



Motherhood in Islam

Session One

Ponder and answer:

- What is the hardest part of being a mother?
- How can that be made a little easier?

Agenda

- Introduction
- Hadith of the Holy Prophet (s)
- Responsibility of Parents
- Religious/Spiritual Upbringing of children
- Protection from Spiritual Pollution
- Emotional Attachment
- Attachment to God

Hadith of the Holy Prophet (s) on children

Love your children, and be kind to them.

If you promise them something
fulfill the promise.

Allah does not get angry about anyone
as much as He does
for women and children.

Hadith of the Holy Prophet (s)

I love children because of five things:

- they cry often and crying is the key to Paradise
- they play with sand [removes pride]
- they fight with one another but quickly make up, and don't hold grudges
- they do not save anything for tomorrow [no long hopes]
- they build houses and then destroy them [are not attached to things]

Responsibility of Parents

A child is a trust from Allah. Parents are responsible to nourish the body, as well as the soul of the child.

The soul of a young child is delicate. It absorbs a lot and grows fast in the beginning years, acquiring many new skills quickly, just like the body.

Religious / Spiritual Upbringing

Help children be emotionally attached to:

- 1) God
- 2) Salaat
- 3) Holy Quran
- 4) Ahlul Bayt (a)

Protection from Spiritual Pollution

There cannot be emotional attachment to God when there is a lot of attachment to those things which distract children from God.

Taqwa is more about staying away from sins, than it is about doing good deeds. To raise a child who is pious, parents must keep away all possible avenues of sins.

Emotional Attachment

Knowledge is through the mind. It can be cold, and feelingless. It can be defeated easily.

Emotions work through the heart. They can be strong and powerful.

Turning away from God, Religion, Truth . . . is often due to emotions, not knowledge.

Fight emotions with emotions. Fighting emotions with knowledge usually results in a defeat.

Attachment to God

Before birth

The mother's spiritual state during pregnancy has a lot of impact on the fetus.

Just like negative emotions affect the unborn child positive and spiritual emotions and the tranquility they bring affects the child.

A mother should remain in wudhu, recite dhikr of Allah constantly, avoid sins, distractions, negativity . . . etc.

First two years

During this time children absorb a lot. The child is like a white sheet of paper, whatever you put on it will show.

Let the child listen to a lot of Quran recitation in the house, *dhikr* of Allah, *Adhan* and *Salaat*, etc.

Use the word 'Allah' often. Phrases like *Ya Allah* should be said at every movement and action.

Two to three years

Introduce God to the child as the One who created, one who favors us, looks after us, cures us
...

Every thing the child likes is linked to Allah.

Teach children to appreciate the favors of Allah.

Talk about the love of Allah for the human being.

Three to six years

Introduce qualities of Allah like mercy, compassion, forgiveness, power, might . . .

Use stories, rhymes, everyday situations, to create an image of a loving and kind God.

Avoid talking about punishment, fear of Allah, and those things which create a scary image of God in the mind of the child.

Tell the child inspiring stories of those who loved God and lived for Him.