

# TARBIYAH JOURNAL

RAISING RIGHTEOUS GENERATIONS:  
A PARENT'S TARBIYAH JOURNAL

BARAKAH & BEYOND

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A PARENT'S TARBIYAH JOURNAL

## **BARAKAH AND BEYOND CO LTD**



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# DEDICATION

To all intentional parents who are striving to raise their children with ihsan in the 21st Century and break generational parenting traumas.

**INTRODUCTION 01**

Overview of the journal's purpose and structure

Guidance on how to use the journal effectively

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**TARBIYAH CHECK-IN 02**

Exercises to deepen self-understanding and strengthen parenting intentions

Space to identify areas for growth and set goals for your tarbiyah journey

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**GETTING STARTED: SETTING YOUR PARENTING GOALS 03**

Worksheets for parents to identify their values and goals in raising their children

Reflection prompts to envision the kind of parent they aspire to be

---

**ISLAMIC FOUNDATIONS OF PARENTING 04**

Articles and reflections on the importance of Islamic principles in parenting.

Quranic verses and Hadiths related to child-rearing and upbringing

---

**BUILDING A STRONG PARENT-CHILD RELATIONSHIP 05**

Activities and exercises to strengthen bonds between parents and children

Tips for effective communication and quality time together

# T A B L E O F C O N T E N T S

## **EFFECTIVE COMMUNICATION WITH CHILDREN** 06

Strategies for communicating with children of different ages

Tools for active listening and understanding children's perspectives

---

## **NURTURING FAITH AND CHARACTER DEVELOPMENT** 07

Guidance on instilling Islamic values and teachings in children

Guided Journaling

---

## **POSITIVE DISCIPLINE AND BEHAVIOR MANAGEMENT** 08

Techniques for setting boundaries and enforcing rules with kindness

Solutions for common parenting challenges and behavior issues

---

## **FOSTERING EMOTIONAL INTELLIGENCE** 09

Activities for helping children understand and express their emotions

Tips for supporting children through difficult emotions and challenges

---

## **BALANCING FAMILY LIFE AND RESPONSIBILITIES** 10

Strategies for managing time and priorities as a parent

Tools for creating a harmonious family environment

**SPECIAL NEEDS CHILDREN 11**

Guidance and reflections for parenting children with unique needs through love and patience

Resources and encouragement to help families navigate challenges with strength and resilience

---

**WELLNESS AND SELF-CARE FOR PARENTS 12**

Practices and rituals for self-care and maintaining personal well-being

Mindfulness exercises and relaxation techniques

---

**CELEBRATING MILESTONES AND MEMORIES 13**

Spaces for recording special moments and milestones in children's lives

Ideas for creating family traditions and rituals

---

**REFLECTIONS AND DAILY JOURNALING 14**

Prompts for reflecting on parenting experiences and lessons learned

Goal-setting exercises for personal and family growth

# T A B L E O F C O N T E N T S

## **RESOURCES AND RECOMMENDATIONS FOR FURTHER LEARNING** **15**

Recommended books, websites, social media accounts and resources for parenting and Islamic education

Inspirational quotes and articles for ongoing motivation

---

## **POSITIVE AFFIRMATIONS** **16**

---

## **DUA FOR PARENTS AND CHILDREN** **17**

# EDITORS NOTE

As I sit down to pen these words, I am filled with a profound sense of gratitude and humility. It seems like only yesterday that I embarked on the journey of parenthood, wide-eyed and full of wonder, with three precious souls entrusted to my care.

My inspiration for creating the Tarbiyah Journal stems from the depths of my own experiences as a young mother, navigating the winding paths of love, joy, and uncertainty. Like many of you, I have felt the weight of responsibility on my shoulders, the tug of doubt in my heart, and the overwhelming desire to nurture my children with love and wisdom.

In the quiet moments of the night, as I rocked my little ones to sleep, I pondered the legacy I wished to leave behind, not just for my children, but for all parents who embark on this sacred journey. I dreamed of designing a tool, a companion, a friend to guide them through the labyrinth of parenthood, offering solace, wisdom, and inspiration along the way.

And so, the Tarbiyah Journal was born, a labor of love, a testament to the power of dreams, and a tribute to the infinite potential of the human spirit. It is my sincerest hope that this journal serves as a beacon of light in the darkest of nights, a sanctuary of reflection amidst the chaos of daily life, and a roadmap to guide you on your journey of tarbiyah, the nurturing of young souls with love, compassion, and unwavering faith.

As you embark on this adventure, remember that you are not alone. You are part of a community of seekers, dreamers, and believers, united by the profound calling of parenthood. Together, let us write the story of love, resilience, and redemption – one page at a time.

With deepest gratitude and warmest wishes,

**Hasiya Altiné Nagode**

Founder and Editor-in-Chief  
Barakah and Beyond Co

# 01

## INTRODUCTION

Welcome to the Tarbiyaah Journal a companion on your journey of nurturing and raising children with Ihsan in the 21st century. As Muslim parents, we understand the profound responsibility of shaping the future generations and instilling within them the values of compassion, integrity, and faith.

In today's fast-paced world, where distractions abound and challenges emerge at every turn, the task of parenting can feel daunting. Yet, it is precisely in these moments that our commitment to nurturing our children becomes even more vital. The Tarbiyaah Journal is designed to support you in this noble endeavor, providing you with the tools, insights, and inspiration needed to navigate the complexities of modern parenting with grace and wisdom.

**Our aim is not merely to raise children who excel academically or professionally, but to cultivate individuals who embody the essence of Ihsan - excellence in all aspects of their lives. This journey of tarbiyaah extends beyond the superficial, encompassing the spiritual, emotional, and intellectual development of our children.**

Moreover, we recognize that many of us carry within us the echoes of generational parenting traumas, patterns of behavior and belief that have been passed down through the ages. The Tarbiyaah Journal is also a space to break free from these cycles, to heal, and to forge a new path of compassionate and conscious parenting.

Within these pages, you will find a wealth of resources, including reflection prompts, practical exercises, and guidance drawn from both Islamic tradition and contemporary psychology. Each entry is crafted with care, tailored to support you in fostering a nurturing and loving environment within your family.

As you embark on this journey with us, remember that you are not alone. Together, let us strive towards excellence in our parenting, seeking the pleasure of Allah and the well-being of our children. May the Tarbiyaah Journal serve as a beacon of light, guiding you towards fulfillment and success in your role as a parent.

# GUIDANCE ON HOW TO USE THE JOURNAL EFFECTIVELY

As you embark on this journey with the Tarbiyaah Journal, we encourage you to approach each page with an open heart and a curious mind. Here are some tips for using the journal effectively:

## 1) SET ASIDE DEDICATED TIME

Carve out moments of quiet reflection in your daily routine to engage with the journal. Whether it's early in the morning, during naptime, or in the evening before bed, find a time that works best for you to immerse yourself in the journey of tarbiyaah.

## 2) REFLECT AND RESPOND

Take time to reflect on the prompts, questions, and activities presented in each section of the journal. Write down your thoughts, insights, and experiences, allowing the process of reflection to deepen your understanding and growth as a parent.

## 3) ENGAGE WITH THE EXERCISES

The Tarbiyaah Journal is filled with practical exercises, activities, and challenges designed to spark meaningful conversations and connections with your children. Embrace these opportunities to engage with your children in new and creative ways, fostering bonds of love, trust, and understanding.

#### **4) SHARE YOUR JOURNEY**

Consider sharing your experiences, insights, and reflections with other parents in your community or online. By connecting with others on a similar path, you can gain support, encouragement, and inspiration to continue your journey of tarbiyaah with renewed energy and purpose.

#### **5) CELEBRATE YOUR PROGRESS**

Celebrate the small victories and milestones along the way. Parenting is a journey filled with ups and downs, successes and challenges. By acknowledging and celebrating your progress, you can cultivate a sense of gratitude and resilience to sustain you through the highs and lows of parenthood.

In the pages that follow, may you find inspiration, guidance, and companionship on your journey of tarbiyaah. May the Tarbiyaah Journal be a source of light, hope, and wisdom as you nurture the hearts and souls of your children with love, compassion, and unwavering faith.

# 02

## TARBIYAH CHECK-IN

This section provides a space for reflection, introspection, and growth as you navigate the rewarding and challenging journey of parenthood within the framework of Islamic teachings and values. Each prompt is carefully crafted to help you explore various aspects of your parenting journey. By engaging with these prompts, you'll have the opportunity to deepen your understanding of yourself as a parent, identify areas for growth, and set intentions for your ongoing journey of tarbiyah, or nurturing.





































# 03

## GETTING STARTED: SETTING YOUR PARENTING GOALS

Before embarking on the journey of parenting, it's essential to take a moment to reflect on your values, aspirations, and goals for raising your children. This section of the Tarbiyaah Journal provides you with the tools and guidance to identify your parenting goals and envision the kind of parent you aspire to be.

By completing this chapter, you will gain clarity and insight into your values, goals, and aspirations as a parent. Armed with this understanding, you can embark on your parenting journey with intention, purpose, and confidence, laying the foundation for a nurturing and fulfilling relationship with your children.











## PARENTING GUIDED BY VALUES

**TAQWA (GOD-CONSCIOUSNESS):** Share examples of how you have incorporated reminders of Taqwa into your parenting decisions or interactions with your children.

**SABR (PATIENCE)** Provide instances where you have demonstrated patience in challenging situations as a parent, and how it has influenced your children's behavior.

**SHUKR (GRATITUDE):** Reflect on moments where you have emphasized gratitude towards Allah and its impact on your family's dynamics.

**AKHLAQ (GOOD CHARACTER)** Describe specific strategies you have used to cultivate good character in your children and the positive outcomes you have observed.

**RAHMA (COMPASSION)** Share examples of how you have shown compassion towards your children and others in your parenting journey, and its significance in Islam.

**ADDITIONAL NOTES:**

Use this space to jot down any additional thoughts, reflections, or action plans related to your values as a Muslim parent and how they influence your parenting journey.

# SETTING SMART GOALS

Next, set specific, measurable, achievable, relevant, and time-bound (SMART) goals for your parenting journey. What do you hope to accomplish as a parent? Use this section to brainstorm and prioritize your goals, whether they relate to fostering strong family bonds, nurturing your child's spiritual growth, or supporting their academic and personal development.

## Goal: Foster Strong Family Bonds (Example)

- Specific** — Spend quality time together as a family at least once a week.
- Measurable** — Track the number of family activities or outings each month.
- Achievable** — Plan activities that fit into your schedule and budget.
- Relevant** — Strengthening family bonds aligns with my values as a Muslim parent.
- Timebound** — Implement the weekly family time starting from [start date] and evaluate progress monthly.

## Goal 1:

- Specific.**
- Measurable.**
- Achievable.**
- Relevant.**
- Timebound.**

## Goal 2:

- Specific.**
- Measurable.**
- Achievable.**
- Relevant.**
- Timebound.**

# SETTING SMART GOALS

Goal 3:

**Specific** –

**Measurable** –

**Achievable** –

**Relevant** –

**Timebound** –

Goal 4:

**Specific.**

**Measurable.**

**Achievable.**

**Relevant.**

**Timebound.**

Goal 5:

**Specific.**

**Measurable.**

**Achievable.**

**Relevant.**

**Timebound.**

Goal 6:

**Specific.**

**Measurable.**

**Achievable.**

**Relevant.**

**Timebound.**





**ADDITIONAL NOTES:**

Use this space to jot down any additional thoughts, reflections, or action plans related to your parenting goals and aspirations as a parent.

# ENVISIONING YOUR IDEAL PARENTING STYLE

Close your eyes and imagine the kind of parent you aspire to be. What does it look like? How do you interact with your children? What values and principles do you embody? Use the Reflection Prompts to journal about your ideal parenting style, considering aspects such as communication, discipline, and emotional support.

## COMMUNICATION

How do you communicate with your children?

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How do you ensure open and honest communication channels within your family?

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How do you actively listen to your children's concerns and perspectives?

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How do you incorporate Islamic teachings on communication and respectful speech into your interactions?

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### **DISCIPLINE**

What approach do you take to discipline your children?

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How do you balance firmness with compassion in discipline?

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How do you incorporate Islamic teachings on discipline and manners into your parenting style?

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How do you teach your children the importance of accountability and responsibility for their actions?

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**EMOTIONAL SUPPORT**

How do you provide emotional support to your children?

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How do you create a safe and nurturing environment for your children to express their feelings?

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How do you help your children navigate through difficult emotions and challenges?

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How do you instill confidence and self-esteem in your children while grounding them in Islamic principles of humility and gratitude?

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**CULTURAL AND RELIGIOUS IDENTITY:**

How do you nurture your children's cultural and religious identity?

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How do you incorporate Islamic teachings and practices into your daily family life?

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How do you celebrate Islamic holidays and milestones with your children?

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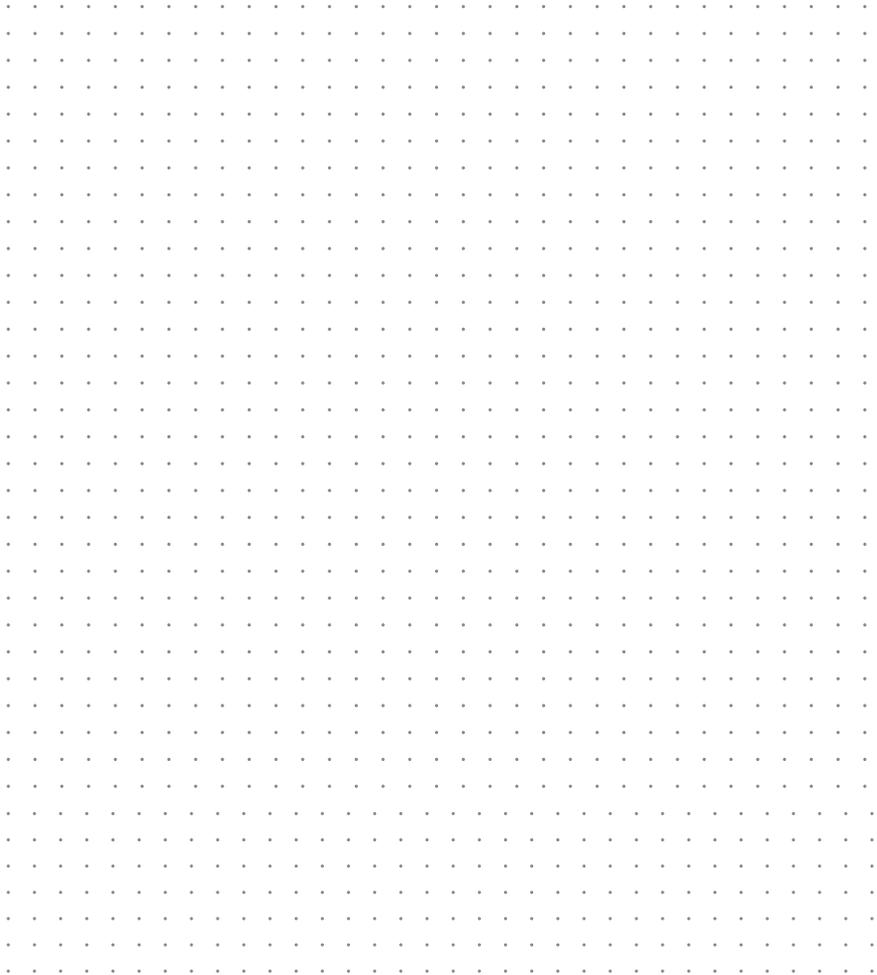
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## ACTION PLAN

Identify concrete steps you can take to move closer to your ideal parenting style, considering your reflections and aspirations. Set specific goals and timelines for implementing changes or improvements in your parenting approach.

A large grid of small dots, intended for writing an action plan. The grid consists of 20 columns and 30 rows of dots, providing a structured space for the user to outline their goals and steps.

## IDENTIFYING STRENGTHS AND AREAS FOR GROWTH

### STRENGTHS

What are your strengths as a parent?

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What positive qualities do you bring to your parenting role?

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What aspects of your parenting are you proud of?

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How do your strengths contribute to your children's well-being and development?

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## IDENTIFYING STRENGTHS AND AREAS FOR GROWTH

### AREAS FOR GROWTH

What are some areas where you can improve as a parent?

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What challenges do you face in your parenting journey?

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What aspects of your parenting do you feel less confident about?

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How do you believe addressing these areas for growth will benefit your children and family?

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## KEYPOINTS

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**Acknowledge your strengths:** Take a moment to appreciate and celebrate your strengths as a parent, recognizing the positive impact they have on your children's lives.

**Honest self-assessment:** Be honest with yourself about areas where you could improve as a parent, acknowledging any challenges or shortcomings you may face.

**Balanced perspective:** Remember that acknowledging areas for growth does not diminish your strengths as a parent; it simply reflects your commitment to continuous improvement and growth.

### **Action Plan for Growth:**

- **Set goals:** Based on your reflections, identify specific areas for growth that you would like to focus on in your parenting journey.
- **Develop strategies:** Determine concrete steps you can take to address these areas for growth, whether it involves seeking support, learning new parenting techniques, or practicing self-care.
- **Monitor progress:** Regularly assess your progress in these areas, adjusting your approach as needed and celebrating small victories along the way.

### **Embracing Growth and Learning:**

- **Be open to learning:** Approach your parenting journey with a growth mindset, recognizing that there is always room for learning and improvement.
- **Seek support:** Don't hesitate to reach out for support from other parents, mentors, or resources that can help you navigate challenges and continue growing as a parent.
- **Celebrate progress:** Celebrate your successes and milestones in your parenting journey, no matter how small, and acknowledge the efforts you are making towards becoming the best parent you can be.

**ADDITIONAL NOTES:**

Use this space to jot down any additional thoughts, reflections, or action plans related to identifying your strengths and areas for growth as a parent. This is your opportunity to reflect on your journey and set intentions for your ongoing growth and development as a parent.

# 04

## ISLAMIC FOUNDATIONS OF PARENTING

In the sacred journey of parenthood, Islamic principles serve as a guiding light, illuminating the path towards nurturing young hearts and souls in accordance with the teachings of Islam. This section of the Tarbiyaah Journal delves into the rich Islamic tradition of parenting, offering articles, reflections, Quranic verses, and hadiths to inspire and guide parents on their journey.

# TAWHEED: THE FOUNDATION OF PARENTING

In the sacred pursuit of nurturing our children upon the path of Islam, there exists a fundamental principle that stands as the cornerstone of our approach: Tawheed, the belief in the Oneness of Allah. As parents, it is our duty and privilege to instill this profound concept in the hearts and minds of our children, shaping their understanding of the world and their relationship with the Creator.

**Tawheed is more than just a theological concept; it is a guiding principle that permeates every aspect of our lives, including our roles as parents. At its essence, Tawheed teaches us to recognize and affirm the unity and sovereignty of Allah, acknowledging His oneness in His essence, attributes, and actions.**

When we impart the concept of Tawheed to our children, we are laying the foundation for a deep and meaningful relationship with their Creator. We teach them that Allah is not only the Creator of the universe but also the Sustainer, the All-Powerful, and the Most Merciful.

We instill in them a sense of awe and reverence for Allah's majesty and greatness, inspiring them to turn to Him in times of need and gratitude.

Furthermore, Tawheed shapes our children's understanding of their purpose and place in the world. By recognizing Allah as the ultimate authority and source of guidance, they learn to navigate life with humility, gratitude, and trust in His divine wisdom. They understand that their actions have consequences, both in this world and the Hereafter, and strive to live in accordance with the teachings of Islam.

As parents, it is our responsibility to not only teach our children about Tawheed but also to embody its principles in our own lives. We model sincerity and devotion in our worship, humility and gratitude in our interactions, and trust and reliance on Allah in times of difficulty. Through our example, we show our children the beauty and power of Tawheed in action, inspiring them to follow in our footsteps.

## TAWHEED

In a world filled with distractions and temptations, Tawheed serves as a beacon of light, guiding our children through the complexities of life with clarity, purpose, and faith. It is the foundation upon which their character is built, their values are shaped, and their hearts are filled with love and reverence for their Creator.

As we embark on the journey of Islamic parenting, let us remember that Tawheed is not just a concept to be taught but a way of life to be lived. Let us nurture our children's understanding of Tawheed with love, patience, and unwavering faith, knowing that it is the greatest gift we can give them – a gift that will guide them on the path of righteousness and lead them to success in this world and the Hereafter.

**The key to Paradise is the testimony of faith (Tawheed), and the key to Hellfire is stinginess." - Prophet Muhammad (peace be upon him) (Musnad Ahmad)**

**"Say, 'O Prophet, "He is Allah-One and Indivisible; Allah-the Sustainer needed by all. He has never had offspring, nor was He born; And there is none comparable to Him."  
Quran, Surah Al-Ikhlās  
(112:1-4)**

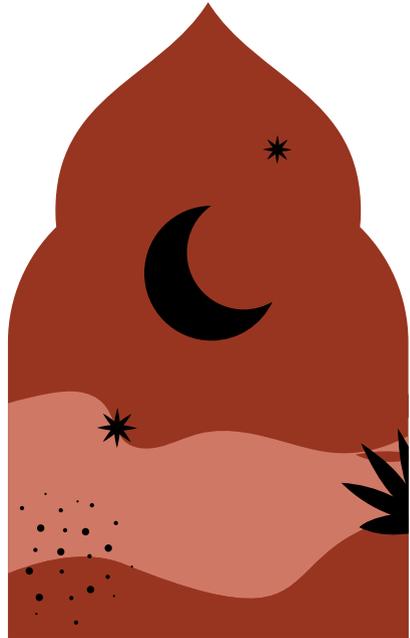
# RAHMA (MERCY) AND COMPASSION IN PARENTING

A principle in Islam that is important yet often overlooked is Rahma, or mercy and compassion. As parents, it is our duty and privilege to embody these qualities in our interactions with our children, drawing inspiration from the gentle demeanor of the Prophet Muhammad (peace be upon him) towards children.

**The Prophet Muhammad (peace be upon him) was known for his unparalleled compassion and tenderness towards children. He would stoop down to their level, engage them in conversation, and shower them with love and affection. His actions teach us that mercy and compassion are not just virtues to aspire to but essential qualities to cultivate in our roles as parents.**

In the hustle and bustle of daily life, it can be easy to lose sight of the importance of Rahma in parenting. We may find ourselves overwhelmed by the demands of parenthood, frustrated by our children's behavior, or tempted to resort to harsh discipline. However, it is precisely in these moments that the true test of our character as parents lies.

Showing mercy and compassion towards our children does not mean turning a blind eye to misbehavior or neglecting our responsibilities as parents. Rather, it means approaching our interactions with love, empathy, and understanding, even in the face of challenges and difficulties.



**Rahma in parenting manifests itself in myriad ways – in the gentle touch of a comforting hand, the softness of a reassuring voice, and the warmth of a loving embrace. It is in the patience we exhibit when our children test our limits, the forgiveness we extend when they make mistakes, and the guidance we offer as they navigate the complexities of life.**

Moreover, Rahma in parenting extends beyond our interactions with our own children to encompass our relationships with all children. Just as the Prophet Muhammad (peace be upon him) showed kindness and compassion to children in his community, we too are called to extend the same mercy and love to all children, regardless of their background or circumstances.

In a world that often values strength and authority over tenderness and compassion, Rahma in parenting serves as a powerful reminder of the true essence of our roles as parents. It is through acts of mercy and compassion that we cultivate a nurturing and loving environment for our children to grow and thrive, instilling in them the values of kindness, empathy, and compassion towards others.

As we navigate the journey of parenthood, let us strive to emulate the example of the Prophet Muhammad (peace be upon him) in showing mercy and compassion towards our children. Let us approach each interaction with love and empathy, knowing that it is through acts of kindness and tenderness that we truly fulfill our roles as parents.

# UNLOCKING THE TREASURE TROVE: THE IMPORTANCE OF ISLAMIC EDUCATION FOR CHILDREN

In a world brimming with information and influences, one treasure stands out among the rest: Islamic education. It's not just about memorizing verses or learning rituals; it's about nurturing young hearts and minds with the timeless wisdom and guidance of Islam. So why is Islamic education so vital, especially in the formative years of childhood? Let's delve into the depths of this sacred journey and discover its profound significance.

At the heart of Islamic education lies a profound truth: that knowledge is the key to enlightenment and empowerment. By imparting Islamic knowledge and values to our children from a young age, we equip them with the tools they need to navigate life's twists and turns with wisdom, grace, and resilience.

But Islamic education isn't just about filling young minds with facts and figures; it's about instilling within them a deep and abiding love for Allah and His Messenger (peace be upon him). It's about nurturing their spiritual growth and connecting them to their rich Islamic heritage, fostering a sense of identity and belonging that will serve as a guiding light throughout their lives.

As parents, we are bestowed with a sacred trust: to be the first and most influential teachers in our children's lives. From the moment they come into this world, our words and actions shape their understanding of the world around them, laying the foundation for their journey of learning and growth.

But our role as educators goes beyond mere instruction; it's about embodying the values and principles of Islam in our everyday lives. It's about modeling sincerity, compassion, and integrity in our interactions, showing our children what it truly means to live as Muslims in today's world.

One of the greatest gifts we can give our children is the gift of a strong Islamic identity. By immersing them in Islamic education from a young age, we help them develop a deep sense of pride and confidence in their faith, enabling them to navigate the challenges of adolescence and adulthood with strength and conviction.

But Islamic education isn't just about preparing our children for this world; it's about preparing them for the Hereafter. It's about instilling within them a love for the Quran and Sunnah, guiding them on the path of righteousness and leading them to success in both this life and the next.

In a world that often seems chaotic and uncertain, Islamic education serves as a beacon of light, illuminating the path to truth, justice, and righteousness. It's a journey that begins in the cradle and continues throughout a lifetime, shaping hearts and minds, and transforming lives in ways both seen and unseen.

So let us embark on this sacred journey of Islamic education with steadfastness and determination, knowing that the rewards are boundless and the blessings eternal. Let us be the torchbearers of knowledge and virtue for our children, guiding them on the path of Islam with love, patience, and unwavering faith. For in nurturing the next generation of believers, we lay the foundation for a brighter, more enlightened future for all.

# WISDOM FROM LUQMAN: NURTURING VIRTUOUS HEARTS

In the sacred journey of tarbiyah, where the nurturing of hearts and minds is paramount, we find guidance and inspiration in the timeless wisdom of Luqman, a figure revered for his profound insights and teachings. As we delve into the advice imparted by Luqman in the Quran, let us uncover the treasures of guidance and enlightenment that lie within, enriching our parenting journey with virtue and wisdom.

## **The Wisdom of Luqman:**

Luqman, known for his wisdom and piety, occupies a special place in Islamic history as a paragon of virtue and guidance. His advice to his son, as recorded in Surah Luqman (31:12-19) of the Quran, serves as a roadmap for nurturing virtuous hearts and instilling moral values in our children.

### **Surah Luqman (31:12-19)**

Indeed, We blessed Luqmân with wisdom, 'saying', "Be grateful to Allah, for whoever is grateful, it is only for their own good. And whoever is ungrateful, then surely Allah is Self-Sufficient, Praiseworthy. [31:12]

**And 'remember' when Luqmân said to his son, while advising him, "O my dear son! Never associate 'anything' with Allah 'in worship', for associating 'others with Him' is truly the worst of all wrongs. [31:13]**

And We have commanded people to 'honour' their parents. Their mothers bore them through hardship upon hardship, and their weaning takes two years. So be grateful to Me and your parents. To Me is the final return. [31:14]

But if they pressure you to associate with Me what you have no knowledge of, do not obey them. Still keep their company in this world courteously, and follow the way of those who turn to Me 'in devotion'. Then to Me you will 'all' return, and then I will inform you of what you used to do. [31:15]

**Luqmân added, "O my dear son! 'Even' if a deed were the weight of a mustard seed—be it 'hidden' in a rock or in the heavens or the earth Allah will bring it forth. Surely Allah is Most Subtle, All-Aware. [31:16]**

**"O my dear son! Establish prayer, encourage what is good and forbid what is evil, and endure patiently whatever befalls you. Surely this is a resolve to aspire to. [31:17]**

**"And do not turn your nose up to people, nor walk proudly upon the earth. Surely Allah does not like whoever is arrogant, boastful. [31:18]**

**Be moderate in your pace. And lower your voice, for the ugliest of all voices is certainly the braying of donkeys." [31:19]**

### **Key Teachings from Surah Luqman:**

1. The Importance of Tawheed (Oneness of Allah): Luqman's first piece of advice to his son emphasizes the importance of recognizing and worshipping Allah alone, without associating partners with Him. This foundational principle lays the groundwork for a life guided by faith and devotion, instilling in our children a deep sense of reverence and love for their Creator.
2. The Virtue of Kindness to Parents: Allah emphasizes the importance of treating parents with kindness and respect, highlighting the pivotal role they play in shaping their children's character and values. By nurturing a culture of respect and honor towards parents, we cultivate humility and gratitude in our children, fostering strong family bonds and a sense of belonging.
3. The Value of Good Deeds and Patience: Luqman advises his son to enjoy what is right and forbid what is wrong, and to bear hardships with patience. This teaches our children the importance of standing up for truth and justice, even in the face of adversity, and instills within them the resilience and perseverance needed to navigate life's challenges.
4. The Power of Gratitude and Humility: Luqman reminds his son of the importance of gratitude to Allah and humility in all aspects of life. By cultivating a spirit of gratitude and humility in our children, we foster contentment and inner peace, guiding them towards a life filled with blessings and spiritual fulfillment.

### **Applying Luqman's Wisdom in Parenting:**

As parents, we are entrusted with the sacred duty of nurturing virtuous hearts and guiding our children towards the path of righteousness. By drawing inspiration from the advice of Luqman, we can cultivate an environment of love, compassion, and moral integrity within our families.

**HADITHS ON PARENTING &  
CHILDREN**

An-Nu'man bin Bashir delivered a Khutbah and said:  
"The Messenger of Allah said: 'Treat your children fairly, treat your children fairly.'"

**Sunan an-Nasa'i 3687**

حَدَّثَنَا عَلِيُّ بْنُ عَبْدِ اللَّهِ، قَالَ حَدَّثَنَا جَرِيرٌ، عَنْ مَنْصُورٍ، عَنْ سَالِمِ بْنِ أَبِي الْجَعْدِ، عَنْ كُرَيْبٍ، عَنِ ابْنِ عَبَّاسٍ، يَتْلُغُ بِهِ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " لَوْ أَنَّ أَحَدَكُمْ إِذَا أَتَى أَهْلَهُ قَالَ بِسْمِ اللَّهِ اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا. فَفُضِيَ بَيْنَهُمَا وَلَدٌ، لَمْ يَضُرَّهُ " .

Narrated Ibn `Abbas: The Prophet (ﷺ) said, "If anyone of you on having sexual relations with his wife said (and he must say it before starting) 'Bismillah, Allahumma jannibna-sh-shaitan, wa jannibi-sh-shaitan ma razaqtana,'"In the name of Allah. O Allah! Protect us from Satan and also protect what you bestow upon us (i.e. the coming offspring) from Satan, and if it is destined that they should have a child then, Satan will never be able to harm that offspring."

**Sahih al-Bukhari 141**

It was narrated that Lubabah bint Harith said:

"Husain bin 'Ali urinated in the lap of the Prophet and I said: 'O Messenger of Allah, give me your garment and put on another garment.' He said: 'Water should be sprinkled on the urine of a baby boy, and the urine of a baby girl should be washed away.'"

**Sunan Ibn Majah 522**

N.B This hadith is concerning the urine of an infant boy who is not yet eating solid food.

Narrated Abdullah ibn Amr ibn al-'As:

The Messenger of Allah (ﷺ) said: Command your children to pray when they become seven years old, and beat them for it (prayer) when they become ten years old; and arrange their beds (to sleep) separately.

**Sunan Abi Dawud 495**

Narrated 'Abdullah bin 'Umar:

Allah's Messenger (ﷺ) said, "Surely! Everyone of you is a guardian and is responsible for his charges; The Imam (ruler) of the people is a guardian and is responsible for his subjects; a man is the guardian of his family (household) and is responsible for his subjects; a woman is the guardian of her husband's home and of his children and is responsible for them; and the slave of a man is a guardian of his master's property and is responsible for it. Surely, everyone of you is a guardian and responsible for his charges."

### **Sahih al-Bukhari 7138**

It was narrated that Ibn 'Abbas said:

"The Prophet (ﷺ) used to seek refuge for Hasan and Husain and say: A'udhu bi kalimatil-lahil- tammati, min kulli shaitanin wa hammah, wa min kulli 'aynin lammah (I seek refuge for you both in the Perfect Words of Allah, from every devil and every poisonous reptile, and from every evil eye).' And he would say: 'Thus Ibrahim used to seek refuge with Allah for Isma'il and Ishaq,' or he said: 'for Isma'il and Ya'qub.'"

### **Sunan Ibn Majah 3525**

Narrated 'Amir:

I heard An-Nu'man bin Bashir on the pulpit saying, "My father gave me a gift but 'Amra bint Rawaha (my mother) said that she would not agree to it unless he made Allah's Messenger (ﷺ) as a witness to it. So, my father went to Allah's Messenger (ﷺ) and said, 'I have given a gift to my son from 'Amra bint Rawaha, but she ordered me to make you as a witness to it, O Allah's Messenger (ﷺ)!' Allah's Messenger (ﷺ) asked, 'Have you given (the like of it) to everyone of your sons?' He replied in the negative. Allah's Messenger (ﷺ) said, 'Be afraid of Allah, and be just to your children.' My father then returned and took back his gift."

### **Sahih al-Bukhari 2587**

# 05

## BUILDING A STRONG PARENT-CHILD RELATIONSHIP

One of the most precious and enduring bonds in life is that between a parent and child. Nurturing this relationship is essential for fostering trust, love, and mutual respect. In this section of the Tarbiyaah Journal, we explore activities, exercises, and communication tips to strengthen the bond between parents and children, tailored to different age brackets.

## ACTIVITIES AND EXERCISES

0-12 mths

**Bonding through skin-to-skin contact:** Spend time cuddling and holding your baby close, promoting feelings of security and attachment.

**Sensory playtime:** Engage in activities that stimulate your baby's senses, such as gentle massages, soothing Quran recitation, and exploring different textures with soft toys.

1-3 Years

**Storytime and cuddles:** Create a daily routine of reading stories together, fostering language development and emotional connection.

**Imaginative play:** Join your toddler in imaginative play, whether it's playing dress-up, building with blocks, or pretending to cook in a toy kitchen.

4-10 Years

**Family game nights:** Set aside dedicated time for family game nights, playing board games or engaging in outdoor activities like scavenger hunts or bike rides.

**Shared hobbies:** Explore your child's interests together, whether it's gardening, crafting, or cooking, fostering a sense of camaraderie and shared experiences.

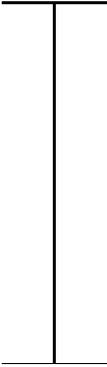
11-17 Years

**Meaningful conversations:** Create opportunities for open and honest conversations, whether it's during car rides, meal times, or evening walks, allowing space for your teenager to express themselves.

**Joint projects:** Collaborate on projects or activities that align with your teenager's interests, such as DIY home renovations, volunteer work, or planning family vacations.

## ACTIVITIES AND EXERCISES

### 18+ Years



**Mentorship and guidance:** Offer support and guidance as your teenager navigates the challenges of young adulthood, providing a listening ear and offering advice when needed.

**Shared experiences:** Plan special outings or trips together, such as attending faith retreats, hiking trips, or cultural events, creating lasting memories and strengthening your bond.

## BUILDING A STRONG RELATIONSHIP WITH YOUR INFANT CHILD

Welcome to the section of our tarbiyah journal dedicated to guiding Muslim parents on the journey of nurturing a strong and loving relationship with their infant children.

The first year of a child's life is a precious and transformative time, filled with countless opportunities for connection, growth, and discovery. As parents, it is our privilege and responsibility to lay the foundation for a lifelong bond of love, trust, and understanding with our little ones.

In this section, we offer a series of guided journaling prompts designed to support you in building a strong parent-child relationship with your infant. From fostering early attachment and bonding to navigating the joys and challenges of caregiving, each prompt invites you to reflect on your experiences, emotions, and aspirations as a parent.

Through intentional reflection and introspection, you will explore the importance of responsive caregiving, physical touch, verbal communication, and play in nurturing your infant's social, emotional, and cognitive development. You will also consider the role of routine, self-care, and support in maintaining a loving and nurturing environment for your child to thrive.

Please note that the following section contains guided journaling prompts specifically tailored for Muslim parents of Infants aged 0-12 months. If you have a child who falls outside of this age bracket, you may choose to skip this section or adapt the prompts to better suit the developmental stage of your child. Our aim is to provide relevant and meaningful support for parents across various stages of their parenting journey, so feel free to explore other sections of the journal that may better align with your current circumstances.











# BUILDING A STRONG RELATIONSHIP WITH YOUR TODDLER

Welcome to the section of our tarbiyah journal dedicated to guiding Muslim parents on the journey of nurturing a strong and loving relationship with their toddlers.

The toddler years, spanning from ages 1 to 3, are a time of tremendous growth, exploration, and discovery for both children and parents alike. As your toddler learns to navigate the world around them, it is essential to cultivate a nurturing and supportive environment that fosters their development and strengthens the bond between parent and child.

In this section, we offer a series of guided journaling prompts designed to support you in building a strong relationship with your toddler. From fostering communication and connection to navigating the joys and challenges of toddlerhood, each prompt invites you to reflect on your experiences, emotions, and aspirations as a parent.

Through intentional reflection and introspection, you will explore the importance of play, exploration, and positive discipline in nurturing your toddler's social, emotional, and cognitive development. You will also consider the role of routines, rituals, and Islamic values in shaping your parent-toddler relationship and fostering a sense of security and belonging for your child.

Please note that the following section contains guided journaling prompts specifically tailored for Muslim parents of Toddlers aged 1-3 years. If you have a child who falls outside of this age bracket, you may choose to skip this section or adapt the prompts to better suit the developmental stage of your child. Our aim is to provide relevant and meaningful support for parents across various stages of their parenting journey, so feel free to explore other sections of the journal that may better align with your current circumstances.











# BUILDING A STRONG RELATIONSHIP WITH YOUR CHILD

Welcome to the section of our tarbiyah journal dedicated to guiding Muslim parents on the journey of nurturing a strong and loving relationship with their children aged 4-10 years.

The preschool and elementary school years are a pivotal time in a child's development, marked by significant growth, exploration, and discovery. As parents, it is our privilege and responsibility to cultivate a nurturing and supportive environment that fosters our children's well-being and strengthens the bond between parent and child.

In this section, we offer a series of guided journaling prompts designed to support you in building a strong relationship with your school-aged child. From fostering communication and connection to navigating the joys and challenges of parenting during this stage of your child's development, each prompt invites you to reflect on your experiences, emotions, and aspirations as a parent.

Through intentional reflection and introspection, you will explore the importance of quality time spent together, open communication, shared interests, and family rituals in nurturing your parent-child relationship. You will also consider the role of Islamic values and teachings in guiding your interactions and shaping your child's character and behavior.

Please note that the following section contains guided journaling prompts specifically tailored for Muslim parents of children aged 4-10 years. If you have a child who falls outside of this age bracket, you may choose to skip this section or adapt the prompts to better suit the developmental stage of your child. Our aim is to provide relevant and meaningful support for parents across various stages of their parenting journey, so feel free to explore other sections of the journal that may better align with your current circumstances.









# BUILDING A STRONG RELATIONSHIP WITH YOUR ADOLESCENTS

Welcome to the section of our tarbiyah journal dedicated to guiding Muslim parents on the journey of nurturing a strong and loving relationship with their adolescents aged 11-17 years.

The adolescent years are a time of significant growth, exploration, and transformation for both teenagers and their parents. As your child navigates the challenges and opportunities of adolescence, it is essential to cultivate a supportive and understanding relationship that fosters their well-being and resilience.

In this section, we offer a series of guided journaling prompts designed to support you in building a strong relationship with your adolescent. From fostering open communication and empathy to navigating the complexities of parenting during this stage of your child's development, each prompt invites you to reflect on your experiences, emotions, and aspirations as a parent.

Through intentional reflection and introspection, you will explore the importance of trust, independence, and shared experiences in nurturing your parent-adolescent relationship. You will also consider the role of Islamic values and teachings in guiding your interactions and shaping your child's character and behavior during this pivotal stage of their life.

Please note that the following section contains guided journaling prompts specifically tailored for Muslim parents of adolescents aged 11-17 years. If you have a child who falls outside of this age bracket, you may choose to skip this section or adapt the prompts to better suit the developmental stage of your child. Our aim is to provide relevant and meaningful support for parents across various stages of their parenting journey, so feel free to explore other sections of the journal that may better align with your current circumstances.











# BUILDING A STRONG RELATIONSHIP WITH YOUR TEENAGER & ADULT CHILDREN

Welcome to the section of our tarbiyah journal dedicated to guiding Muslim parents on the journey of nurturing a strong and loving relationship with their teenagers (18+) and adult children.

As our children transition from adolescence to adulthood, the dynamics of our parent-child relationship evolve, presenting new opportunities and challenges for connection, understanding, and growth.

In this section, we offer a series of guided journaling prompts designed to support you in building a strong relationship with your teenage and adult children. From fostering open communication and mutual respect to navigating the complexities of parenting during these pivotal stages of their lives, each prompt invites you to reflect on your experiences, emotions, and aspirations as a parent.

Through intentional reflection and introspection, you will explore the importance of empathy, compassion, and shared values in nurturing your parent-teenager and parent-adult child relationship. You will also consider the role of forgiveness, reconciliation, and celebration in healing past conflicts, honoring achievements, and strengthening bonds of love and understanding.

Please note that the following section contains guided journaling prompts specifically tailored for Muslim parents of teenagers (18+) and adult children. If you have a child who falls outside of this age bracket, you may choose to skip this section or adapt the prompts to better suit the developmental stage of your child. Our aim is to provide relevant and meaningful support for parents across various stages of their parenting journey, so feel free to explore other sections of the journal that may better align with your current circumstances.











# 06

## EFFECTIVE COMMUNICATION WITH CHILDREN

Effective communication lays the groundwork for strong and meaningful relationships between parents and children. In this section of the Tarbiyah Journal, we explore strategies for communicating with children of different ages and provide tools for active listening and understanding children's perspectives.

## TIPS FOR EFFECTIVE COMMUNICATION & QUALITY TIME

### Infants (0-3 Months)

Pay close attention to your baby's cues and signals, responding with love and attentiveness to their needs.

- Utilize simple language and gestures to communicate with infants, paying attention to their cues and responses.
- Maintain eye contact and use soothing tones to convey warmth and reassurance.
- Create a consistent routine of feeding, sleeping, and playtime, providing a sense of security and predictability for your child.
- Respond promptly to their needs and desires, fostering a sense of security and trust.

### Toddlers (1-3 Years)

Use simple language and gestures to communicate with your baby, responding to their cues and signals with love and attentiveness.

- Take the time to listen to your toddler's babbling and attempts at communication, responding with enthusiasm and encouragement.
- Participate in activities that promote interaction and engagement, such as playing with toys, exploring nature, or engaging in creative play. These shared experiences create opportunities for bonding and connection.
- Create a consistent routine of feeding, sleeping, and playtime, providing a sense of security and predictability for your child.

## STRATEGIES FOR EFFECTIVE COMMUNICATION & QUALITY TIME

### Children (4-10 Years)

Practice active listening, giving your child your full attention and validating their feelings and experiences without judgment.

- Engage in active listening, giving your child your full attention when they speak.
- Encourage open-ended questions to promote dialogue and understanding.
- Validate their feelings and perspectives, even if you disagree, to nurture their self-esteem and confidence.
- Set aside dedicated one-on-one time with each child, engaging in activities that they enjoy and find meaningful. Whether it's baking together, going for a nature walk, or a regular check-in over breakfast or dinner.

### Adolescents (11-17 Years)

Offer support and guidance, acknowledging their perspective and experiences while providing reassurance and understanding.

- Respect your adolescent's need for privacy and independence, while also maintaining open lines of communication. Create opportunities for meaningful conversations & quality time together, whether it's during family meals, evening walks, or car rides.
- Be patient and listen to your adolescent without judgment or interruption, allowing them to express themselves freely.

## TIPS FOR EFFECTIVE COMMUNICATION & QUALITY TIME

### Teenagers (18+ and Adult Children)

Respect their autonomy and individuality

- Foster a culture of mutual respect and understanding, treating them as equals in conversations.
- Acknowledge their autonomy and independence, refraining from imposing your opinions or beliefs.
- Be available for support and guidance whenever they seek it, offering a listening ear without judgment.
- Stay connected with your adult children through regular communication, whether it's through phone calls, video chats, or in-person visits.
- Show interest in their lives and achievements, offering support and encouragement as they navigate adulthood.
- Respect your adult child's autonomy and independence, refraining from offering unsolicited advice or criticism. Instead, be a source of support and encouragement, celebrating their successes and offering a listening ear when needed.

By incorporating these tips into your parenting approach, you can strengthen the bond between you and your child, fostering trust, understanding, and mutual respect. Remember that effective communication and quality time are key ingredients for building a strong and enduring relationship that will last a lifetime.

# TOOLS FOR ACTIVE LISTENING AND UNDERSTANDING CHILDREN'S PERSPECTIVES

## Reflective Listening

Paraphrase what your child has said to demonstrate that you understand their perspective. For example, "It sounds like you're feeling frustrated because you didn't get to play with your friend today."

## Non-Verbal Communication

Pay attention to your body language and facial expressions when communicating with your child. Maintain an open posture and make eye contact to convey attentiveness and receptiveness.

## Active Participation

Engage in activities or hobbies that your child enjoys, using them as opportunities to bond and connect on a deeper level. Whether it's playing sports together or doing a craft project, shared experiences can facilitate communication and understanding.

## Empathetic Responses

Show empathy and understanding towards your child's emotions and experiences. Validate their feelings by saying, "I can see why you feel upset about not being able to attend the party."

## Ask Open-Ended Questions

Encourage your child to express themselves by asking open-ended questions that invite deeper reflection and discussion. For example, "What do you think we could do differently next time?"

# 07

## NURTURING FAITH & CHARACTER DEVELOPMENT

Instilling Islamic values and teachings in children is a fundamental aspect of nurturing their faith and character development. In this section of the Tarbiyaah Journal, we explore guidance on how parents can impart Islamic values and teachings to their children, along with some guided journaling to help parents deepen their understanding of the importance of leading by example, taking advantage of teachable moments, formal Islamic education, prayer and worship, and community involvement.

# GUIDANCE ON INSTILLING ISLAMIC VALUES & TEACHINGS

## LEAD BY EXAMPLE

Children learn by observing the behavior of their parents and caregivers. Model Islamic values such as honesty, kindness, patience, and compassion in your own actions and interactions with others.

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## TEACHING MOMENTS

Seize everyday opportunities to teach Islamic principles and values to your children. Whether it's during meal times, bedtime stories, or daily activities, incorporate discussions about Islamic teachings and their relevance to daily life.

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## FORMAL EDUCATION:

Enroll your children in Islamic schools or Quranic classes where they can learn about Islam in a structured environment. Supplement their formal education with resources such as Islamic books, videos, and apps that cater to their age and level of understanding.

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## PRAYER AND WORSHIP

Encourage your children to participate in daily prayers and other acts of worship from a young age. Make prayer a family activity by praying together and attending mosque services as a family.

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## COMMUNITY INVOLVEMENT

Engage your children in community service and outreach activities that embody Islamic values such as charity, compassion, and social justice. Volunteer together at local mosques, orphanages, food banks, or other charitable organizations.



























































































# 08

## POSITIVE DISCIPLINE AND BEHAVIOUR MANAGEMENT

Parenting is a delicate balance of setting boundaries and enforcing rules with kindness and understanding. In this section of the Tarbiyah Journal, we explore effective techniques for positive discipline and behavior management, as well as solutions for common parenting challenges and behavior issues.

# POSITIVE DISCIPLINE AND BEHAVIOUR MANAGEMENT



## **Clear Communication:**

Clearly communicate expectations and rules to your children in a calm and respectful manner. Use language that is age-appropriate and easy to understand, emphasizing the reasons behind the rules and the importance of mutual respect.



## **Empathy and Understanding:**

Approach discipline with empathy and understanding, recognizing that children are still learning and growing. Take the time to understand your child's perspective and emotions, validating their feelings while gently guiding them towards more appropriate behavior.



## **Consistency:**

Be consistent in enforcing rules and consequences, ensuring that expectations are clear and predictable for your children. Consistency helps establish a sense of security and stability, making it easier for children to understand boundaries and expectations.



## **Problem-Solving:**

Involve your child in problem-solving when addressing behavior issues, encouraging them to come up with solutions and alternatives. Collaborative problem-solving fosters independence and critical thinking skills, empowering your child to make positive choices.



## **Positive Reinforcement:**

Reinforce positive behavior by acknowledging and praising your child's efforts and accomplishments. Use words of encouragement and appreciation to reinforce desired actions, motivating your child to continue making positive choices.

# POSITIVE DISCIPLINE AND BEHAVIOUR MANAGEMENT



## **Redirecting Behavior:**

When your child engages in undesired behavior, redirect their attention to a more appropriate activity or behavior. Offer alternatives and choices whenever possible, empowering your child to make positive decisions.



## **Modeling Behavior:**

Lead by example by demonstrating the behaviors and values you wish to instill in your children. Show kindness, patience, and respect in your interactions with others, and strive to embody the teachings of Islam in your daily life. By living according to the principles you wish to impart to your children, you not only teach them through your words but also through your actions, serving as a guiding light on their path towards becoming compassionate, righteous individuals.

# SOLUTIONS FOR COMMON PARENTING CHALLENGES AND BEHAVIOR ISSUES

(TODDLERS AND CHILDREN)

01

## **Tantrums and Meltdowns:**

Respond to tantrums and meltdowns with patience and empathy, offering comfort and support to help your child regulate their emotions. Create a calm and safe environment, and teach your child healthy coping strategies for managing big feelings.

02

## **Sibling Conflicts:**

Teach conflict resolution skills and encourage open communication between siblings. Set clear expectations for respectful behavior and provide guidance on how to resolve conflicts peacefully through compromise and empathy.

03

## **Screen Time Management:**

Establish clear guidelines and limits around screen time, and encourage a balance of screen-based and offline activities. Offer alternative activities such as outdoor play, reading, and creative pursuits to promote healthy habits and reduce reliance on screens.

04

## **Bedtime Routine:**

Create a consistent bedtime routine that promotes relaxation and winding down before sleep. Set clear expectations for bedtime behavior and provide gentle reminders to help your child transition smoothly to sleep.

05

## **Mealtime Battles:**

Encourage healthy eating habits by offering a variety of nutritious foods and involving your child in meal preparation. Avoid power struggles over food and provide positive reinforcement for trying new foods and making healthy choices.

# SOLUTIONS FOR COMMON PARENTING CHALLENGES AND BEHAVIOUR ISSUES

## (ADOLESCENTS & TEENAGERS)

01

### **Communication Breakdown:**

Encourage open and honest communication with your child. Create a safe space where they feel comfortable expressing their thoughts and feelings without fear of judgment. Listen actively and empathetically to their concerns, and validate their emotions.

02

### **Conflict Resolution:**

Teach your child effective conflict resolution skills, such as active listening, compromise, and negotiation. Encourage them to express their needs and concerns respectfully, and help them find mutually beneficial solutions to conflicts.

03

### **Rebellion and Defiance:**

Understand that rebellion and defiance are common during adolescence as children seek autonomy and independence. Set clear boundaries and expectations, and enforce consequences for disrespectful behavior while also offering guidance and support.

04

### **Peer Pressure:**

Help your child develop strong self-esteem and confidence so they can resist negative peer pressure. Teach them to make decisions based on their values and beliefs, and encourage them to choose friends who share similar values.

05

### **Academic Challenges:**

Support your child academically by creating a structured study environment, providing resources and assistance when needed, and encouraging a positive attitude towards learning. Collaborate with teachers and school staff to address any learning difficulties or challenges.

06

### **Screen Time and Technology Use:**

Set limits on screen time and monitor your child's online activities to ensure they are engaging in safe and appropriate content. Encourage alternative activities such as outdoor play, hobbies, and family time to promote a balanced lifestyle.

07

### **Peer Relationships:**

Help your child navigate peer relationships by teaching them social skills such as empathy, cooperation, and conflict resolution. Encourage healthy friendships and provide guidance on how to handle peer pressure and peer conflicts.

09

### **Time Management:**

Teach your child effective time management skills, such as prioritizing tasks, setting goals, and creating schedules. Encourage them to break tasks into manageable chunks and use tools such as planners or digital calendars to stay organized.

II

### **Hijab**

Encourage open and supportive discussions about the significance of hijab in Islam and the importance of modesty and self-respect. Provide positive reinforcement and role models who embrace hijab with confidence and pride. Offer gentle reminders and encouragement without resorting to coercion or force.

08

### **Risk-Taking Behavior:**

Discuss the consequences of risky behaviors such as substance abuse, reckless driving, and unsafe sexual activity with your child. Emphasize the importance of making responsible choices and help them develop strategies for resisting peer pressure and overcoming their base desires/nafs..

IO

### **Emotional Regulation:**

Help your child develop emotional regulation skills by teaching them techniques such as deep breathing, mindfulness, and positive self-talk. Encourage them to express their emotions in healthy ways and seek support from trusted adults when needed.

I2

### **Music**

Educate your child about the Islamic perspective on music and its potential impact on spiritual and emotional well-being. Encourage them to explore alternative forms of entertainment and artistic expression that align with Islamic principles, such as listening to nasheeds (Islamic songs) or engaging in other creative activities.

I3

### **Pornography**

Address the dangers and consequences of pornography from an Islamic perspective, emphasizing the importance of protecting one's purity and guarding against immoral behavior. Provide guidance on how to avoid exposure to explicit content online and encourage healthy relationships based on mutual respect, modesty, and chastity.

I5

### **Peer Influence**

Help your child navigate peer pressure and negative influences by strengthening their Islamic identity and sense of belonging within the Muslim community. Encourage involvement in Islamic youth groups, Islamic education programs, and community service activities that reinforce positive values and foster a sense of connection to their faith and community.

I4

### **Prayer and Religious Observance**

Prioritize regular prayer and religious observance in your family's daily routine, leading by example and creating a supportive environment for spiritual growth. Offer gentle reminders and encouragement to your child to establish and maintain their prayer habits, and provide resources and support to deepen their understanding of Islamic teachings and practices.

I6

### **Modesty and Dress Code:**

Discuss the importance of modesty and adherence to Islamic dress code guidelines with your child, emphasizing the significance of dressing modestly as an expression of faith and respect for oneself and others. Provide guidance on selecting clothing that meets Islamic standards while also reflecting personal style and preferences.

17

## **Social Media and Online Behavior:**

Monitor your child's online activities and set clear guidelines for responsible use of social media and digital devices in accordance with Islamic principles. Educate them about the potential dangers of inappropriate content and interactions online, and encourage them to use technology in ways that uphold their values and protect their spiritual well-being.

19

## **Makeup and Displaying of Adornments:**

Educate your child about the Islamic perspective on adornment and the concept of haya (modesty). Discuss the guidelines for modest dress and behavior, emphasizing the importance of avoiding excessive adornment and displaying one's beauty only to close family members or in appropriate settings. Encourage your child to prioritize inner beauty and character over outward appearance, and provide positive reinforcement when they adhere to Islamic principles of modesty.

18

## **Relationships and Marriage**

Provide guidance and support to your child as they navigate relationships and marriage from an Islamic perspective. Discuss the importance of seeking a spouse who shares their values and beliefs, and offer guidance on building healthy and fulfilling relationships based on Islamic principles of mutual respect, love, and compassion.

20

## **Halal Earning**

Teach your child about the importance of earning a halal (lawful) income and conducting business transactions in accordance with Islamic principles. Emphasize the significance of honesty, integrity, and fairness in their professional endeavors and encourage them to seek halal employment opportunities that align with their values and beliefs. Provide guidance on avoiding involvement in activities or industries that conflict with Islamic teachings, such as dealing with interest-based transactions or engaging in unethical business practices.

# 09

## FOSTERING EMOTIONAL INTELLIGENCE

Emotional intelligence is a crucial aspect of a child's development, shaping their ability to understand and manage their own emotions, empathize with others, and navigate social relationships. In this section of the Tarbiyah Journal, we explore activities for helping children understand and express their emotions, along with tips for supporting them through difficult emotions and challenges.

# ACTIVITIES FOR HELPING CHILDREN UNDERSTAND AND EXPRESS THEIR EMOTIONS

**01 Emotion Charades:** Play a game of emotion charades where children act out different emotions (happy, sad, angry, scared, etc.) while others guess the emotion. This activity helps children recognize and identify different emotions in themselves and others.



**02 Emotion Cards:** Create emotion cards with pictures or drawings depicting various emotions. Ask children to pick a card and describe a time when they felt that emotion, encouraging them to reflect on their experiences and feelings.



**03 Emotion Journal:** Provide children with a journal or notebook where they can write or draw about their emotions. Encourage them to express how they're feeling and what might have triggered those emotions, fostering self-awareness and reflection.



**04 Feelings Board:** Create a feelings board with different emotion faces (happy, sad, angry, etc.) where children can place a marker or sticker to indicate how they're feeling each day. Use this visual tool to open up conversations about emotions and check in on how children are doing.



**05 Role-Playing Scenarios:** Act out common scenarios or situations that may evoke strong emotions (e.g., getting lost in a store, receiving a bad grade) and discuss how children can respond to these situations in a healthy and constructive way.



# TIPS FOR SUPPORTING CHILDREN THROUGH DIFFICULT EMOTIONS AND CHALLENGES

## VALIDATE THEIR FEELINGS

Acknowledge and validate your child's feelings, letting them know that it's okay to feel sad, angry, or scared. Avoid dismissing or minimizing their emotions, and instead, offer empathy and understanding.

---

## ACTIVE LISTENING

Practice active listening when your child expresses their emotions, giving them your full attention and validating their feelings. Reflect back what they've said to show that you understand and empathize with their perspective.

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## PROVIDE COMFORT AND REASSURANCE

Offer comfort and reassurance to your child during times of distress, providing a safe and nurturing environment where they feel supported and loved. Use soothing words and gestures to help calm their emotions.

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## TEACH COPING STRATEGIES

Teach your child healthy coping strategies for managing difficult emotions, such as deep breathing, mindfulness exercises, and positive self-talk. Encourage them to identify what helps them feel better and practice these strategies regularly.

---

## SEEK PROFESSIONAL HELP IF NEEDED

If your child is struggling with persistent or intense emotions that impact their daily functioning, consider seeking support from a mental health professional or counselor who specializes in working with children. Professional intervention can provide additional tools and resources to help your child navigate their emotions and challenges.

# 10

## BALANCING FAMILY LIFE AND RESPONSIBILITIES

Finding balance between family life and responsibilities can be challenging, especially for busy parents juggling multiple roles and commitments. In this section of the Tarbiyah Journal, we explore strategies for managing time and priorities as a parent, along with tools for creating a harmonious family environment.

# STRATEGIES FOR MANAGING TIME AND PRIORITIES AS A PARENT

## ESTABLISH PRIORITIES

Identify your top priorities as a parent and align your time and energy accordingly. Focus on activities and tasks that align with your family's values and goals, and be willing to delegate or let go of less essential commitments.

## CREATE A SCHEDULE

Develop a daily or weekly schedule that includes dedicated time for family activities, work or school commitments, household chores, and personal self-care. Use a planner or digital calendar to keep track of appointments and deadlines, and be flexible in adapting your schedule as needed.

## SET BOUNDARIES

Establish clear boundaries around work, technology use, and other distractions to ensure that family time remains sacred. Designate specific times for focused work or screen time, and prioritize uninterrupted quality time with your loved ones.

## PRACTICE TIME MANAGEMENT TECHNIQUES

Utilize time management techniques such as batching similar tasks together, setting timers for focused work periods, and prioritizing tasks based on urgency and importance. Be mindful of time-wasting activities and strive to use your time efficiently.

## DELEGATE RESPONSIBILITIES

Share household chores and responsibilities with other family members to lighten the load and promote a sense of teamwork and cooperation. Assign age-appropriate tasks to children and involve them in contributing to the family's well-being.











# 11

## SPECIAL NEEDS CHILDREN

Welcome to the section dedicated to supporting Muslim parents of special needs children in their journey of love, understanding, and empowerment. Parenting a child with special needs can present unique challenges and opportunities, and it is our aim to provide guidance, resources, and encouragement to help you navigate this path with strength and resilience.



























What organizations, support groups, or advocacy networks exist within your community or online? Reflect on how you can leverage these resources to amplify your voice and effect positive change for your child.

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How can you work collaboratively with teachers, administrators, and special education professionals to ensure your child receives the support they need to thrive academically?

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# 12

## WELLNESS AND SELF CARE FOR PARENTS

Taking care of yourself is essential for being the best parent you can be. In this section of the Tarbiyaah Journal, we explore practices and rituals for self-care inspired by the Sunnah, as well as mindfulness exercises and relaxation techniques to promote personal well-being.

# PRACTICES AND RITUALS FOR SELF-CARE INSPIRED BY THE SUNNAH



## **Morning and Evening Adhkar:**

Start and end your day with the remembrance of Allah (adhkar). Recite morning and evening supplications recommended by the Prophet Muhammad (peace be upon him) to seek Allah's protection, guidance, and blessings for yourself and your family.



## **Healthy Eating Habits:**

Follow the example of the Prophet Muhammad (peace be upon him) by adopting a balanced and wholesome diet that nourishes your body and mind. Incorporate Sunnah foods such as dates, olive oil, honey, and whole grains into your meals, and practice moderation in your eating habits.



## **Regular Exercise:**

Stay physically active by engaging in regular exercise, as encouraged by the Sunnah. Take brisk walks, or participate in sports and recreational activities that promote fitness and vitality.



## **Hygiene and Grooming:**

Maintain good personal hygiene and grooming practices, as emphasized by the Prophet Muhammad (peace be upon him). Perform ablution (wudu) regularly, keep yourself clean and presentable, and take pride in your appearance as a reflection of your faith and self-respect.



## **Connecting with Nature:**

Spend time outdoors and connect with the natural world, as encouraged by the Sunnah. Take walks in nature, tend to a garden, or simply sit and contemplate the beauty of Allah's creation, finding solace and tranquility in the sights and sounds of the natural environment.











# 13

## CELEBRATING MILESTONES AND MEMORIES

In the journey of parenting, it's important to cherish and celebrate the special moments and milestones in our children's lives. In this section of the Tarbiyah Journal, we provide spaces for recording these precious memories and offer ideas for creating Islamic family traditions and rituals.

## MILESTONE TRACKER

### **FIRST SMILE**

Date:

Describe the moment your child smiled for the first time. How did you feel?

### **PHOTOGRAPH/DRAWING**

## MILESTONE TRACKER

### **FIRST WORD**

Date:

Word:

Describe the moment your child spoke their first word. What was their reaction?

### **PHOTOGRAPH/DRAWING**

## MILESTONE TRACKER

### **FIRST STEPS**

Date:

Describe the moment your child took their first steps. How did they react?

### **PHOTOGRAPH/DRAWING**

## MILESTONE TRACKER

### **OTHER SIGNIFICANT ACHIEVEMENT**

Date:

Describe the milestone or achievement

Provide details about the achievement and your child's reaction:

### **PHOTOGRAPH/DRAWING**

## MILESTONE TRACKER

### **OTHER SIGNIFICANT ACHIEVEMENT**

Date:

Describe the milestone or achievement

Provide details about the achievement and your child's reaction:

### **PHOTOGRAPH/DRAWING**

# Memory Pages

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Describe a memorable family vacation or trip you took with your child. Where did you go, and what activities did you enjoy together? What were some highlights of the trip?

Reflect on special holidays/Eids and celebrations spent with your child. How did you celebrate, and what traditions did you uphold? What made these occasions memorable for your family?

Describe simple joys, surprises, or moments of laughter and connection that brightened your day.

Share experiences of family bonding activities you've enjoyed together. Whether it's cooking together, going for nature walks, or playing games, describe the moments of connection and togetherness.

Recall memorable outings or adventures you've had with your child. What places did you explore together, and what memories did you create along the way?

# Memory Pages

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Reflect on family traditions that hold special meaning for your family. Whether it's a weekly game night, Friday family dinners, or Eid celebrations, describe the significance of these traditions in bringing your family closer together.

Share moments when your child showed kindness or compassion towards others. Reflect on how these acts of kindness reflect the values you've instilled in them and the pride you feel as a parent.

Describe simple joys, surprises, or moments of laughter and connection that brightened your day.

Use this space to add photos, drawings, or mementos that capture the essence of your memories with your child. Get creative and let your imagination flow!





# ISLAMIC MILESTONE TRACKER

MILESTONE	DATE	AGE	REFLECTION
First Eid Celebration			
First Quran Recitation			
First Salat			
First Ramadan Fast			

# 14

## REFLECTIONS AND DAILY JOURNAL

In this section of the Tarbiyah Journal, we provide spaces for deep reflection on parenting experiences and lessons learned, as well as daily journaling exercises.

# PERSONAL GROWTH GOALS

Identify specific areas for personal growth and development as a parent. Set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals that align with your values and aspirations.

THIS YEAR, I WANT TO IMPROVE MY PATIENCE BY...

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BY THE END OF THE YEAR, I AIM TO STRENGTHEN MY  
RELATIONSHIP WITH MY CHILDREN BY...

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ONE PERSONAL HABIT I WANT TO CULTIVATE IS...

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## FAMILY GROWTH GOALS

Identify specific areas for personal growth and development as a parent. Set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals that align with your values and aspirations.

AS A FAMILY, WE WANT TO PRIORITIZE QUALITY  
TIME TOGETHER BY...

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OUR GOAL FOR THE NEXT FAMILY VACATION IS TO...

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ONE FAMILY TRADITION WE WANT TO ESTABLISH IS...

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## RESOURCES AND RECOMMENDATIONS FOR FURTHER LEARNING

In this section of the Tarbiyah Journal, we provide a curated list of recommended books, websites, and resources for parenting and Islamic education to support your ongoing learning and growth.

# RECOMMENDED BOOKS

## ISLAMIC BOOKS

1. **Guides To Successfull Family Upbringing** by Dr Abdul Karim Bakkar
2. **Positive Parenting in the Muslim Home** by Noha Alshugairi, Munira Lekovic Ezzeldine
3. **The Islamic Parenting Handbook: 10 Tips for Practicing Positive Parenting** by Umm Zakiiyyah
4. **Raising Children in Islam: Lessons from the Prophet Muhammad** by Dr. Ekram and Mohamed Rida Beshir
5. **Family Leadership: An Obligation to Fulfull, Not an Excuse to Abuse** by Mohamed Rida Beshir
6. **Our Family Our Legacy** by Yasir Qadhi
7. **Watering the Roots: A 1-2-3 Parent Wellbeing Guide (A Muslim Perspective)** by Aminah Chao Mah
8. **Now you are a Mother** by Duaa Raoof Shaheen
9. **Heaven Under Your Feet: Pregnancy for Muslim Women** by Umm Hassan bint Salim
10. **Our Precious Sprouts: Islamic Regulations for Newborns** by Muhammad Al Jibaly
11. **Nurturing Eman in Children** by Dr Aisha Hamdan
12. **Meeting the Challenge of Parenting in the West- An Islamic Perspective** by Ekram Beshir, Mohamed Rida Beshir
13. **Child Education in Islam** by Abdullah Nasih Ulwan
14. **A Guide to Parenting in Islam: Cherishing Childhood** by Muhammad Abdul Bari
15. **Raising Children** by Tahera Kassamali
16. **A Mothers Prayers** by Saleem Bhimji and Arifa Hudda
17. **Child Psychology** by Mohamed A.Khalfan

# RECOMMENDED BOOKS

## SECULAR BOOKS

1. **Hold on to Your Kids** by Gordon Neufeld and Gabor Maté
2. **The Parenting Book: A Comprehensive Guide to Raising Happy, Healthy Children** by Nicky Lee and Sila Lee
3. **Parenting with Love and Logic: Teaching Children Responsibility** by Foster Cline and Jim Fay
4. **Positive Parenting: An Essential Guide** by Rebecca Eanes
5. **Raising Good Humans** by Hunter Clarke-Fields, Carla Nuamburg PhD
6. **If I have to Tell You One More Time** by Amy McCreedy
7. **Secrets of the Baby Whisperer** by Tracy Hogg, Melinda Blau
8. **Raising Your Spirited Child** by Mary Kurcinka
9. **How to Talk so Kids will Listen & Listen so Kids will Talk** by Adele Faber, Elaine Mazlish
10. **Playful Parenting** by Lawrence Cohen
11. **Teaching Kids to Think** by Darlene Sweetland
12. **No Regrets Parenting** by Harley Rotbart
13. **Healthy Kids, Happy Kids** by Elisa Song, MD

# RECOMMENDED WEBSITES

1. **Ohmydearchild:** A parenting resource site offering faith-centered support for raising children with Islamic values. It provides digital guidebooks, printable tools (Sunnah cards, planners, kids' story e-books), and consultations all designed to help families build nurturing, value-based homes.
2. **Islamic Parenting:** A comprehensive website offering articles, videos, and resources on Islamic parenting principles and practices.
3. **Muslim Parenting:** An online community and resource hub for Muslim parents, featuring blogs, forums, and expert advice on various parenting topics.
4. **Sound Vision:** A multimedia platform providing Islamic resources for families, including articles, webinars, and downloadable materials on parenting and family life.
5. **SeekersGuidance:** An educational platform offering courses, lectures, and resources on Islamic theology, spirituality, and practical guidance for Muslims, including parenting advice.
6. **Muslim Kids TV:** An interactive website and app offering Islamic educational content, games, and videos for children and families to learn and engage with Islam in a fun and accessible way.
7. **Dawood Kids Tv:** An online platform dedicated to helping children learn Quran recitation, featuring step-by-step tajwid lessons, follow-along surah videos, and kid-friendly practice exercises.
8. **Kalamkids:** A vibrant educational platform led by Ms. Abrar (a Board-Certified Behavior Analyst) and Ms. Rinad (Human Development specialist), creating playful, sing-along videos for toddlers and babies that teach Arabic, English, and Islamic concepts. Their content rooted in early language development and behavioral expertise makes learning faith and language fun and interactive for young children.

# RECOMMENDED SOCIAL MEDIA ACCOUNTS (INSTAGRAM)

1. **Lamia Tatari:** A Muslim life coach and role model who shares faith-centered parenting, personal growth, and family life insights, inspiring parents through the way she raises her children with Islamic values.
2. **Children.and.faith:** An Instagram-based parenting space run by a wife, mom, and law graduate who loves the Ahlulbayt (a). With a heart for creative Islamic education, she has empowered over 1,300 families by sharing fun, faith-centered activities that make learning Islam engaging for kids
3. **Childrenofquran:** Managed by Umm Asiyah, this Instagram page offers Islamic printables particularly Tafsir-based worksheets for kids, alongside faith-centered parenting tips and free downloadable content, such as Surah al-Fāṭīḥah workbooks, designed to make Quranic understanding accessible and engaging for young learners.
4. **Dr Hanaa Ghannoum (Peace Within Home):** A parenting coach offering faith-based strategies and resources to help parents cultivate peace, confidence, and connection in their homes.
5. **Amanaparenting:** Founded by Mentor Yusur Hassan, this Instagram-based parenting resource supports Muslim mothers with Sunnah-aligned, confident discipline. A certified parent coach and mother of four with over 26 years of experience, she shares practical tips to foster trust, peace, and strong family bonds rooted in faith.
6. **Halalparenting:** An online parenting resource rooted in Positive Discipline and the Sunnah, offering Muslim families gentle, respectful, and faith-aligned strategies through articles, courses, live workshops, and heartfelt guidance. It empowers parents to raise children with love, kindness, and mutual respect without the need for hitting or yelling.
7. **Coachmayseq:** Led by Maysaa Fahour, a licensed parent coach with training in CBT and behavior profiling, this platform offers science-backed, conscious parenting strategies to help parents confidently handle tantrums, sibling rivalry, and strong-willed children with practical tips, free guides, and a compassionate, connection-based approach.

# RECOMMENDED SOCIAL MEDIA ACCOUNTS (INSTAGRAM)

8. **Toddlertribiyah:** An empowering platform led by Sana a mother of three with degrees in Psychology and Child Education offering Muslim moms coaching and self-study courses to nurture young children (ages 2–8) in both Deen and dunya. With group mentorship and bite-sized trainings, she helps families build routines, teach Islam confidently, and rise above overwhelm.

9. **\_holisticmuslimah:** A Qatar-based SAHM (stay-at-home mom) offering Prophetic-style, holistic parenting guidance. She shares Islamic motherhood insights, healing-centered routines, and monthly faith-inspired activities designed for nurturing both the parent and child in a balanced, Sunnah-aligned way.

10. **Nurturing.mothers:** Run by Alaa, a certified rage-free parenting coach, this Instagram page focuses on healing childhood wounds, managing parental anger, and breaking generational trauma. It offers compassionate, trauma-informed strategies to help parents nurture more peaceful, emotionally attuned family dynamics.

11. **Munazzaa Shaikh:** A parenting coach and women's mentor who combines Islamic values, child psychology, and NLP to support mindful Muslim parenting. Through her platform *deen\_with\_zidaan*, she shares faith-aligned strategies, age-specific parenting tips (especially for ages 0–7), and perspective-shifting guidance to nurture confident, emotionally intelligent families.

12. **Dr Shefali:** A world-renowned clinical psychologist and bestselling author who pioneered the concept of Conscious Parenting. Through her books, masterclasses, and speaking, she blends Eastern mindfulness with Western psychology to help parents break cycles of conditioning, heal themselves, and raise children with authenticity, awareness, and connection.

13. **Amelia Reed:** A Certified Peaceful Parent Coach offering a transformative, 3-step Intentional Parenting Method that turns tantrums into connection and cooperation. Through her content and 12-week coaching program, she blends attachment science, trauma-informed tools, and compassion to help parents cultivate calm, confidence, and lasting connection at home.

# RECOMMENDED SOCIAL MEDIA ACCOUNTS (INSTAGRAM)

14. **Nurturedfirst:** Founded by Jess a child therapist and mom of three; this online platform offers science-backed parenting courses, printable tools, and expert strategies to navigate toddler tantrums, sleep struggles, potty training, and emotional meltdowns, all while nurturing joyful and confident parent-child connections

15. **Themompsychologist:** Run by Dr. Jazmine, a licensed clinical psychologist and mother of two, this platform provides practical, research-backed parenting strategies on discipline, tantrums, sibling rivalry, and emotional regulation. Through courses, workshops, and engaging content, she helps parents break cycles of yelling and punishment, and instead raise confident, emotionally healthy children.

16. **Consentparenting:** Founded by Rosalia Rivera a consent educator, child sexual abuse prevention specialist, and survivor-turned-thriver; this platform equips parents and caregivers with tools to teach body safety, boundaries, and consent through trauma-informed, age-appropriate methods. It offers courses, free guides, podcasts, and authentic, empowering content designed to reduce abuse risk and foster a culture of consent and autonomy.

17. **Dr Siggie Cohen:** A renowned child development specialist with over 35 years of experience, Dr. Siggie offers practical, compassionate parenting strategies through her courses, workshops, and online community. She equips parents with tools to handle big feelings, set boundaries, and foster emotional intelligence, helping families build calmer, more connected homes.

18. **Curious.parenting:** An Instagram and digital hub that empowers parents and caregivers to raise resilient, liberated children through "all game, no shame" parenting. They offer play-based guides, printable tools, and the support of a curious community helping families build calm confidence and intentional connections.

19. **Bratbustersparenting:** Led by Lisa Bunnage mother, grandmother, and seasoned parenting coach; this platform champions "Calm Leadership" through her BratBusters Parenting Podcast, practical courses, and the Behaviour Board toolkit. It offers actionable, connection-focused strategies designed to help parents confidently guide their children's behavior with composure and compassion.

# RECOMMENDED SOCIAL MEDIA ACCOUNTS (INSTAGRAM)

20. **Homeandontheway:** A Montessori-inspired parenting platform run by Ayelet a mom of three focusing on respectful, attachment-based child development. She shares practical, real-life tools such as toddler-friendly visual recipes, snack guides, engaging blog posts, and printable resources that encourage learning through everyday life, without screens.

21. **Jane Farano:** A seasoned parenting coach guiding families toward "Calm Assertive Parenting" not harsh, not passive; helping parents transform their homes into peaceful, respectful environments. Through online courses like Calm the Chaos, Toddler Bootcamp, and Marriage Bootcamp, she equips parents with practical, faith-neutral strategies to create a "No Yell Zone" home and foster confident, connected relationships.

22. **Growingfaithfulhearts:** An Islamic tarbiyah page by "Umm Asiya" (أم آسية) dedicated to nurturing hearts for the Hereafter. She shares heartfelt reflections on raising righteous children, faith-centered parenting notes, and practical reminders rooted in love and intention.

23. **Pedsdoctalk:** A board-certified pediatrician and mom who simplifies child health and parenting through practical, evidence-based guidance. Through her podcast, courses, and online content, she equips parents with tools to handle common health concerns, developmental milestones, and everyday parenting challenges with confidence and calm.

24. **Toddlerexperts:** An Instagram-born parenting platform founded by child-development pros Deena Margolin (licensed therapist) and Kristin Gallant (maternal & childhood education expert). It offers science-backed, bite-sized video solutions for toddler behaviors like tantrums, potty training, picky eating, and emotional meltdowns through research-based modules, online courses, and a supportive, no-shame community.

25. **Transformingtoddlerhood:** Founded by Devon Kuntzman, a toddler parenting coach, this platform helps parents navigate the toddler years with confidence, connection, and calm. It provides practical, positive-discipline strategies for managing big feelings, setting boundaries, and fostering cooperation without yelling, shaming, or punishment.

# RECOMMENDED SOCIAL MEDIA ACCOUNTS (INSTAGRAM)

26. **Raisinglittletalkers:** Led by Melissa Minney a speech-language pathologist and mother of three this platform empowers parents with practical, everyday strategies to help babies and toddlers develop speech and language and accelerate communication milestones in a stress-free, research-backed way.

27. **Crafty.moms:** A creative duo of mothers sharing bilingual (English/Spanish) learning resources, clever mom hacks, and family-friendly recipes. Known for making the most of everyday materials turning leftovers into imaginative snacks and simple crafts they inspire playful learning at home for parents and children alike.

28. **Ms Rachel:** A beloved educator and YouTube creator who helps toddlers and preschoolers build early speech and language skills through songs, interactive videos, and play-based learning. With her Songs for Littles program, she combines music, movement, and speech strategies to make screen time engaging, educational, and developmentally supportive.

29. **The.baby.dietitian:** A pediatric registered dietitian and lactation consultant specializing in infant and toddler nutrition. She empowers parents to make mealtimes enjoyable and nutritionally balanced especially during breastfeeding and the introduction of solids through her Starting Solids course, one-on-one coaching, blog articles, and real-life mealtime tips. Her guidance focuses on establishing healthy eating patterns during the first 1,000 days of life with confidence and ease.

30. **Healthiest\_baby:** Led by Dr. Cathryn, a pediatrician with over 38 years of experience, this platform offers "Big-Hearted Parenting" through bestselling, on-demand courses like behavioral guidance, potty training, and bedtime solutions. The membership includes AI-powered 24/7 support, done-for-you scripts, soothing phrases, and a judgment-free community to help parents confidently navigate toddlerhood with understanding and ease.

31. **Kids.eat.in.color:** Founded by Jennifer Anderson, a registered dietitian and mom of two, this platform provides practical, evidence-based strategies to help parents overcome picky eating, mealtime stress, and nutrition concerns. Through guides, meal plans, and online courses, it empowers families to raise healthy, confident eaters without guilt or overwhelm.

# RECOMMENDED SOCIAL MEDIA ACCOUNTS (INSTAGRAM)

32. **Busytoddler:** Founded by former teacher and mom of three, Susie Allison, this platform offers simple, screen-free activities that turn everyday household items into playful learning opportunities. Through her blog, Instagram, and bestselling book *Busy Toddler's Guide to Actual Parenting*, she equips parents with practical tips to keep toddlers engaged, learning, and thriving at home.

33. **Theeverymom:** A lifestyle and parenting media platform for modern mothers, offering relatable stories, expert advice, and practical resources on pregnancy, postpartum, family life, career, wellness, and home. With a mix of inspiring articles, guides, and community-driven content, it helps moms navigate every stage of motherhood with confidence and connection.

34. **Dr Aliza Pressman:** A developmental psychologist and co-founder of Mount Sinai Parenting Center, Dr. Aliza empowers parents with science-backed strategies for raising resilient, emotionally healthy kids. Through her popular podcast *Raising Good Humans*, workshops, and expert resources, she translates developmental research into practical, compassionate guidance for everyday parenting.

35. **That\_muslim\_homeschool\_family:** Led by Nusaibah Kofar-Naisa, this Instagram homeschooling community is dedicated to raising God-conscious, lifelong learners. She shares her journey through faith-centered homeschooling, including routines, educational resources, travel-inspired learning, and real-life family adventures.

## ADDITIONAL RESOURCE

- **Parenting Workshops and Seminars:** Attend local or online parenting workshops and seminars offered by Islamic centers, mosques, or parenting organizations to gain practical skills and knowledge from experts in the field.
- **Parenting Podcasts:** Listen to parenting podcasts such as 'Robot Unicorn' or "Muslim Parenting in a Nutshell" and "Islamic Parenting Podcast" for insights, tips, and discussions on raising children in accordance with Islamic teachings.
- **Parenting Support Groups:** Join online or community-based parenting support groups where you can connect with other Muslim parents, share experiences, and seek advice and support in your parenting journey.
- **Islamic Educational Apps:** Explore Islamic educational apps for children and families, such as Quran learning apps, Islamic story apps, and parenting resources tailored to Muslim families.

# 16

## POSITIVE AFFIRMATIONS

# POSITIVE AFFIRMATIONS FOR PARENTS

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I am grateful for the blessing of parenthood bestowed upon me by Allah.

I trust in Allah's wisdom and guidance to help me navigate the journey of parenthood.

I am patient and compassionate in my interactions with my children.

I lead by example, embodying the values and teachings of Islam for my children.

I nurture a loving and nurturing environment for my family, rooted in faith and compassion.

I embrace each day as an opportunity to grow and learn alongside my children.

I instill confidence and resilience in my children through positive reinforcement and encouragement.

I prioritize quality time with my family, cherishing each moment together.

I am a source of strength and support for my children, guiding them with wisdom and love.

I recognize the unique gifts and talents of each of my children, encouraging them to pursue their passions.

I foster open communication and trust within my family, creating a safe space for my children to express themselves.

I embody patience and grace in the face of challenges, knowing that Allah is always by my side.

I teach my children to be grateful for Allah's blessings, instilling a sense of gratitude in their hearts.

I strive to be a positive role model for my children, embodying the virtues of kindness, integrity, and humility.

I seek forgiveness from Allah and my children when I fall short as a parent, striving to do better each day.

I am mindful of the words I speak to my children, using language that uplifts and inspires them.

I foster a deep connection to Allah within my family, weaving Islamic teachings into our daily lives.

I empower my children to embrace their identity as Muslims, instilling a sense of pride in their faith.

I nurture a sense of purpose and meaning in my children's lives, guiding them towards fulfilling their potential.

I create a harmonious and peaceful home environment, where love and respect abound.

I encourage my children to seek knowledge and wisdom, empowering them to be lifelong learners.

I lead with love and understanding, recognizing that every child is a unique and precious gift from Allah.

I celebrate the successes and milestones of my children, rejoicing in their achievements.

# POSITIVE AFFIRMATIONS FOR CHILDREN

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I am a beloved creation of Allah, full of love and light.

I am surrounded by Allah's love and protection, always.

I am kind and gentle, just like the Prophet Muhammad (peace be upon him).

I am grateful for the blessings of Allah, big and small.

I am patient and calm, even when things are difficult.

I am strong and brave, with Allah's help.

I am curious and eager to learn about the world Allah created.

I am respectful and obedient to my parents, as Allah commands.

I am helpful and compassionate towards others, like our beloved Prophet (peace be upon him).

I am honest and truthful in all that I say and do.

I am grateful for my family, who loves and cares for me.

I am patient and wait my turn, showing respect for others.

I am brave and confident, knowing Allah is always with me.

I am responsible for my actions and words, choosing to do what is right.

I am gentle and careful with my words and actions, spreading kindness wherever I go.

I am curious and eager to learn about Allah and His Messenger.

I am grateful for the guidance of the Quran and Sunnah, which teach me how to be a good Muslim.

I am patient and persevere, knowing that Allah tests those He loves.

I am generous and giving, sharing with those in need.

I am a friend to all, treating others with kindness and respect.

I am humble and modest, recognizing Allah's greatness and my own smallness.

I am peaceful and calm, bringing tranquility wherever I go.

I am a servant of Allah, striving to please Him in all that I do.

I am capable of achieving my dreams and goals, with Allah's help and guidance.

I am filled with love and compassion for myself and others, following the example of the Prophet Muhammad (peace be upon him).

I am blessed with unique talents and gifts, which I use to serve Allah and benefit humanity.

I am a seeker of knowledge and wisdom, constantly learning and growing in my faith.

I am grateful for the guidance of my parents, teachers, and elders, who nurture my faith and character.

17

DUA FOR PARENTS AND  
CHILDREN

# *DUA FOR PARENTS AND CHILDREN*

In the name of Allah, the Most Merciful, the Most Compassionate.

O Allah, The Most High,

We come before You with hearts full of gratitude and hope. We ask for Your divine guidance and support in nurturing our children with wisdom, love, and patience. Grant us the strength to uphold our responsibility as parents with sincerity and dedication, and help us instill in our children the values of integrity, kindness, and righteousness.

O Allah, Ar-Rahman (The Most Merciful),

We beseech Your boundless mercy and grace. Shower our families with Your infinite compassion. Guide us in our roles as parents, that we may embody Your mercy and kindness in all that we do. Grant us the strength to nurture our children with patience and love, reflecting Your qualities in our actions.

O Allah, Ar-Rahim (The Most Compassionate),

Envelop our children in Your tender care. Protect their hearts and minds from harm, and guide them towards Your light. Instill in them a deep love for You and a sincere desire to follow the path of righteousness. Surround them with Your blessings and keep them steadfast in their faith.

O Allah, Al-Hakeem (The All-Wise),

Grant us wisdom in our parenting. Inspire us to make choices that benefit our children and align with Your divine will. Help us to impart knowledge and values with clarity and understanding, ensuring that our guidance is both beneficial and nurturing.

O Allah, Al-Kareem (The Generous),

Bestow upon us and our children Your abundant blessings. Grant us sustenance that is pure and beneficial, and enrich our lives with Your generosity. Let our efforts in raising our children be rewarded manifold in this life and the Hereafter.

O Allah, Al-Mutakabbir (The Supreme),

Guide us to instill in our children a sense of dignity and respect for themselves and others. Teach them humility before You and pride in following Your guidance. Help them to uphold the values of respect and honor in all their interactions.

O Allah, Al-Ghafur (The Forgiving),

Forgive our shortcomings and grant us the strength to seek Your forgiveness. Cleanse our hearts and our children's hearts from any impurities. Help us to teach them the importance of repentance and seeking Your pardon, and make us all better servants of You.

O Allah, Al-Mujib (The Responsive),

Answer our supplications and grant our sincere prayers. Fulfill our needs and the needs of our children, and ease our difficulties. Guide us to make decisions that are pleasing to You and beneficial for our families.

O Allah, Al-Barr (The Source of All Goodness),

Guide us to act with sincerity and to instill goodness in our children. Let our actions reflect Your benevolence and our efforts contribute positively to our community. Make our home a place of love, respect, and righteousness.

O Allah, Al-Hadi (The Guide),

Lead us and our children on the straight path. Illuminate our hearts and minds with Your guidance, and keep us steadfast in our faith. Help us to overcome challenges with patience and trust in Your wisdom.

O Allah, Al-Jabbar (The Compeller),

Fix our hearts and rectify our paths. Strengthen us in our roles as parents and empower us to raise our children with Your guidance and support. Protect us from arrogance and grant us humility in our efforts.

O Allah, As-Salam (The Source of Peace),

Grant peace and tranquility to our hearts and homes. Let Your peace reign in our family life and in our relationships. Protect us from discord and guide us to resolve conflicts with wisdom and compassion.

O Allah,

We submit our families and our efforts to Your divine will, trusting in Your perfect plan and boundless mercy. Accept our prayers, grant us success in our endeavors, and bless us with Your eternal grace.

O Allah,

Bestow upon our children the light of Your guidance. Open their hearts to Your teachings and their minds to wisdom. Grant them the ability to discern right from wrong, and the strength to uphold the values of honesty, compassion, and justice. Surround them with good company and protect them from harmful influences.

O Allah,

Bless our children with knowledge that is beneficial and hearts that are sincere. Grant them success in their endeavors and protect them from the trials and tribulations of life. Strengthen their faith and increase their love for You and Your Messenger, peace be upon him.

O Allah,

Grant us the ability to nurture our children in a manner that aligns with Your will. Help us to make the teachings of Islam a natural part of their lives and to guide them in every step they take. Give us the perseverance to remain steadfast in our duties and to overcome any challenges that may arise.

O Allah,

Forgive us for our shortcomings and grant us the strength to improve. Accept our efforts in raising our children and make them a source of continuous blessings for us in this life and the Hereafter. Guide us all on the straight path and grant us Your mercy and forgiveness.

O Allah,

We entrust our children and our efforts to You, knowing that You are the best of protectors and the most capable of guiding us all. May our prayers be answered, and may our endeavors be rewarded with Your infinite grace.

Ameen.

# THE JOURNEY AHEAD: FINAL REFLECTIONS

Congratulations on completing this journey with the Tarbiyah Journal. Your dedication to nurturing positive character and strong values in your child is truly commendable. As you close this chapter, remember that the journey of parenting is ongoing and filled with opportunities for growth and learning.

## **Reflect and Commit:**

Take a moment to reflect on the insights you've gained through this journal. Consider how the goals you've set and the values you've embraced will shape your parenting approach moving forward.

Revisit your goals regularly and adjust them as needed to ensure they align with your evolving understanding and your child's development.

## **Continue the Journey:**

Keep fostering an environment where positive character and strong values are encouraged and celebrated. Your actions and words have a profound impact on your child's growth.

Seek continuous learning and support from your community, and remain open to new strategies and insights.

## **Inspire and Lead:**

Continue to model the values and behaviors you wish to see in your child. Your example is a powerful teacher.

Share your experiences and insights with others to build a supportive community focused on raising children with strong character with strong Islamic foundations.

Thank you for dedicating your time and effort to this important aspect of parenting. May your efforts be blessed with success, and may your journey be filled with joy, growth, and success as you guide your child with love and wisdom.

