




# Raising Children the Islamic Way

## Session Eight

### **Physical care of children**

Balance in life means taking care of all aspects of the human being; body, mind, heart and soul.



There is no child born in a family  
without the family gaining an honor  
they previously did not enjoy

**Holy Prophet (s)**

# Agenda

- Importance of physical care
- Nutrition
- Clothing
- Sleep
- Hygiene
- Reminders from the Holy Prophet (s)

# Importance of physical care

- ❖ The body is an instrument of worship. With a weak body, worship of Allah becomes difficult.
- ❖ Physical health affects other aspects of life. The body and the mind/soul are linked.
- ❖ Physical energy motivates action. It creates positivity in Life and increases joy in life.
- ❖ Importance of good health is more than importance Of other benefits in life.

# Nutrition

## 1) Eat well

Recommended foods include; vegetables, olive oil, honey, raisins, milk, beans, dates, figs, pears and meat.

## 2) Eat moderately

*Eat, drink, and do not be extravagant (7:31)*

*There is no healthiness with gluttony Imam Ali (a)*

# Good Practices

- Sit and eat together as a family as much as possible
- Remembrance of God at meal times, mindfulness
- Balanced healthy meals and snacks
- Being creative in presenting food
- Making sure children drink lots of water
- Using natural ingredients and home cooked meals.
- Get children involved in planning menus, shopping for groceries, and putting together the meal.

# Clothing

Good clothes are one of the blessings from God.

*Say who has forbidden the adornment of Allah which He has brought forth for His servants (7:32)*

Be careful of extravagance. It is disliked by Allah and has negative consequences.

Protect children's bodies from climate change. *Guard against the cold at its onset for it does to your bodies what it does to the trees. And face it at its end for it does to your bodies what it does to the trees. Its onset causes them to wither and its end causes them to bloom.*

# Sleep

It is undesirable to sleep between true dawn (when the time for Fajr salat sets in) and sunrise, between Maghrib and Isha, and after the Asr prayer.

It is recommended to have a short nap before Dhuhur prayers during summer.

It is recommended to sleep on the right side while facing the *Qibla* and keeping the right hand placed under the right cheek. It is makruh to sleep on the stomach.

Wudhu and recommended prayers should be performed before sleeping.

Cleanliness of the bed and the body at the time of sleeping has been emphasized by the Holy Prophet (s)



# Best Practices

- Have a bedtime routine that you follow most of the time. It could include, a bath, story reading (religious/secular), surah reciting, a chat about the day (accounting of the day before sleeping is recommended) . . . etc.
- The amount of sleep your child requires depends on the child.
- Lack of enough sleep can have many harmful effects on the child.
- Encourage children to sleep on their own and discourage nightly awakenings.

# Hygiene - Cleanliness

Be clean as much as you can, for Islam is based upon cleanliness

**Holy Prophet (s)**

Surely Islam is clean, so be clean, for the clean will enter Heaven.

**Holy Prophet (s)**

Cleanliness is from the Akhlaq of the Prophets.

**Holy Prophet (s)**

Cleanliness of clothes removes sadness and grief, and it is a Purification for Salaat

**Imam Ali (a)**

# Hygiene - Washing hands

Washing hands before and after eating food increases the life span . . . And it brightens the eye.

**Imam Ali (a)**

He who goes to bed with hands smelling of fat and is then afflicted with something, he should not blame anyone but himself.

**Holy Prophet (s)**

# Hygiene - Brushing teeth

Using the miswak (teeth brushing) has twelve benefits:

It is a part of the Sunnah, cleans the mouth, clarifies the vision, pleases Allah, whitens the teeth, eliminates cavities, hardens the gums, increases the appetite, removes the phlegm, sharpens the memory, doubles the reward for good deeds, and it also delights the angels.

**Holy Prophet (s)**

## Reminders from the Holy Prophet (s)

Nurture belief in and love for God at an early age. A child brought up on faith has internal satisfaction and strength, and the effects of faith will be seen in the actions and words of the child. A young child is ready to accept faith just as a fertile land is ready to accept seeds for growth. Parents should make use of this opportunity to teach children about the love and mercy of God to His creatures.

Imam as-Sadiq (a) says; Teach your children before the opposition gets to their minds and fills them with their talks.

The Holy Prophet (s) talked sorrowfully about the parents of later times who would give attention to worldly matters regarding their children, but would ignore matters of the Hereafter.