



Muslim Mums

Welcome!



Personal & Spiritual Development

Extinguishing the flames: Anger Management

Emotional Intelligence is a way of understanding and shaping how you feel, think and act. One of its components is self control which relates to the way you handle your emotions. Anger is a natural emotion experienced when you feel frustrated, hurt, rejected or hostile. It can vary in intensity, ranging from mild irritation to violent rage. Anger is a powerful emotion, and unless it is managed properly, it can have a devastating effect on your family, your work and your overall wellbeing. 'Holding on to anger is like grasping a hot coal with

the intent of throwing it at someone else; you are the one who gets burned' (Buddha). Like other emotions, anger has an effect on the rest of your body; your heart starts to beat faster, your adrenaline levels increase and your blood pressure and temperature rise. Anger management is the art of learning to express anger in a positive way. The five step method set out below can help you to control your anger:

1. Recognise you have a problem: The first step is to accept that you are feeling anger – don't be in denial about it! Don't let it build and simmer away until you have a violent outburst. If possible, take yourself away from the situation to think about how you feel and why. Look at the bigger picture and consider the consequences of your behaviour before you react.

2. It is OK to have a different opinion: The world cannot be categorised in terms of black and white or right and wrong. It is important to learn that everyone has their own subjective opinion, and not to react angrily when someone has a different opinion from you.

3. Listen: When you are in a situation that makes you angry, or you are in disagreement with someone, try to listen to them and empathise (another Emotional Intelligence component) with them. Try to understand the

conflict from their point of view. This may help to alleviate your own anger.

4. Lifestyle Changes: Do you pack too much into your life and therefore struggle to cope with all that life demands of you? Delegate some of your responsibilities and try to find a pleasurable, active way to let off steam to help prevent tension build-up and increase your self-confidence.

5. Look after yourself: Make sure you eat a balanced and healthy diet, and that you get enough sleep. Lack of sleep and food can make you feel irritable. Are there things in your busy day which other people could help with? It may help to regularly talk things over with a friend or member of the family.

It is virtually impossible to remain calm and sedate all the time. You will feel angry at times, but it's important to know how to express your feelings in a healthy way without lashing out, shouting or becoming violent. The key is to learn how to react calmly when something causes you to feel angry. The Holy Prophet Muhammad (saw) reminds us: *'The best Jihad is Self Control'*.

By Marziyah Panju, author of 'Seven Successful Strategies to Promote Emotional Intelligence in the Classroom' (£12.99, Network Continuum, also available from the author or Amazon.co.uk)

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Growing Feet

Providing parents with “Pearls of Wisdom” (Islamic and Secular) through the growing years

PREGNANCY – Fatigue

(Condensed from “The Secret Life of the Unborn Child” by Dr Thomas Verny with John Kelly)

Thanks to a new generation of medical technology, we now know that the unborn child is an aware, reacting human being who from the sixth month on (and perhaps even earlier) leads an active emotional life. Along with this startling finding we have made these discoveries:

- The foetus can see, hear, experience, taste and, on a primitive level, even learn in utero (in the uterus – before birth). Most importantly, he can feel – not with an adult’s sophistication, but feel nonetheless.

- A corollary to this discovery is that what a child feels and perceives begins shaping his attitudes and expectations about himself. Whether he ultimately sees himself, and hence, acts as a happy or sad, aggressive or meek, secure or anxiety-ridden person depends, in part, on the messages he gets about himself in the womb.

- The chief source of those shaping messages is the child’s mother. This does not mean every fleeting worry, doubt or anxiety a woman has rebounds on her child. What matters are deep persistent patterns of feelings. Chronic anxiety can leave a deep scar on an unborn child’s personality. On the other hand, joy, elation and anticipation can contribute significantly to the emotional development of a healthy child.

- New research is also beginning to focus much more on the father’s feelings. Until recently his emotions were disregarded. Latest studies show that this is dangerously wrong, and

that how a man feels about his wife and unborn child is one of the single most important factors in determining the success of a pregnancy.

INFANCY (0-12 Months) – Food for Thought

(Extracted from “What to Expect - the First Year” by Murkoff, Eisenberg and Hathaway)

Could the food that’s filling your baby’s tummy also be used to build his or her brain? That’s the idea behind commercial baby foods that are enrich with DHA and ARA, those brain boosting fatty acids that are naturally occurring in breast milk and are added to some formulas. The fatty acids come from eggs (only yolks are used to avoid the risk of allergic reaction) laid by chickens who are fed a diet of DHA- and ARA-rich flaxseed and soya beans. The research jury’s still out on how effective these foods are in increasing a child’s brain power, but since such fatty acids are also purported to be heart-healthy, there’s certainly no harm – and potentially plenty of benefits – in choosing them for your baby. The only downside: these foods, like the specially fortified formulas, come with a steeper price tag. Keep in mind, too, that you’ll have to wait until egg yolks are introduced before serving them to baby.



THE TODDLER YEARS – Know Your Toddler

(Extracted from “What to Expect – the Toddler Years”, by Eisenberg, Murkoff and Hathaway)

Toddlers, like the rest of us, vary in their responses to pain. Some can tolerate a great deal (the curious

climber who falls off the climbing frame, gets up without so much as an ‘ouch’, and climbs right back on) and some very little (the fledgling walker who shrieks with every tumble, even when the landing is cushioned by a lush carpet). It’s a good idea to take such differences into account when deciding how sick your toddler is. For example, if a feverish child who is ordinarily a stoic is pulling one or both ears, consider an ear infection – even if he or she doesn’t seem to be very uncomfortable – and call the doctor.

On the other hand, if you’ve got a very pain sensitive child, you might be wise not to fly to the phone at each and every whimper. Be wary, however, of the cry-wolf syndrome; keep in mind that the child who complains a lot will sometimes actually be sick.

THE OLDER YEARS – Love Languages (Part 1 - Words of Affirmation)

(Based on “The Five Love Languages” by Gary Chapman)

Language differences are part and parcel of human culture. If we are to communicate effectively across cultural lines, we must learn the language of those with whom we wish to communicate. In the area of love it is similar. Your emotional love language and that of your child may be as different as Chinese from English, and we must be willing to learn their primary love language if we are to be effective communicators of love; something that is especially important as children grow older. Over the next few issues we will focus on each of the five love languages: Words of Affirmation, Quality Time,

Receiving Gifts, Acts of Service and Physical Touch. Every child needs all of them, but there is usually one that they speak above the rest.

Words of Affirmation: Parents typically give many affirming words when the child is young. Even before the child understands verbal

Bonjour!

Ca va?

Bien!

communication, parents are saying, "What beautiful eyes," and so on. When the child begins to crawl, we applaud every movement and give "Words of Affirmation." When he begins to walk, we stand two feet away and say, "Come on, that's right!" If he falls we don't say, "You dumb kid, can't you walk?" Rather we say, "Yea, good job!" So he gets up and tries again.

Why is it that as the child gets older, our "Words of Affirmation" turn to words of condemnation? When the child is seven we walk into the room and tell him to put the toys in the toy box. We come back in five minutes and if seven of twelve toys are in the box, what do we say? "I told you to

get these toys up. If you don't get these toys up, I am going to -- "What about the seven in the box? Why don't we praise him for doing that, the others will probably jump in the box! As the child gets older, we tend to condemn him for his failures rather than commend him for his successes.

To a child whose primary love language is "Words of Affirmation," our negative, critical demeaning words strike terror to their psyche. Hundreds of adults still hear words of condemnation spoken in their childhood ringing in their ears:

"You're irresponsible, careless, thoughtless, and so on." Adults struggle with self-esteem and feel unloved all their lives when their primary love language is violated in such a detrimental manner.

Food Focus

Tired of the same old same old? More importantly, are you children tired of the same old same old?! Why not try the following for meal and snack times:



Cereal



Cheese



Fruit



Milk



Toast



Breadsticks



Yogurt



Dried Fruit



Popcorn



Feature Article

Instilling Generosity into our Children

By Arifa Hudda

There is a famous tradition from the Noble Prophet of Islam, peace be upon him and his family, in which he has said, "Adorn yourselves with the akhlaaq (moral and ethical traits) of Allah." This means that we must study the attributes of Allah, Glory and Greatness be to Him, and see how we can implement them in our daily lives. For example, Allah is Al-Rahman – the All Merciful to all of His creations - the good and the bad - and similarly, we must try to be kind and merciful to our fellow human beings – regardless of what faith they follow and how they act with us. Another attribute is Al-Jawad – The Generous. He is generous to everyone and everything - as we recite in one of the supplications during the holy month of Rajab: "O You who gives much in return (for us giving) You very little; O You who gives to those who ask You, and O You who gives to those who do not ask You and who do not even know You!"

One of the characteristics which we need to understand and apply into our lives is the quality of generosity. Once we have integrated this trait into our own being, we can then begin to teach our children how to be kind and giving to others as well. Of course, we can never reach to the level of generosity which Allah shows us, however we can do our best to work at adorning ourselves with this noble ethical trait.

There is a beautiful passage in the

Du'a of Abu Hamzah al-Thumaali, a supplication which is recommended to be recited during the sacred Month of Ramadhan. Abu Hamzah was a close companion of the 4th Imam of the Ahlul Bayt, Imam Ali b. al-Husayn Zaynul 'Abideen, peace be upon him. In one passage of the supplication, the Imam supplicates to Allah saying: "All praise belongs to Allah alone Who gives me whenever I ask Him, although I become close-fisted and miserly whenever He asks me."

When we look at the lives of the noble Ahlul Bayt, peace be upon them all, and their loyal companions, we see numerous examples of generosity which they showed to others. History has recorded the event in which Imam Ali, peace be upon him, gave his ring to a poor person while the Imam was in the state of Ruku': "Your guardian is only God, His Apostle, and the faithful who maintain the prayer and give the zakat while bowing down." (Al-Qur'an 5:55); or when Lady Fatima, peace be upon her, gave away her new wedding dress on the night of her wedding to Imam Ali, peace be upon him, which was a manifestation of the verse, "You will never attain piety until you spend out of what you hold dear, and whatever you may spend of anything, God indeed knows it." (Al-Qur'an 3: 92); or whether it was when Imam Ali, Lady Fatima, Imams Hasan and Husayn and their house keeper, Lady Fiddah, peace be upon all of them, gave away all of their food for three straight days to the poor, captive and orphan: "They give food, for the love of Him, to the needy, the orphan and

the prisoner, [saying,] 'We feed you only for the sake of God. We do not want any reward from you nor any thanks. Indeed we fear from our Lord a day, frowning and fateful.'" (Al-Qur'an 76:8-10)

From these and many other examples in the lives of our perfect role models, we understand that this quality of giving to others is very much recommended in Islam and is one of the best qualities which a person can have - no matter what one's financial situation is, as Allah states in the Qur'an in regards to a select group of believers that: "...and they prefer others (over themselves) even though poverty may afflict them..." (Al-Qur'an 59:9)

In addition, there are countless traditions from the Prophet and the Ahlul Bayt, peace be upon them all, which encourage us towards generosity. Consider the following words of wisdom from the Noble Prophet where he has said: "Generosity is a part of faith and those with faith shall enter into Paradise." (Jami' as-Sa'aadaat, v. 2, pg. 113) In another tradition, the Prophet has stated, "Paradise is a place for the generous ones." (Ibid. pg. 114)

On the other hand, there are miserly people whose only goal in life is to gather as much wealth as they can and to hoard it and not share what they have been given by Allah with anyone else! The needy may even approach them for assistance for food, clothing or other requirements, however the miserly will not feel anything in their hearts nor come to their aid. Such people have been condemned in Islam and in the Noble Qur'an: "Have you considered him who calls the judgement a lie? That is the one who treats the orphan with harshness; And does not urge (others) to feed the poor. So woe to the praying ones, Who are unmindful of their prayers, Who do (good) to be seen, And withhold the necessities of

life." (Al-Qur'an 107:1-7)

In addition, there is a thought-provoking tradition from the Noble Prophet of Islam in which he has stated, "A generous person is near to Allah and is near to the people as well as to Paradise and thus, he is far away from the fire; whereas the miserly person is distanced from Allah as well as the people and from Paradise, but he is near to the fire of hell." (al-Mahhajatul Baydaa, v.3, pg. 248)

As parents, we have a very important duty to be generous to others, and more specifically being generous when it comes to our own children. We play a big part in whether or not they will become generous and kind hearted or if they will gravitate towards stinginess and tightfistedness. Generosity from a mother or father towards their children can be displayed in many different ways - it could be by giving them material gifts; or by being extra kind to them; or simply showing them more affection when they do something good.

Children imitate their parents in almost everything and learn more by actions than by words. Thus, if they see that their parents - who are their primary role models - are generous and caring about the less fortunate and needy, then they will automatically follow their actions and become kind-hearted.

Here are some practical examples and specific points which parents or elders can take into consideration, in order to plant the seeds of generosity into their children's hearts:

1. Occasionally, advise your child to share a part of something (food, treats, etc...) of theirs with a parent or sibling and when he does share, encourage and praise him for the good deed. However, we must be careful not to push our children to always do this as it is difficult for some children to continuously give

and if pressed, they may become rebellious. Rather, this must be done gradually and in stages such that it becomes an ingrained habit, and eventually it will become much easier for them to share their personal things with others.

2. Encourage your child to share his toys and other personal belongings with other children. Allow your child to call his friends over to your house, as this will also teach him how to be a good host, by offering and serving them cookies, milk and other things and will subconsciously instill within him the practical ways of being generous to others.

3. Promote generosity in your child by encouraging them to give their excess toys, books, or even old clothing to the less fortunate people locally and throughout the world such as the orphans in Iraq, Afghanistan or other parts of the world or even in local charities which collect such things to help the less fortunate in one's city.

4. Give your child some money to give to the poor and needy or for the safeguarding of the faith of Islam. One can encourage his child to donate money towards religious causes - such as the building of a Masjid, the maintenance of an orphanage, the propagation of Islam, or other noble causes. We can also instill in our children the act of taking out sadaqah on a daily basis and explain to them why this is done and who the money will go to. If they are very young, they can be given a special container and some change and encouraged to take out sadaqah every day for their own protection and also for the safety of the 12th Imam, may Allah hasten his return. This will inspire within the children the fact that when we remember our 12th Imam on a daily basis and pray for his safety and security that he will reciprocate and pray for us and our protection and will be at our assistance whenever we need help. This act will also inculcate

the love of the Imam in the hearts of our children.

5. When there are special occasions such as 'Eid or birthdays and you want to exchange gifts with others, let your child help you pack the gifts and also let them personally give them to the other people. Islam has highly recommended the giving of gifts to other people and has told us that this act increases the love and unity amongst one another.

6. Try to visit hospitals or people who are sick and the elderly within the community and if possible, orphanages. When you go, take your child with you so that they can see what difficulties others are facing and in essence, this will help them develop a soft, and caring heart for others.

In conclusion, it must be kept in mind that not all children are the same and therefore, do not expect a 100% positive outcome the first time you try such things or that you will get perfect results over night from every child! We can try various things and insha-Allah, it will have some influence upon them. However, we must keep in mind that we should not punish or degrade them if they are not as big-hearted or generous as we would like them to be - everything comes in stages and little by little, and through such gestures, we can all try to develop this beautiful trait within our lives.



Personal Moments

Hajj: A mother's perspective

By Sukaina Mukhtar

As we arrived at Heathrow airport, I was overcome by feelings of excitement and eagerness to see my 14 month old son. As I stood there waiting for my baggage, I remembered how difficult it was to leave him; yet, during my pilgrimage I remained focused on my purpose of being there and everything back home was insignificant in comparison to what awaited me.

I remember the night I started to pack, with Salman walking around, unaware of what was to occur. A tear trickled down my cheek as I looked into his big brown eyes. Anytime I felt sad at the thought of leaving him, I thought back to the ayat, 8:28: *Know that your possessions and your children are but a trial and temptation, and God is He with Whom there is a tremendous reward.* In the past people would leave their family for several months to travel to Mecca; my trip was a mere

three weeks. Still there were nights when I would lie down to sleep and cry silently to myself unable to accept the vital decision I made of performing my pilgrimage. However, not once did I feel that my decision was incorrect. As time passed, I began to look forward to my long awaited trip.

It was December 13th, 2007, as I held Salman in my arms, I could feel my hands begin to shake, yet trying to keep a smile on my face, I rang the door bell. After a few moments there was a warm yet almost held back smile greeting me at the door. I took a deep breath and shut my eyes trying to contain my emotions. He was unable to call out to me, which I think made it slightly easier. He began crawling around unable to understand what was happening. I shut my eyes for a moment and thought of what was ahead of me. Of course the drive to the airport was not easy, but I pulled myself together. Once we checked in, I called to check on Salman; after hearing his voice on the phone, I became slightly emotional. After hanging up I decided that I must remain focused on my task. In order to do this, I decided not to call London whilst on my journey. Of course my husband would

check on things, as my supposition of being emotionally strong was proven incorrect at that moment.

The three weeks passed very quickly and every moment that I spent in Sham, Makkah and Madina were unforgettable. I was overcome by my surroundings and preoccupied with self-reflection to miss Salman as much as I thought I would. It was my last day in Syria when we passed Salman Farsi's farm that a smile came upon my face as my fond memories of my son re-surfaced. It was only during my plane ride from Syria back to London that I grew very anxious to be with him. As I now reminisce, I feel that the three weeks passed by at a blink of any eye, although I took several months to prepare.

Since I had rarely left Salman with anyone since his birth, my main worry was whether he would adjust to his surroundings. A month or two before my trip, I decided to take him to his temporary future home 2-3 times a week so he would feel comfortable with his surroundings. I left him alone occasionally so he would also get used to being away from me. Finally, he slept at the house for one night on the week we were leaving, so his transition would be gradual. My priority was to make him comfortable with where I was leaving him; knowing that he felt at home would make me feel more at ease.

One vital act which everyone has to do before performing hajj (or not) is make a will. Something I remembered quite late and unable to envisage it in realistic terms was to decide Salman's carer, if anything were to happen to myself or my husband. A daunting yet necessary decision we had to make. I also wrote a list of things he was allergic to and briefly pointed out his daily routine and I



left his doctors number in case of emergency. Following these notes, I decided it was time to pack.

First came the medication; for flu, allergic reactions and stomach pain and syringes. Second; his attire, from sleep wear to smart wear, casual wear, winter coat, hats, socks, etc. Third; I packed his toys (big and small) and books. Fourth; the things required to transport him: his stroller, car seat and baby bag with necessary items in it. Fifth; his sleeping equipment, his play pen, blankets and pacifiers (chuchees). Sixth; other accessories such as diapers, diaper bags, wipes, body cream, nappy rash cream, body wash and shampoo. Seventh; his bath materials such as his bathtub and bath towel. Finally; I bought him some boxed creamy porridge food in case he would not eat home food and his powdered milk as he was drinking milk from a bottle and any of his favourite snacks.

Another concern was Salman's

sleeping patterns. Since he was only 14 months when I left him, he would still wake up in the middle of the night. One of the things I needed to do was make him feel comfortable in the playpen, which he was going to use as his temporary bed. In order to do this, I would occasionally make him sleep in the playpen in the afternoon to make his transition from cot to playpen easier.

These are only some of many ways a mother can prepare for a long trip when leaving her child behind. Perhaps I was over cautious or too pedantic or maybe I did not prepare enough; and some of you might think, "HOW can you leave such a young child?" From a mother's perspective, I could not have left Salman in better

hands. Not only have I completed a wajib act, but have acquired a sense of fulfillment and had an opportunity to self-reflect outside our fast-paced lives. It was a once in a life-time opportunity which I could not, and would not pass.



Small Things Make Big Muslims - Tips for instilling Islam in your children

This edition, following on the spirit of the Holy month of Ramadhan, we have focused on small things we can do at home to encourage good and Islamic eating habits from a young age.

1. Eat at least one meal a day together as a family. If the phone rings during this meal, let the answering machine get it.

2. Use this time to discuss different things – the Islamic event of that day, something interesting you learnt that day, something good your child did that day – try and make this time as positive as possible.

3. Make sure the T.V. is switched off during meals!

4. Encourage good akhlaq during meal times, such as not speaking while chewing, etc.

5. Practise the Islamic etiquette of eating:

- Saying Bismillah before meals and Alhamdulillah after meals
- Eating a pinch of salt before meals

- Not drinking water during meals and for about half an hour afterwards.

6. To remind everyone of the points above, write them out on a poster/ white board and place it near the dinner table.



Relatives Corner

My Cousins and I

By Maleeha Merali

We all have cousins, distant or close. But everyone has different views on them. To me, cousins are the brothers/sisters I never had. A friend. A sibling. A help.

There is a saying – ‘Cousins by blood but friends by choice.’ You may be related, but stick to your cousins because of choice, because they’ll be there for you when you need them most.

For example: Our Holy Prophet (s.a.w) and Imam Ali (a.s). They were cousins. And they were so close that Imam Ali (a.s) was the first man to accept the Holy Prophet (s.a.w)’s religion and helped him to spread it. When everyone ignored the Holy Prophet (s.a.w), Imam Ali (a.s) was there for him. This relationship between them was so close that Imam Ali (a.s) succeeded the Holy Prophet (s.a.w)

There are different types of cousins. Younger than you, older than you, and the same age as you, but they are all special in their own way. Those that are younger than you – you can share knowledge with them. And those baby cousins: They smile at you and all your problems fade away...

Those that are older than you – they can share knowledge with you! And those that are the same age as you – they know what you’re going through and you can share your experiences.

Cousins are not just blood relatives, but much, much more...

These are the people to keep in your life, not just to meet up with every so often, but to develop a special relationship that will help you in your life.

My cousins are very near to me. I have heard many stories of when Husayn Yahya or Hanaan Fatemah are told that they are coming to

Apa-Bhaijaan’s house (that’s what everyone in my family calls my brother and I). I feel really good when I hear that they can’t stop talking about it, saying apa-bhaijaan all day long! It’s a really nice feeling and we have loads of fun together and inshallah, as the family keeps growing and I get more and more cousins our fun will grow too!

From my experience, a few tips to stay close to these loved ones:

1. Make an effort to invite them over. Seeing them face to face and talking to each other really helps sometimes.
2. Spend as much time with them as possible. If you can’t see them all the time, set a weekly or fortnightly dinner where you can sit down and spend some time with each other.
3. Share knowledge with each other. There is always something you can learn from each other.



Out of Interest

Amendments to the Nursery Curriculum

By Fatema Haji & Sakina Gulamhussein

Just when you managed to understand Birth to Three and the Foundation Stage things are changing again! From September 2008, it became mandatory for all Ofsted registered settings and schools caring for children under the age of five to follow the Early Years Foundation Stage (EYFS).

The EYFS has replaced the Birth to Three Matters framework, Curriculum Guidance for the Foundation Stage and the national standards for under eights day care and childminding, creating a single framework covering children from birth until the September after their fifth birthday. The new framework was published in March 2007.

The framework is based on four Themes and Principles and supported by 16 commitments. It recognizes children as individuals and competent learners.

The EYFS means that wherever your child is being cared for or educated between 0-5years they will be following the same set of principles, they will be offered a 'principled play based approach to learning and development'. Young children learn best through play and Early Years Practitioners will be able to provide

your child with appropriate play and learning experiences for their stage of development and help them develop new skills. The activities that are provided for young children will underpin the skills they need to work towards the Early Learning Goals in the following areas at the end of their reception year at school.

The six **Early Learning Goals** are:

- Personal, Social and Emotional Development
- Communication, Language and Literacy
- Problem Solving, Reasoning and Numeracy
- Knowledge and Understanding of the World
- Physical Development
- Creative Development.

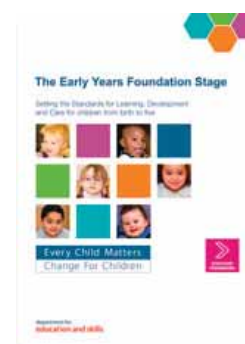
The EYFS also encourages practitioners and parents and carers to work together to help children develop to their full potential. If your child has a Special Educational Need and/or disability additional information is imbedded in the EYFS to enable practitioners to target work specifically and help children to progress.

So how can we as parents provide learning experiences that will facilitate our young children's learning in working towards these six Early Learning Goals?

Whether it's working part or full time, domestic responsibilities and/or

other children, it's often difficult to find the time to take your toddler out, sit them down in one place and then think of a fancy activity that will hold their short attention span and teach them something at the same time! But that's just it, teaching your child doesn't necessarily mean you have to sit them in a corner, there are plenty of learning opportunities that arise as you get on with your daily tasks. Putting in a load of washing is just one of the many mundane tasks you have to get done in the day while your toddler is constantly calling for your attention. Involve your child in the task. (see table below)

Think of other ways in which you can invite your child to participate in tasks with you. Think of learning outcomes depending on the age of your child and most importantly, have fun! But be warned...after I showed my son how to turn the knob on the washing machine, I have often wondered how a quick wash can sometimes take up to three hours! For more information on the EYFS visit : www.standards.dfes.gov.uk/eyfs/



What to do	Learning outcomes relating to a specific Early Learning Goal (ELG)
Take each item out of the laundry basket and encourage your child to help separate into two piles; colours and whites. Name each colour.	Extending their vocabulary of colour names – Communication, Language and Literacy (ELG) Sorting and matching colours – Problem Solving, Reasoning and Numeracy (ELG)
Once piles ready, explain how the clothes are dirty and you are going to put them in the washing machine and the washing powder will help to clean them.	How washing machines work, concept of clean and dirty – Knowledge Understanding of the World (ELG)
Encourage your child to help put each item into the washing machine.	Large arm movements (gross motor skills) plus coordination – Physical Development (ELG)

Product Reviews

Islamic Toys

You have all the Leapfrog toys which can teach your children the English numbers and alphabets, the Princess kitchen, the Power Rangers and their peripherals, the dressing up cupboard is almost full but at the back of your mind your conscience is biting away wondering if there are any Islamic toys your child should be playing with.

The good news – there are. Below are a few good items and some places you can source some good Islamic toys. However, before buying, do your own research too, some may conflict with your Shia beliefs.

Alphabet House £7.99 www.islamicgoodsdirect.co.uk

A complete set of Arabic letters, this house shaped shape sorter is a good way to learn the Arabic alphabet. The top opens to release all the letters for hours of fun.



Fulla Muslim Doll Prices start at £19.95 www.lote-tree.cm

Nicknamed the Muslim Barbie. Fulla, dressed in a traditional hijab and overdress, comes with her own pink felt prayer mat. Fulla is still single and there are no plans for an Islamic equivalent to Ken, but she does come as a Doctor Fulla and Fulla as a teacher both 'respected' careers for women.



Islamic City Construction Blocks £29.99

www.islam4children.com

A wooded construction set to challenge the mind and stimulate your child's imagination. Different shaped wooden blocks, which can be constructed to form an Islamic city.

Consisting of 90 pieces including building blocks

with decorated windows, a masjid minaret, cars, people, trees and animals.



Shinon Full Digital Quran: Laptop Toy £45.00 (Also available as separate siparas)

The Digital Quran for Children is made in the form of a laptop and has the complete Quran (114 Surahs) The child can instantly access any chapter. There is a quick search facility for any verse. Continued repetition of the required verse. Ease of going to the former verse. Facility of going to the next verse. Option for Pause during listening. Continue to listen from where it has stopped. Auto-stop facility.



Arabic numbers Foam Mats \$19.95 (ships from US)

www.astrolabe.com

This is similar to the foam number/alphabet foam mats that are readily available for kids. These Interlocking pieces are 12"x12" and when connected with cover an area of 10 square feet. Pieces also interlock in 3-D format. Children can also use their imagination to create houses, toy boxes and castles while learning their Arabic numbers. A must for pre-school and kindergarten classrooms. Comes in attractive plastic tote bag for easy storage and is suitable for children aged 4-8 years.



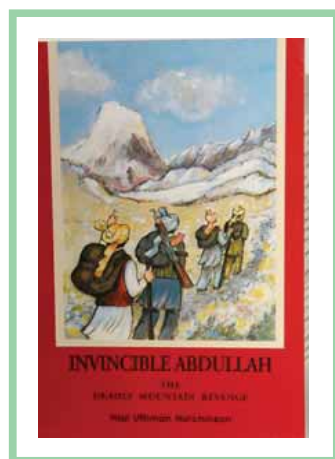
Prayer Practice Calendar Set \$10.00 (ships from US)

www.albasheer.com

Prayer Practice is great for motivating your children to perform the five daily prayers. Each set contains eight colourful charts and accompanying stickers as well as a children's Qibla direction arrow all bound together in a flip chart. The charts can also be used to focus on particular aspects of the prayer. Weekly focuses may include topics such as concentration in prayer and performing actions correctly amongst others. Each set comes with shiny gloss page finishes and a calendar style binding for easy hanging on walls.



Childrens Book Review



Terrific adventure stories and Islamic fiction at its best! This series of 4 novels aimed for the older teenager are yet another set of books that make older generations wish these books were around when they were growing up! The main character Abdullah always succeeds by staying true to Islam; a good example for Muslim youth. Each story is set in a new environment, portraying the cultural richness and diversity of Muslims. The books in this series are action packed, so young people stay glued until the last page. A glossary is provided at the end of each volume.

Invincible Abdullah by Uthman Hutchinson

INVINCIBLE ABDULLAH - The Deadly Mountain Revenge Volume 1: When Abdullah travels from England to visit his cousin Hasan in Pakistan during summer break, there is more than just a friendly family visit in store. A luggage switch at the airport, a half million dollars in smuggled cash and an unexpected fight in the bazaar lead the boys into some of the wildest territory in the highest mountains in the world. Armed tribal conflict is the result. Abdullah's knowledge of karate and Hasan's quiet, quick wittedness as well as the strength and courage of their companions, Gul Muhammad and Abd al-Haqq are sorely tested. That test becomes a life and death struggle against the elements and the evil of men. An innocent vacation turns to high adventure.

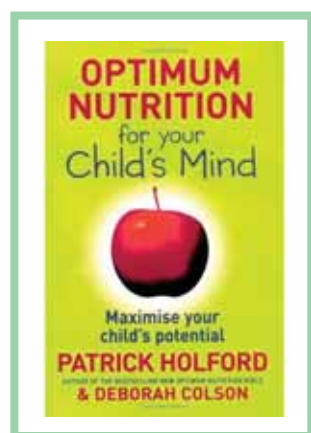
INVINCIBLE ABDULLAH - The Car Theft Kidnapping Volume 2: Abdullah returns to England from Pakistan only to find a strange letter waiting for him. A reformed criminal and a twist of fate lead Abdullah and his companions into a deadly trap. Kidnapping car theft betrayal and attempted murder are the results. Abdullah, his family and friends help a

needy friend only to find themselves in great danger, too. Join Abdullah as he races against time to find a hidden workshop and free one last hostage of The Car Theft Kidnapping.

INVINCIBLE ABDULLAH - The Mystery of the Missing Pearls Volume 3: Abdullah's adventures take him and his friend Zaki to Malaysia, where the riddle of a mad man is their only clue to the plot of an evil magician who they are sure are responsible for a major theft. It takes a near drowning and some fast thinking by Zaki's sister, Latifa, to finally uncover the truth. The martial arts of a blind man and a fortune in stolen pearls add to the mystery.

INVINCIBLE ABDULLAH - The Wilderness Survival Volume 4: Abdullah and his friend Hakeem are forced to take another unfriendly boy camping in the mountains. Abdullah and two companions are lost in the North American wilderness after their plane crashes in the forest. As they struggle and forced to work together to survive, one of them, who had forsaken his Islamic identity learns about himself and his faith.

Adults Book Review



You're getting annoyed that every time you go the supermarket you end up opening a packet of cheese flavoured crisps and Fruit Shoot to peace of mind, that your mosque bags are full of junk foods that you

Optimum Nutrition for Your Child Patrick Holford & Deborah Colson

share with other children, and you're worried that your little ones spit out their vitamin supplements and they're not getting enough nutrients from their everyday meals. Well here is a book that will give you starting point with healthy eating for your children.

Patrick Holford and Deborah Colson, leading nutritionists show how what you feed your child has an incredible effect on their brain function, behaviour and intelligence. The main areas this book covers is developing concentration and focus, boosting IQ and creative thinking, improve reading and writing, enhance memory and improve mood and behaviour

Author of this book, Patrick Holford

is a British nutritionist wh has 20 years of experience on nutrition. He is the author of more than twenty books on nutrition and health, and founder and director of the Institute of Optimum Nutrition in London.

This book is a must read if you're a parent who wants to look into using food to tackle specific health and behavioural issues you feel your children may have. You'll also find out about: what works for dyslexia and dyspraxia; drug-free answers to ADHD; getting off the autistic spectrum; answers for aggression; overcoming eating disorders and solving sleeping problems.

Travel Focus

Butlins Review

By Fatemah Ravji

Ever considered going somewhere local for a holiday? And for nothing? Well that's what we were considering. As I had collected a lot of Tesco clubcard vouchers, we were looking to go somewhere the kids would enjoy and came across Butlins.

We booked in the Shoreline Hotel (4*) for four nights from Monday. We went mid June which was nice as it wasn't overcrowded. The drive to Butlins (Bognor Regis) was less than two hours; anything longer would have been tiring with the kids. We checked in at 2pm and were greeted with friendly staff and I was amazed with the hotel. It was really a four star hotel! The kids had their own little room next to ours with a bunk bed, TV and DVD player (although they never used this as there was so much to do!).

When we arrived they gave us a booklet and we were surprised as to how much was going on and how spoilt we were with choice. We just had to choose the most appropriate activities that would suit our kids. Once we ventured out into the world of Butlins, I was nothing short of impressed! The main thing at Butlins was

the Skyline pavilion, situated right in the heart of all the action. This large tented arena holds all the main entertainment and is free of charge to all residents. During the day the 'Redcoats' help entertain the children on the stage by offering fun activities and teaching them interesting and fun skills.

The typical day would start at 9am, we would have breakfast and go to the skyline to have some fun fitness/exercise session which would be by a character. This is geared for the under 5's. Every day a new character got introduced. We met Barney, Pingu, Fireman Sam, Bob the Builder and gang and Billy the Bear. After that we'd either go to the funfair, the beach or partake in the activities in the pavilion.

The funfair had lots of various rides including traditional fair rides like the carousel, dodgems, trampolines and many more. Again all this is included in the price. The beach is a pebble one so no need for the bucket and spade, but still nice to throw pebbles into the sea and watch fishermen. In the pavilion there are two huge soft play areas, one for those over 1m and one for those under. There are also kiddie rides, puppet shows, Bob's shows and lots of arcades. We also had more specific activities. One that we did was with Fireman Sam. We had to find fire hazards and collect stickers. The winner received a medal. With Bob the Builder all the kids made a 3D house. All the resources for the activities were provided.

After that we had lunch, and then went to the pool. This attraction was what kept us the busiest. There were two separate pools, one for the children under 5's, that had a reasonable depth and fun slides with extra play activities.



There was also a wave pool, many flumes, jacuzzi, whirlpool and wave slides. After three hours, we still had to drag my son, Qaim-Ali out of the pool! They also let me swim with full hijab which I was quite surprised about.

At night at around 7.30, there were various shows; the two we watched were: The Aladdin Pantomime and the Fun Song Factory. Both were really good and kept ALL of us entertained for 90 minutes. So by the end of the day we were completely exhausted!

The only thing I felt was a real disadvantage was finding a variety of halal food. We had take-away for the whole week and we were really craving rice! So when we go again, I'd go in a larger group (would work out cheaper) and have freezer food like pilau and rice/curry as the apartments have all the kitchen facilities. Also when the kids are older they can partake in other different activities like the golf, archery, fencing, bowling, football and other sports.

This holiday was the best I have ever had, certainly in England. They made everything easy for you, from start to finish. I'm going back next year...and I can't wait! Qaim-Ali still remembers the room number we were in and always asks when we are going back!!



Kids Corner

Islamic Dates To Add To My Diary

This issue focuses on one event in each of the last three months of our Islamic calendar; Shawwal, Zilkhad and Zilhajj. It also includes activities which we hope you will enjoy.

Shawaal

Eid-ul-Fitr – 1st Shawwal

Eid-ul-Fitr marks the end of the holy month of Ramadhan. It is a day of celebration and happiness for all muslims.

Everyone goes to mosque in the morning to pray a special Eid namaz.

We visit our friends and relatives and exchange presents. We must remember to thank Allah (S.W.T) for what we get. At this time, we must also remember people who have less than us and find a way to share with them.

Eid Activity

Why not decorate your house for Eid. Make stained glass windows to put on your windows to brighten up the outside of your house!

You will need:

- Black construction paper or card
- Scraps of tissue paper
- Glue
- Scissors

Instructions:

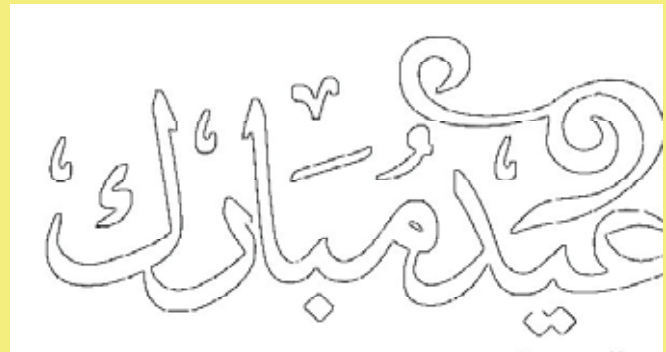
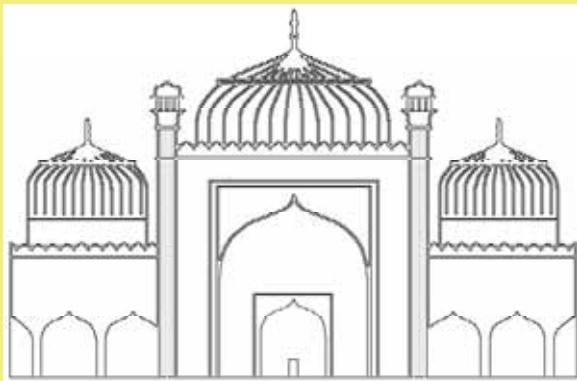
A simple stained glass window would use a basic shape such as a crescent moon and stars. Cut these shapes out from black paper, leaving moon and star shape 'cut-outs'.

Older children may like to design a framed picture. Take a rectangle of black construction paper and draw a picture onto it such as a mosque, Eid Mubarak or your name in Arabic leaving a frame around the edge. Make your stained glass window as complex as you like! See below for window ideas.

Now you need to cover the cut-outs with the scraps of tissue paper, sticking them carefully with glue or sticky-tape to one side of the shape.

Attach your finished project to a window or glass door where the light will shine in from behind it.

NB: If you want to preserve your stained glass windows for next year, why not have them laminated or place it in a plastic wallet.



Zilkhad

Dah-wul-Arz – 25th Zilkhad

In surah Naaziyat, ayat no.30, Allah (S.W.T) says "And the earth afterwards he stretched forth." He is referring to Dah-wul-Arz; the day He spread the earth. Allah (S.W.T) created the skies, the earth and the water, each providing us with unique benefits. For example, the trees bear fruits which we eat and the rain from clouds helps plants to grow. For this reason, we need to always be thankful to Allah (S.W.T) for all his creations. Moreover, it is our responsibility to respect and look after His creations while we are on this earth, be it the trees, the animals and even each other.

Below are some scrambled up words. Put them in the right order to uncover some of Allah's most beautiful creations.

- | | | | |
|------------|-------|--------------|-------|
| 1. kys | ----- | 6. natomiuns | ----- |
| 2. doulscl | ----- | 7. etrse | ----- |
| 3. ecsnao | ----- | 8. lelsw | ----- |
| 4. veirrs | ----- | 9. nrigps | ----- |
| 5. nadl | ----- | 10. anir | ----- |



EARTH POEM

By Yusuf Estes

Allah gives us plenty of water and air
Not found anywhere in the universe...not anywhere!
Who, but Allah could plan and maintain without any goof,
Such a place for us to live and offer so much proof.
We can see and enjoy Allah's creation of earth,
But to Allah, we only have any value and worth.
If we acknowledge Him, alone as Creator and Sustainer of all,
Then thank and worship Him alone, without any partners at all.

Zilhajj

“And proclaim to mankind the hajj (pilgrimage). They will come to you on foot and on every lean camel, they will come from every deep and distant (wide) mountain highway (to perform hajj). Al-Hajj - 22:27

Hajj is the fifth pillar of Islam and is performed between the 8th and 10th of Zilhajj.

Muslims from all over the world come together whether they are men or women, rich or poor, blacks, whites or Asians, to stand together in the same clothing to perform the hajj. It is a time of ‘spiritual purification’ (cleaning of our heart and soul).

One of the actions of hajj is the ‘tawaf’ which means going around the Kaabah seven times.

The Kaabah is a symbol of the house of Allah (S.W.T) and it also the direction Muslims face when reciting their daily prayers.

Here’s how you can make a model of the Kaabah around which we perform tawaf.

Materials:

Small cardboard gift box

Felt – black, gold or yellow,
and silver or gray

Gold Ribbon (about 16
inches)

Poster board about 10X10
(one)



Directions:

1. Fold the gift box and trim the flaps so that they are the same size on each side. Glue the flaps down to the square of cardboard.
2. Cut out pieces of black felt to cover the box. Glue the pieces on.
3. Glue the yellow ribbon around the top of the Kaabah to make a gold stripe.
4. Cut some yellow felt to make doors and some silver or gray felt to make the black stone. Then glue them on in the right places as shown in the picture.
5. Glue white tiles on the floor of the Kaabah, making sure to cover up the flaps that are glued down. Add a Maqame Ibrahim by gluing a small piece of felt around your finger, sliding it off, and then gluing it on to the front of the Kaabah.



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