ.” So it also explains that morals and manners are transferred from parents to children.

\*IRQ = Genes



Science has proved that genes contained in the cells of human being play an important role in determining the physical and mental attributes of a child. We can see how genetic engineering is developed day by day.

When Imam Ali (pbuh) wanted to marry someone after Sayyida's demise, he asked his brother Aqeel, who was a genealogist of that time, to find a family that displayed bravery, courage and righteousness. Aqeel recommended Fatima Kilabiyya (Ummulbanin) who bore him four sons including Abbas (pbuh).

- **PRE-CONCEPTION**

### **Preparing for Pregnancy**

Finding out you are going to be parents is one of the most exciting moments of your life. However, parental responsibility in Islam begins at the time a man and a woman decide to have a family, and great emphasis is laid on being healthy, both physically and spiritually prior to conception.

Before you embark on this wonderful journey, these are a check list of issues which should be addressed to prepare you for a healthy pregnancy and Inshallah a healthy baby.

- Achieve your ideal weight before conception.
- Exercise regularly and eat a healthy, well balanced diet.
- Discuss any medical conditions with your GP, including any medications that you may be taking. Medications that are safe prior to pregnancy may have harmful effects especially in the first 13 weeks when the baby's organs are developing.
- Check your immunity to chicken pox and rubella.



- Start taking folic acid, 400mcg/day. Folic acid can help prevent birth defects of the brain and spinal cord, called neural-tube defects.
- Check your iron levels, cholesterol, and blood pressure.
- Reduce your stress.
- Drink plenty of water, two litres is recommended per day in pregnancy.
- Ensure your cervical smear has been carried out recently and have a breast examination.
- Consider genetic counselling if there are any family medical history implications, E.g. thalassemia.
- Visit your dentist as x-rays should be avoided during pregnancy.

### **DUAS FOR CONCEPTION**

- After wajib salaa, recite 3x 21:89 (Suratul Ambiya)
- Recite 3:38 (Aali-Imran) as many times as possible
- Recite Salawat 14x, 70x or 100x; and Istighfar 70x after each salaa.
- Suratul Fajr (89) 3x daily.
- Fast and break the fast with milk on which Surah Muzammil (73) has been recited 77x.
- Before intimacy, recite 3 ayaat of Suratul Ambiya (21:87, 88, 89).



## **AFTER CONCEPTION**

The Prophet (pbuh) has said the root of adversity and prosperity of people should be first sought in the womb of their mothers.

After conception, anything a mother does has a lasting effect on a child. The role of the father to be is to ensure the mother of his child is assured a stress free pregnancy. And he is just as responsible for the adversity and prosperity of his child.

In an article from the Daily Mail (Jan 5 1994) by Jenny Hope, she discusses about vital memories of life before birth. Amazing new evidence reveals how babies in womb begin to use their senses, just 8 weeks after their conception. They played the tunes to soap operas to mother who were carrying babies continuously and this tunes calmed the babies down once the babies were born. If a mother familiarises a child in the womb with a certain voice or a recitation, she will find that after birth it will have the same effect on the child as it did on the mother during pregnancy.

The Prophet (pbuh) has said the first duty of a parent towards his child is to give him a good name. He used to emphasise this aspect. Imam Sadiq (pbuh) says the Prophet used to change names of people and places that were bad.

It is important that the child is named as soon as the mother knows she is expecting a baby rather than referring to the child as it. Ideally you can name a child Muhammad or Fatima and the name maybe changed after birth. The Prophet (pbuh) had chosen the name Muhsin for the child Sayyida Fatima (pbuh) was carrying, while he was still in his mother's womb.



Various recitations are recommended in pregnancy:

- Try to complete a recitation of the Qur'an
- Recite Yaa Musawwiru (The Fashioner) constantly
- Suratul Qadr
- Suratu Yusuf

## **NAMING THE CHILD**



# Pregnancy Chart

## Month By Month Recommendation

Month	1	2	3	4
<b>Qur'an</b> Complete at least one Qur'an Suratu Maryam for easy childbirth Suratul Qadr every day 7x for easy childbirth	SuratuYasin & Suratus Saffat on Thurs night (Blow on stomach)	Suratul Mulk on Thurs night & Friday (Blow on stomach)	Suratul Aali Imran on Thurs night & Friday	Suratud Dahr on Thurs night & Friday In the 1 <sup>st</sup> rakat of every salaa recite Suratul Qadr* After salaa recite Suratul Qadr & Suratul Kawthar with hand on stomach
<b>Diet</b> Avoid processed food	Quince or Apples and Pomegranates on Friday	Quince , milk and meat in moderation	Wheat, meat, skimmed milk and a little honey in the mornings	Quince, honey and a pomegranate every day
<b>Other</b> Stay in wudhoo Recite Yaa Allah Yaa Khaaliq Yaa Baariu YaMusawiru Every day	Recite Adhan & Iqama before every salaa with hand on stomach	Recite salawat 100x on Thurs and Friday	Recite Salawat 100 before salaa with hand on stomach	Recite 25:74** & Recite Istighfar 7x after every salaa Pray Salatul Layl (Shab)

\* After Suratul Hamd

\*\* 25:74 *لَا يَسْتَأْذِنُ بَعْضُهُمْ لِبَعْضٍ أَن يُحَدِّثُوا رَسُولَ اللَّهِ وَالَّذِينَ يَأْتُواكَ مِنْ بَعْضِهِمْ لِيُحَدِّثُوا رَسُولَ اللَّهِ وَالَّذِينَ يَأْتُواكَ مِنْ بَعْضِهِمْ لِيُحَدِّثُوا رَسُولَ اللَّهِ*



# ations



5	6	7	8	9
<p>Suratul Fath on Thurs night &amp; Friday In the 1<sup>st</sup> rakat of every salaa recite Suratul Nasr*</p>	<p>Suratul Waqia on Thurs night &amp; Friday In the 1<sup>st</sup> rakat of Maghribayn salaa recite Suratul Teen*</p>	<p>Suratu Yaseen &amp; Suratul Mulk On Thurs night &amp; Friday In salaa recite Suratul Qadr* &amp; Suratul Ikhlas*. Recite Suratun Nahl after Salatul Layl</p>	<p>AFTER FAJR 2x Suratut Teen on Saturday Suratu Yaseen on Monday Suratul Furqan on Tuesday Suratud Dahr on Wednesday Suratu Muhammad on Thursday Suratus Saffaat on Friday</p>	<p>Suratul Hajj on Thurs night Suratul Fahir on Friday In Zhuhr &amp; Asr Salaa recite Suratul 'Asr &amp; Suratuzh Zhariyat Recite Suratul Qadr all the time</p>
<p>Dates every morning and olives, dates and quince at night</p>	<p>Figs and olives for breakfast. Avoid fatty foods such as oli, butter and fatty meat</p>	<p>Watermelon.</p>	<p>Lots of yoghurt and honey. Pomegranate on Friday for breakfast. Use vinegar once a week in food</p>	<p>Dates and meat in moderation. Avoid spices</p>
<p>Recite Adhan &amp; Iqama before every salaa with hand on stomach</p>	<p>Recite Adhan &amp; Iqama before every salaa with hand on stomach</p>	<p>Recite Adhan &amp; Iqama before every salaa with hand on stomach Recite Salawat 140x after every meal. Pray Salatul Layl especially on Monday</p>	<p>Recite Adhan &amp; Iqama before every salaa with hand on stomach</p>	<p>Avoid looking at pictures and in the mirror. Banish bad thoughts</p>

رَبَّنَا هَبْ لَنَا

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## Q

### QUR'AN

*“When you desire for Allah to converse directly with you, recite the Qur’an” Rasulullah (pbuh)*

- QRead – A structured approach to teaching the recitation of Qu’ran in order to ensure that basics are embedded utilising the phonetic system to emphasise correct makharij
- Q Terminology - Sura, Juz, Manzil, Ruku, Huruful Muqatta’at.....
- Q Suwer - Familiarisation of the names of the suwer in sequence.
- Q Speak – Focus on specific ayaat allowing day to day usage.
- Q Memory – Memorisation.
- Q Concepts - Summary of each Sura
- Q Words - Vocabulary of the Qur’an.
- Q study

### Q FATIMA

- Q BABY | Q PRAYER | Q EVERYTHING



## R

### ROLE MODELS

- Parents
- Grand Parents
- Awesome examples

### REASONING

- “But I don’t want to……. “ syndrome

### REPEATING YOURSELF

- “In naf’ atiz zhikra”

### ROUTINE

- Whose routine?
- Compromise between super strict and unrestricted freedom



## S

### **SALAA**

- Salaa times

### **SAWM**

- To fast or not to fast...
- What age do you start?

### **SELF ESTEEM**

SELF ESTEEM is made up of two components –

1. Basic worth (Who I am is OK; not because you said but because I know)
2. Competence (I am a capable individual able to meet my own needs and the needs of others)

High self-esteem manifests itself in trust in oneself, ability to be self-directed, ability to cope with adversities, and resistance to dependencies.....

Its lack shows up in rebelliousness, underachievement, unhappiness, strained relationships, eating disorders.....

The most important aspect in relation to a child is a sense of inherent worth. All four aspects of the child have to be considered in inherent worth – Physical, Mental, Emotional and Spiritual.

There is a dynamic relationship between self-esteem and skill development. As a child improves in his self-esteem, his competence increases and the caregiver must come to realize that positive self-esteem is both a prerequisite and a consequence of success.

A child's self-esteem will be determined by the conditional acceptance that he receives from others and the unconditional acceptance that he receives from his care givers.



Nurturing love and affection is extremely important. Your children are hungry for love. They are very aware of the difference between almost guilty acts of love that a parent would show after not having paid them enough attention, compared to simple, pure love shown on a daily basis. If the child is confident that my parents love me and they will stand behind me no matter what, then there will be a strong parent/child relationship.

If we treat children with respect and dignity, they will learn that the parent/child relationship is a sacred institution, which they will instil in the next generation.

A survey was carried out by Cooper Smith which kept track of hundreds of children over a number of years to see what factors enhanced their self-esteem. They found four contributing factors:

- Unconditional love
- A degree of respect within the family unit
- Clear and enforced limits within the family unit
- The parents had high self-esteem

The attitude that parents portray gives out a silent message of behaviour to the children. It is therefore very important for parents to nurture themselves so that the children are nurtured into those who can reach their full potential.

There are many ways to practically instil positive self-esteem within our lives in order to enhance not only our lives but those of our children.

Celebrate the things that work.

- If you find that something you have done has had a positive outcome, continue doing it, such as sharing presents on birthdays and Eid or having family meals together.
- Take time out occasionally to visualise how you wish your family to be. What you visualise for each of your child. The



macro goal for most parents will be to see their child in Janna. To get there we would pray that our children are given direction and guidance. On our part, we would need to ask ourselves what one thing a day we should do to assist our children to achieve this.

- Spend time and contemplate about the best qualities of your child and record them.

A child's self-esteem will be determined by success and progress in four areas:

- Social (acceptance, friendships);
- Competence (in a skill area);
- Physical (clothing, attractiveness); and
- Character (effort, generosity, etc.).

Competence is of 4 kinds

1. Personal – Particular individual strength and abilities.
2. Intra personal – Self-awareness, self-control, separate feelings from behaviour (pre requisite to making choices)
3. Inter personal – Skills for relating successfully to others. i.e. initiating, expressing oneself, listening, co-operation, negotiating.
4. Commitment, responsibility and contribution.

## **SOCIAL SERVICES**

- Now known as Child Services
- Child Protection



## T

### TIME=VALUE

- Quantity time and Quality Time
- Defining quality time
- Buying time
- Setting priorities
  - Knowing what's really important

### TIME

How much time do we actually spend with our children?

In life, the way we allocate our time, money and resources indicates how much value we apply to that particular thing.

Most people will say that their family is the most important aspect of their life. If this is so then the allocation of money, resources are allocated appropriately but the same cannot be said for time.

Logically, you would spend the most time with that which you value most. However, if you tend to spend not enough time with someone whom you care about, that person may feel that they don't matter. If we don't spend enough time with our children, it is only natural for them to conclude that they are less important than the things we spend more time on. They will not question our values but instead question their own.

Very often we say that children are growing up very fast. We need to take a moment out and think about this statement. Are they growing up too fast for us? Is it because we don't have time to share the cherished moments of the younger years? If we were to look back at the growing years of our child, would we remember the first smile, the first step, the first word, first day at school, the first time they prayed?

We need to ensure we spend quality time with our children.



The general misconception is that quality time is to take out some time from our daily schedule and spend it with the child. We think we have to structure and prepare how we will spend that time with the child, such as going to the funfair or the park, or enrolling in some sort of a class. Quality time need not be structured but rather it should be open-ended and stress free, and when the whole family is available. Often when children are asked to remember the most memorable time they spent with their family, the answer usually is those moments shared together in the garden on Sundays or sitting together after dinner and relaxing as a family.

This proves that quality time is not structured time but rather relaxed time spent as a whole family.

It is essential to create such an environment within the family where this time together is given as much importance as anything else. It is also essential to review our lives and see if we give enough time and love to the things that are important to us, especially our children.

Allah mentions in Suratul Asr,

الرَّحْمَنِ الرَّحِيمِ

*In the name of Allah, the Most Kind, the Most Merciful.*

وَالْعَصْرِ

*I swear by Time!*

إِنَّ الْإِنْسَانَ لِفِي خُسْرٍ

*Most certainly the human being is in a state of loss;*

The human being is at a loss because he/she does not allocate his/her time properly.

إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَّصَوْا بِالْحَقِّ وَتَوَّصَوْا بِالصَّبْرِ

*Except those who believe, and do good deeds, and advise each other to truth, and advise each other to patience.*



This must start in concentric circles, first ourselves and our family before we move outwards with truth and patience.

Imam Sadiq (pbuh) said: “Take the initiative to talk to young ones before they are overcome by their instincts”



## **THOUGHT PROVOKERS**

### **MEALS**

- How many meals a day/ times in a week do you eat together as a whole family?
- Do you practise all the akhlaq of eating when you sit together?
- Is the T.V. on whilst you eat?
- What do you discuss when you are eating?
- How many times in a week/month do you eat out and where do you normally go?

### **SALAA, DUA .....**

- How many times daily/weekly do you pray salaa together as a family?
- Do you recite the ta'qibat of salaa and (Qur'an after Salaa) loudly or softly or not at all?
- Is Adhan & Iqama recited loudly in your home?
- At what age would you wake up your children for Fajr salaa?
- Is Thursday/Friday a special day in your home and do you have a majlis at home if you do not attend majlis at an Imambada?
- When and for how long do you and your family recite Qur'an every day?
- When you attend a wafat or wiladat majlis do you discuss the majlis on coming home?
- If you do not attend a wafat or wiladat majlis do you organise one at home?

### **SOCIALISING....**

- Do you and your family make compromises so as to be able to be an acceptable part of the 'secular' society? (i.e. dress code, cultural values, language..)
- e.g. If your son wore a tee-shirt supporting associations whose sponsors were companies that promoted alcohol , would you find the clothes offensive and if so how would you react to your son who insist on wearing it?
- Who are your children's' best friends?



## **LEISURE & WORK AT HOME...**

- Where do your children do their homework?
- What books do your children read? What sort of reading material (easily accessible to the children) can be found at home?
- Is there any parental control on the quantity and quality of television programmes that your children watch?



# U

## **UNDERSTANDING**

- To understand and be understood

## **UNRESPONSIVE PARENTS**

- Problems making friends
- Under developed social brain



**VISION BOARD**



## VALUES

## VIOLENCE

- How not to raise a bully
- Parental Domesticity
- Attention seeking behaviour



## W

### WHEN WILL THEY GROW UP

- Never

### WAJIBAT

### WEANING

### WHIINGING



**X/Y/Z**

**X FACTOR**

- Every child has one

**X TRA (MUSTAHAB)**

**YOU**

**ZAKAA**

**ZIYARA**



## AHADITH ON PARENTING

Imam Sadiq (pbuh) said: "The prophet (pbuh) once in the noon salaa shortened the last two rakatayn. When the people enquired about the reason, the Prophet (pbuh) replied didn't you hear the child crying?"

The prophet (pbuh) said:" One who has a child should act like the child."

Imam Sadiq (pbuh) said:" Let your child play for seven years."

Even the best of human kind the prophet (pbuh) played with his grandchildren.

Once the Prophet (pbuh) was on his way to someone's home; he saw Imam Husayn playing with boys. The prophet (pbuh) extended his hands for little Husayn to go up and played with him and made him laugh in front of everybody; then he held him and gave him a kiss.

Everytime the Prophet (pbuh) returned from a trip, children would be waiting for him and he would hold some of them and ask his companions to hold others. When the Prophet (pbuh) leaves, the children would be talking about how he held one to his chest and another to his back, and how he asked others to hold the rest....

"The heart of a newly-born child is like a virgin soil which accepts every seed that is sown on it".

The Prophet (pbuh) has considered the selection of a good name for the child and giving him proper training as well as the selection of an appropriate profession for him to be the responsibilities of the parents".

Imam Ali, (pbuh), says: "One of the rights of a child is that his father should teach him the Qur'an".



Imam Ali, (pbuh), says: “Teach your children swimming and archery”.

Imam Sadiq, (pbuh), says: “Up to seven years of age, a child should play, for another seven years he should be taught how to read and write and for still another seven years he should learn about lawful and unlawful things”.

The Prophet, (pbuh) said: “A child is a master for seven years, a slave for another seven years and a minister for another seven years”.

The Prophet (pbuh), says: “A good act is written in the record of virtuous deeds for one who kisses his child”.

Imam Sadiq, (pbuh), says: “Aqeeqa is necessary for a well-to-do man. As regards a poor person he should also do it when his circumstances permit. And in case it is not possible for him to give it, he is under no obligation in this behalf. Every child that is born is under pledge in respect of his Aqeeqa.

The Prophet (pbuh), says: “Whoever goes to the bazaar and purchases a present for the members of his family and brings it to them is like one who spends on the needy. However he should prefer daughters to sons because whoever pleases his daughter is like one who frees a slave from among the descendants of Prophet Isma’il”.





