

Every Week the parenting exercises on reflection, we will look at our own experiences and how they may have affected us and how on reflection they can affect our children.

We will look at Islamic knowledge and link this with the nurturing programme.

We will be using quotes from the Quran and Hadiths.

Islam lays great emphasis on the importance of family life. A parent's role is unique in bringing up their children and Islam values both parents equally.

Self-Awareness and Self-Esteem

"When I am self-aware and know my own weaknesses and my strengths, I can turn to Allah (swt) to help me when I am stressed & going through some kind of hardship or trial."

The Prophet (saw) is reported to have said:

"All of you are guardians and all of you are responsible for things under your guardianship"

The man is a guardian over his family

The woman is a guardian over her husband's house

(Reported by Bukhari & Muslim)

Family Links with Islamic Values

Positive Discipline

The Prophet (saw) never used fear, punishment, hitting or shouting at anyone. He never forced anyone, he always gave choices and allowed everyone to make their own mind up.

Appropriate Expectations

"Children grow up in different ways"

In the Quran Allah has clearly mentioned that he does not overburden a person with more than they can bear.

Empathy

Empathy means tuning in to someone else's feelings;

Understand their emotional point of view.