

# Parenting Project Focused on Boys Tarbiyyat

Lajna Ima'illah UK



# Introduction

## Approved Shura Recommendations 2021

### Recommendation 1

It is recommended that a structured programme should be developed with the aim of equipping mothers with the understanding and knowledge of boy's development, typical behaviours, physical and emotional developmental needs and tips for handling challenging behaviours. It is recommended that this is delivered through parenting workshops to enable mothers to understand how to address these topics with their sons.

### Recommendation 2

It is recommended that a list of topics with support materials covering:

- A) Importance of prayers
- B) Developing closeness with Khilafat
- C) Importance of watching Friday sermons
- D) Purdah
- E) Modesty
- F) Helping in the home
- G) Respecting women
- H) Role in society as Ahmadi boys/men

be developed and provided to mothers to support them in having open and transparent discussions with their sons.

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## Recommendation 3

- It is recommended that an online support group be developed to provide hints and tips to mothers on how to tackle issues and to share good practice.

## Recommendation 4

- It is recommended that Lajna create a system to access Khuddam events, syllabus and activities to ensure mothers have full access to information and events available for boys.

# Workshop Plans

## Workshop Program

<b>Session 1</b>	<b>Introduction and Pre-birth</b>
<b>Session 2</b>	<b>Pre-Schoolers</b>
<b>Session 3</b>	<b>Primary Age</b>
<b>Session 4</b>	<b>Secondary Age</b>
<b>Session 5</b>	<b>College and University</b>
<b>Session 6</b>	<b>Round-up Session</b>

## Informative session

**Islamic guidance  
and Parenting strategies**  
**Based  
on Development stage**



## Discussion Session

**Topic based  
information sharing,  
Discussion techniques,  
and scenarios**



# Session 1- Introduction and Pre-birth

## Today's Session

### Informative session

- **Parenting Plan**
- **A Mother's Role in Islam**
- **Parenting Styles**
- **Pre- birth differences girls/boys**

### Discussion Session

- **Importance of Prayer**

# Fundamental Elements of a Parenting Plan

- **To have a clear Aim/Objective**

To raise children as per Islamic standard, who will be able to fully discharge their obligations to Allah (**Haqooq'Allah**) as well as their fellow human beings (**Haqooq-ul-lbad**).

- **Seek help with Prayer and Patience**

Parenting requires infinite patience and prayers. The Holy Qur'an teaches us:

*"Seek help with patience and prayer"* (Holy Qur'an, 2:154).

- **Embracing the Responsibility**

To meet the spiritual, physical, and emotional needs of a child . The Holy Prophet (sa) said:

*"Every child is born true to nature. It is his parents who make of him a Jew or a Christian or a Magian."* (Sahih Bukhari)

- **Equipped with the Right knowledge**

Proper parenting requires thoughtful planning and preparation.

- **Consistency and Continuity**

To have a regular approach instead of periodic. A home where Islamic values are consistently upheld and practiced, and the children guarded against Un-Islamic influences.

# Preparing for Tomorrow

**Allah the Almighty says in the Holy Qur'an**

*“O Ye who believe! Fear Allah; and let every soul look to what it sends forth for the morrow. And fear Allah; verily Allah is well aware of what you do.”(Holy Qur'an 59:19)*

Huzur e Anwar (aba) while shedding light on this subject said:

The morrow should not be only the next day of our own life or the hereafter, **but it also pertains to our children**: to raise them piously, to raise them with the highest morals, to raise them with a firm resolve in their faith, to raise them as loyal citizens and to make them excel in every aspect of life. This will not only adorn their lives in this world, and their lives in the hereafter and earn the pleasure of God Almighty, but **it will also make us deserving of reward owing to the good upbringing we provided them.**

(Address to Ladies at Jalsa Salana UK (Annual Convention) 2017)

[Preparing for Tomorrow – Raising Pious Children \(alislam.org\)](http://alislam.org)

# A Mother's Role in Islam

Our beloved Master Holy Prophet (sa) has pointed out the high status of a true Muslim woman in the following Hadith:

**“PARADISE LIES UNDER THE FEET OF MOTHERS “** (Sunan an-Nasa’i)

The Hadith signifies that it is utmost duty of every child to respect their mother but at the same time explains that the responsibility for the spiritual and moral development of children has been assigned to mothers.

Our beloved Imam (aba) explained the exalted status of a mother as:

***“Training and reformation is the great responsibility of a mother, especially an Ahmadi mother. This is why a woman has been granted the right of leading towards paradise”.*** (Hazrat Khalifatul Masih V, Lajna Annual Convention, June 21st, 2008).

Hazrat Khalifatul Masih IV (rh) explains this point as:

***“So, when it is said that heaven is under the feet of mothers, it does not mean, it is under every mother’s feet. It means that if heaven can be attained by subsequent generations it can only be attained through mothers who themselves have become a heavenly sign and heaven has become manifest in their appearance”*** (Address to Lajna Ima’illah at UK Jalsa Salana by Hazrat Khalifatul-Masih IV (rh), July 27, 1991).

# Mother as a Trainer

**Hadrat Khalifatul Masih II (ra)** made an interesting point illustrating the remarkable impact women can have upon children. He said that men are usually unsuccessful in their resistance to Satan. At best men can reform one generation and make them righteous, however it is women who have the capacity to revolutionise a whole future generation.

**“...it is only women who can challenge Satan permanently.** If women decide that they are going to make the future generations servants of religion, then who will Satan corrupt? The future generation is not influenced by Satan but by their mothers, but mothers can make the mistake of letting them go so that they become the bait hunted by Satan.....You must understand your responsibilities.”

Hadhrat Amman Jan - An Inspiration for us all (alislam.org) p.125,126

# Establishing a Harmonious Home Environment

Whilst emphasising on the importance of establishing a harmonious environment at home Huzur e Anwar (aba) advised:

**"Home environment should be made conducive to pious upbringing so that children can grow up to be useful members of society."** (Friday Sermon, 26th July 2013).

**Key Factors to maintain a harmonious balance in the home:**

**1. Prayer:** Allah the Almighty has called upon us to pray *"Our Lord, grant us of our wives and children the delight of our eyes, and make us a model for the righteous"* (Holy Quran 25:75).

Addressing the Lajna Huzur e Anwar (aba) said:

"This prayer will not only keep you steadfast on the path of righteousness but will also safeguard your progeny from the evils of this world and guide them towards righteousness. **This prayer will also be in favor of those women who complain that their husbands do not maintain an affiliation with the faith and are irregular in the daily prayers.** Allah will indeed listen to the prayers generated from the depths of our heart. Do not think that only men are the leaders of the righteous people".

[Responsibility of Mothers in the Current Age \(alislam.org\)](http://alislam.org)

**2. Mothers as Role Models** : "Every woman who prays for her child and tries to inculcate in her future generations the spirit of bonding with Allah, [encourages] the act of prostrating before Him and [encourages] remaining steadfast on the path of righteousness will endeavor to be the leader of the righteous ones. **As a caretaker of her house, she is an Imam [leader].**"

### **3. Parenting with Wisdom**

Wisdom demands that we 'know' our children by getting personally involved in their lives with mutually respectful, frank and honest communication. According to the Holy Qur'an :"*Call unto the way of thy Lord with wisdom and goodly exhortation and argue with them in a way that is best*" (Holy Quran 16:126).

### **4. Anger Management**

Wisdom also requires proper anger management. The Promised Messiah (as) said :

"An individual with self-respect and self-control, who is also forbearing and dignified, has the right to correct a child to a certain extent or guide the child. But a wrathful and hot-headed person who is easily provoked is not fit to be a guardian of children" (Malfuzat, vol. 2, p. 4).

### **5. Fair Treatment**

The Holy Prophet (sa) said: "*Respect your children and cultivate good manners in them*". (Ibne Majah).

Each child has a unique nature and a distinct set of strengths and challenges. As such, each child deserves a unique parenting approach. What works for one child may not work for another. However, **no child should have any complex about his or her sibling being the favorite child.**

# “Top Tips” From Hadrat Amman Jan (ra) for Mothers

- Be **punctual and conscientious in the observance of the obligatory daily prayers**. Hadrat Amman Jan (ra) would usually perform her ablutions and be ever ready in a clean state to commence her prayers, once she had heard the Call for Prayer. (“Adhan”)
- Employ yourself usefully with the **remembrance of Allah Almighty**. Even whilst doing household chores one can still engage in this form of worship, as Hadrat Amman Jan (ra) did throughout her life.
- **Read or listen to the recitation of the Holy Quran daily**. Hadrat Amman Jan (ra) would ask her children/grandchildren to read the Holy Qur’an/Ahadith/the books of the Promised Messiah(as), or small moral stories to her. This would improve their religious knowledge, public speaking, confidence and literacy.
- **Give complete obedience to the Khalifah of the time**. Even as a grown woman in her forties with the exalted status of being the spouse of a prophet, Hadrat Amman Jan (ra) would still obtain Hadrat Khalifatul Masih I (ra) permission before leaving Qadian.
- The **moral training of the eldest child** is especially important. If one concentrates on developing good habits in the first child, the rest of the siblings usually copy this behaviour and benefit.
- Show **fortitude and courage** during the trials of life, never forgetting to thank Allah Almighty for bestowing His Blessings upon us. **Those who love Allah Almighty the most, never get depressed.**

# Pre-birth

First and foremost, our parenting efforts must start with supplications to Allah. The Holy Qur'an teaches us to pray for pure offspring in the words of Hadhrat Zachariah (as):

***"My Lord, grant me pure offspring from Thyself".*** (Holy Qur'an, 3:39)

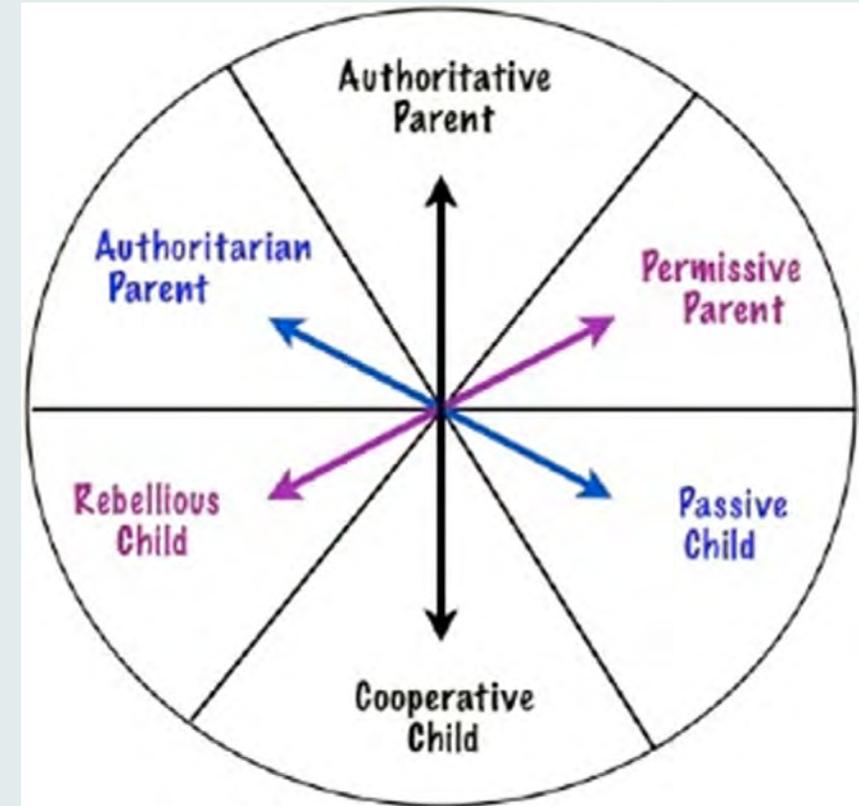
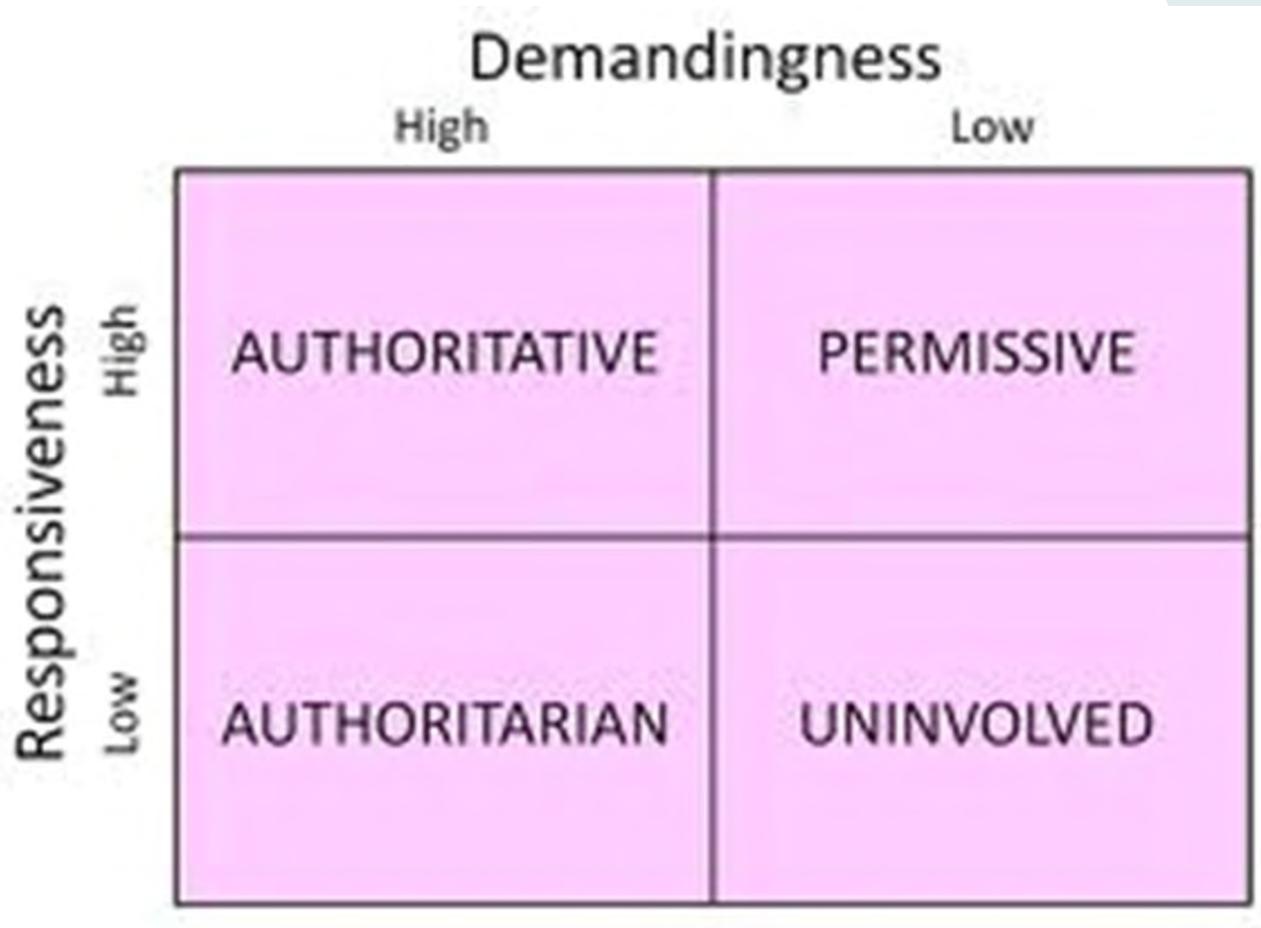
**Hazrat Khalifatul-Masih II (ra)** explained that Tarbiyat of a child begins before birth. In his lecture, "Way of the Seekers," he said:

"The door to evil thoughts must be closed particularly while we are preparing to receive the child. What can we do except, as far as possible, to keep our thoughts always pure and clean? If you desire to do your unborn children any good, then your own thoughts must also be pure. Islam has a recipe for situations like this. This recipe is that when husband and wife consort together, they should supplicate:

**Shield us, O Allah, against Satan, and keep Satan away from whatever Thou might bestow upon us.**

[Sin-Infected Conditions \(alislam.org\)](http://alislam.org)

# Parenting Styles





# The Authoritarian Parent



Tends to.....

Their children tend to.....

**Have strict rules and expectations.**

**Be very demanding, but not responsive.**

**Not express much warmth or nurturing.**

**Utilize punishments with little or no explanation.**

**Not give children choices or options.**

**Associate obedience and success with love.**

**Display more aggressive behaviour outside the home.**

**Act fearful or overly shy around others.**

**Have lower self-esteem.**

**Have difficulty in social situations**



# The Permissive Parent



Tends to.....

**Have few rules or standards of behaviour**

**When there are rules, they are often very inconsistent**

**Usually be very nurturing and loving towards their kids**

**Often seem more like a friend, rather than a parent.**

**Use bribery such as toys, gifts and food as a means to get child to behave**

Their children tend to.....

**Lack self-discipline**

**Sometimes have poor social skills**

**Be self-involved and demanding**

**Feel insecure due to the lack of boundaries and guidance**



# The Uninvolved Parent



Tend to.....

**Have strict rules and expectations.**

**Be very demanding, but not responsive.**

**Not express much warmth or nurturing.**

**Utilize punishments with little or no explanation.**

**Don't give children choices or options.**

Their children tend to.....

**Learn to provide for themselves**

**Fear becoming dependent on other people**

**Often be emotionally withdrawn**

**Exhibit more delinquency during adolescence**

**Feel fear, anxiety, or stress due to the lack of family support**



# The Authoritative Parent



Tends to.....

**Listen to their children**

**Encourage independence**

**Place limits, consequences and expectations on their children's behaviour**

**Express warmth and nurturance**

**Allow children to express opinions**

Their children tend to.....

**Have a happier dispositions**

**Have good emotional control and regulation**

**Develop good social skills**

**Feel self-confident about their abilities to learn new skills**

# How to be a “Good Enough” Parent

Parenting is the  
hardest job we  
can take on

Very rewarding  
and pleasurable

No such thing as  
a perfect parent

Each family is  
unique

No right or  
wrong

Protect and  
nurture a child’s  
own creativity  
and uniqueness

# Are Girls and Boys Born Different?

**There are slight differences in the male and female brain at birth**

**Boys tend to be better at spatial awareness tasks**

**Young brains are very adaptable**

**Girls tend to be better at verbal tasks and emotional awareness**

**Young brains grow and shrink depending on how they are used**

**Changes tend to level out within a short time**



# Summary

## How can I prepare for my Baby?

Fill	Fill your home with prayers and remembrance of Allah
Take	Take time to strengthen your marriage and communication skills
Discuss	Discuss parenting techniques you wish to use and those you don't want to use
Reflect on	Reflect on how you can model the best qualities for your child and work on self-reformation

