

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clear space for the text.

Parenting Classes: Self-Reflection

SIM Parenting Classes

To be Better Parents we have to be Better People

- ▶ The Aim:
 - To facilitate the mental and spiritual growth of your child
- ▶ You the parents have been charged by God to deliver this aim
 - Parenting should be taken more seriously than your full time job...
 - Reduce or change your working schedule to spend more time with your child
- ▶ **Do parents feel that they are ready and prepared to fulfil this responsibility?**
- ▶ Using a blunt or crooked saw to cut wood.
- ▶ **What bad habits from the parent could rub off on the child?**
- ▶ Tips for providing the right home environment for children
- ▶ You are the first and most influential role models for your child

Parents have an “L-Plate” too

- ▶ We don't become parents knowing all the answers
- ▶ Learn positive parenting skills by ...
- ▶ Be disciplined
- ▶ Respect God and His Sharia
- ▶ Work on any weaknesses in your relationship with spouse
- ▶ Work on you own emotions
- ▶ Learn how to effectively manage time
- ▶ Be honest and authentic
- ▶ Be patient

DO AS I DO

- ▶ Actions speak louder than words
- ▶ Parents want to provide the best home environment for nurturing their children
- ▶ BUT, they themselves have to live that lifestyle so that the kids pick these habits up.
- ▶ **Can you think of habits you want to inculcate in your children and thus in yourselves?**

Do not worry that your children do not listen to what you say. Worry that they watch everything that you do

Vital Habits that have to be inculcated as early as possible

- ▶ Pray to God
- ▶ Work diligently on religious training
- ▶ Recite the Qur'an
- ▶ Salat ul Jama'at
- ▶ Attend mosque regularly
- ▶ Go for Umra and Ziyarat if possible
- ▶ Enrol the kids in Madressa
- ▶ Read and discuss Islam with your children
- ▶ Establish TV free evenings for family time
- ▶ Regular communication with each child

Comfort and Ease in our Spouses & Offspring:

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

[25:74] O our Lord! grant us in our spouse and our offspring the joy of our eyes, and make us leaders for the Muttaqeen.

- ▶ For me to find comfort and ease in my relationships, I must make the look within - **Self-Reflect**

[30:8] Do they not reflect within themselves... أَوَلَمْ يَتَفَكَّرُوا فِي أَنفُسِهِمْ قُلْ...

- ▶ What characteristics do I have to embody - for me to be successful in my relationships with:
 - My spouse
 - My children
- ▶ We must be the change we are envisioning.
- ▶ **One Characteristic needed to enjoy healthy relationships with all?**

Taqwa

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَ ذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَ اجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

[25:74] O our Lord! grant us in our spouse and our offspring the joy of our eyes, **and make us leaders for the Mutaqeen.**

- ▶ For us to be ‘Imam’ (guide/role-model/leader) of the Mutaqeen
 - I must first be a Mutaqee!
- ▶ **What is Taqwa?**
- ▶ I can only be truly conscious of God if I know Him (to the best of my ability) if I have built a relationship with Him
- ▶ Imam Ali (A) says (Nahjul Balagha saying no. 89):
 - If a man sets right matters between himself and Allah, then Allah sets right matters between him and other people...

Using my intellect to understand:

- ▶ There must be God
- ▶ He has created me and thus knows what is best for me
- ▶ He has created me for Heaven
- ▶ He does not need or require anything from me
- ▶ **Who am I?**
- ▶ **What is my purpose?**

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ

[51:56] And I have not created the jinn and the men except to worship Me.

- ▶ **What am I able to take care of: my physical body or my soul?**

وَيَسْأَلُونَكَ عَنِ الرُّوحِ قُلِ الرُّوحُ مِنْ أَمْرِ رَبِّي وَمَا أُوتِيتُمْ مِنَ الْعِلْمِ إِلَّا قَلِيلًا

[17:85] And they ask you about the soul. Say: The soul is one of the commands of my Lord, and you are not given aught of knowledge but a little.

- ▶ Allah through His love and Mercy has given me the Shariah

In Summary?

To begin to be a better parent
we must start our journey towards God

