

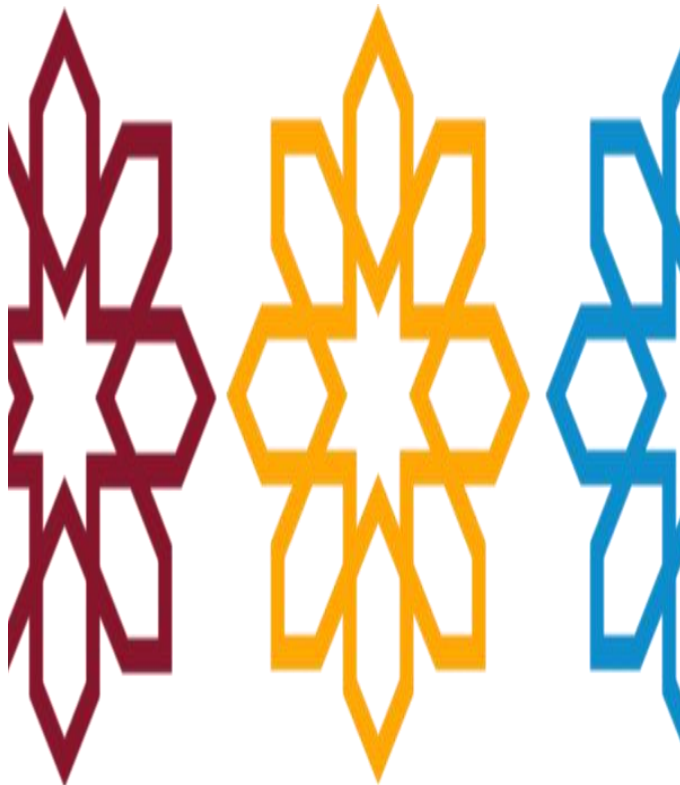
# PARENTING STRATEGIES

## To Get the Most Out of Your Child

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# Introduction



Parenting is the most complex tasks. It is more so in today's sophisticated world that has witnessed lots of changes and a great drift from what were obtainable in the past. Unless parents of today see the parenting task as one that requires so much from them, homes will continue to go dysfunctional and our society will not cease to grow miserably. Learning the art of this heavy task thus becomes a necessity, not a choice.

This is because if we continue to raise children in our own conjectured way, trying this and that to see what works and what doesn't, by the time we, per chance, get it right after many years of trial and error; we would have been out of the parenting job. Our children would have also become parents or at least become independent of us and by then, there is less impact we can make in their life as parents. Invariably, the time is now!

Hence, we must not be complacent in our responsibilities thinking that after all, children are blessings from God. Yes, children are blessings from God. However, we are reminded in the noble Qur'an in two verses following one another in quick succession that these same children can be our own enemies and that they are, generally, agents of trials for us. Allah says:



“O you who have believed, indeed, among your spouses and your children are enemies to you, so beware of them. But if you pardon and overlook and forgive - then indeed, Allah is Forgiving and Merciful.” (Q64:14)

“Your wealth and your children are but a trial, and Allah has with Him a great reward.” (Q64:15)

Therefore, fulfilling the parental responsibilities, by raising our children in such a way that they will become blessings for us in this world and hereafter, should be the ultimate aim of every Muslim parent. No doubt, this onerous task requires skills, strategies, faith and prayers! May Allah help us.

# The Parent-Child Relationship



Parents must understand that the parent-child relationship is a sacred one which must be respected and not jeopardized. Unfortunately, the state of this relationship in many homes is disheartening and pitiable and its obnoxious effect can be felt in the tones of the social malaise we are all forced to cope with every day. Essentially, many parents have lost it!

More so, successful parenting is also becoming seemingly difficult to actualize. This is so as many parents of today have become so engrossed in earning a living. We now live in an era whereby many parents have little time to spend with their children especially in their early years through adolescence and as such leave the bulk of the parenting tasks to societal apparatus such as the school, relatives and neighbours and the television.

These days, you would wonder that children rebel against parents and parents could not understand what they had done wrong. After all, they had just followed their parents' teachings! Where are they wrong? Were their parents wrong, too? Perhaps, parents of today have been materially generous but emotional stingy to their children, resulting into behavioral reactions from the children. We've got not enough time to spend our children...

While many parents cannot be completely blamed for this, as we are all aware of the capitalist nature of our economies which has forced many (men and women alike) to work more than as required in order to cater for the

children, however, parents must be grossly involved in their children's upbringing for they are the highest beneficiaries of whatever fruit- sweet or sour- their children turn out to be in the long run.



Parenting is beyond providing for a child and whatever monetary input is made in the child's upbringing, rather, parenting is material as well as emotional, and must be faith-based. To create a good parent-child relationship, you need to:

1) Show up as the parent: let your child know your place as the guardian and the one responsible for his or her welfare through your actions. As such, your child will naturally submit to you knowing he or she has no one to look up to (after the Creator) other than you.

2) Communicate regularly: communication is key in any relationship. You need to always discuss with your child and give your undivided attention during these discussions. You also have to create an atmosphere in the home whereby your child is free to discuss anything with you.

3) Stay in between being permissive and being authoritative: you have to be caring and loving to your child, this cannot be overstated. However, children tend to misbehave at times and even dare you. This is where you have to use your authority as a parent through discipline. (see MAP training manual on Ideal Discipline)



4) Lead by examples: in the early years of a child, the child sees you as a role model who is to be imitated and followed. You should quickly use the period to build good characters and conducts in your child by demonstrating them. Your parent-child relationship waxes stronger when your child acts like you.

5) Have family fun time: you just have to create this time regardless of how busy you are. You should know that fun is something ephemeral- the feeling does not last long. The real and lasting fun which they will always remember and increase their affection for you is the one you have together.

6) Add a spiritual dimension to your parent-child relationship: you must, right from the early years, plant the awareness and consciousness of the creator in your child's mind and follow up on building this knowledge for him or her. You as a parent must also work on your relationship with the Creator. To be candid, how do you expect to have a good relationship with your child when you don't have the same with your Creator? He is the one you would call on in any eventuality that puts your parent-child relationship at stake. So, we must amend our ways and have a good relationship with our Creator.

7) Teach your children morals: You need to teach your child good morals such as respect, truthfulness, obedience e.t.c. I will talk about one aspect of respect here, and that is greeting. I have seen parents felt a little embarrassed anytime they had to goad their little kids to greet in the presence of visitors or friends before they greet.



It is not as if these children are disrespectful but just that the act of greeting is not part of them yet because they weren't taught as to be able to internalize the act. Therefore, a way to inculcate this habit in our little children is to make it a rule for them to greet us first thing in the morning. By doing so, they get used to the act of greeting and this provides them the understanding of what they should do first when they meet elderly people.

Generally, greeting is an important element of Islamic culture which Islam strongly encourages; it is a show of respect and a catalyst for bonding especially in the home. The Prophet (SAW) said: "Shall I not inform you what will make you love one another? Spread the salaam between yourselves".

8) Devise your own strategies of making your relationship with your child superb and awesome!

# What Can Cause Unruly Behaviours in Your child?



## 1. When needs are not met.

This is when a child is not adequately catered for. When a child finds around him poverty and hunger want and despair, and he feels frustrated on not getting the necessities of life including his share of food and clothing, this is most likely to lead to anti-social behaviours on the part of the child. As parents, even in the midst of little, we must endeavor to provide the needs of our children to the best of our ability.

A woman with her two sons once visited „Aisha (RA), and she gave her three dates. The woman then gave to her two sons one date each and kept one for herself. Both the boys ate their shares and then looked towards their mother with expectant eyes for more. She halved the date that she had kept for herself and gave them a piece each. When „Aishah related this to the Holy Prophet, he (SAW) said, “How does this amaze you? Her tenderness to her children has earned her the mercy of Allah.

In other words, Allah is willing to be merciful to us as long as we strive to give our children the best. He will provide for us so long as we also make provisions for our children’s welfare.

However, the needs of children are not only material, they also have emotional needs that must be met. This would be explained better in the ensuing discussion.



## **2. An unsettled home**



When parents are always at loggerheads with each other, the child seeks to escape from this offensive atmosphere by withdrawing into his or her own world and proceed in beliefs and actions predicated upon negative mindset. This child may begin to behave in ways that he or she sees as best, yielding to no one's correction. When force is applied on this kind of child, it only worsens their emotional state and low self-esteem.

## **3. An unintentional single parenting**

Life happens and one may find him or herself a single parent. The effect of this on children if not taken care of can lead to anti-social behaviour. This usually happens when these children do not find a caring mother or a loving father who is intentional on raising them in the best possible way. This kind of situation is quick to turn them into delinquents.

## **4. Lots of idle time**

Misconduct and acquisition of bad habit is likely to be the order of the day for a child who has so much idle time with nothing tangible to be engaged with. Parents must be very careful about this. We must understand that education is what is received in the first fifteen years or thereabout of one's life and that whatever comes after that is only a top-up. It is within this period of fifteen years that a child's character, intellectual ability, emotional intelligence and religious inclinations are formed.

Hence, they must be engaged meaningfully and not be left to waste away those years on frivolities; T.V, movies, social media, excessive play, unrestricted mingling with friends, e.t.c. these idle time can be used to teach them morals and engage them in religious education.



### **5. Ill-treatment of children by the parents**

Experts in child training are unanimous that ill-treatment has an adverse influence on children. Parents must not be too strict and harsh with them. They should not be disciplined wrongly (We discussed this in our previous class centred on Ideal Discipline). If a child is humiliated and teased habitually, this will reflect in his or her habits and manners. The child's activities will be clouded with awe and fear. Sometimes, it may result in suicide, quarrelling with parents and developing a stone heart. To escape cruel treatment and beating, the child may even run away from home. Rebellion and immorality are prominent in such children.

Ibn Khaldun, one of the great Islamic scholars of the 14<sup>th</sup> century wrote in his book „al-Muqaddimah“ (The Prolegomena) that “A child who is constantly subjected to harshness, severity and corporal punishment is likely to become cowardly in his later years and unable to fend for himself and challenge and overcome the harsh realities of this world. His enthusiasm, excitement and initiative for life is dulled and he becomes lazy and lethargic...He is stripped naked of all the qualities of self-esteem, intelligence, bravery, pride, dignity and expression. The vital ingredients which make up morality and good-character are missing, and he is prevented from reaching the heights of civility”.

# How to Create a Homely Environment



To create a homely environment for your children where their minds are at peace and can confidently confide in you, and from where they can grow to reach their potentials as to be responsible individuals, you need to put the following in place:

## **a. Relationship**

This is as earlier discussed in this manual.

## **b. Compassion**

As earlier mentioned, Children's needs are beyond material needs. Here is where many parents get it wrong. I hope you would agree with me that the emotional needs of children supersede their material needs. Your children can always manage with you if you are able to understand them and they understand you. However, your material provisions; money spent on them may make no meaning to them if their emotional state is repulsive to you. In this case, it would be as if you are not doing anything to make them happy.

The top on the list of children's emotional needs is compassion followed by attention. We need to be compassionate to our children and show them enough kindness. This goes a long way to soften their hearts and continuously reconcile their minds with ours.

Aa'ishah (RA) reported that the Prophet (SAW) said: “When Allah wills some good towards the people of a household, He introduces kindness among them.”



Abu Hurayrah (RA) once said: “The Messenger of Allah (SAW) kissed al-Hasan ibn 'Ali, and al-Aqra' ibn Haabis al-Tameemi was sitting with him. Al-Aqra' said: „I have ten children and I have never kissed any one of them.” The Messenger of Allah (SAW) looked at him and said: „The one who does not show mercy will not be shown mercy.”

A person was embracing his child and the Holy Prophet (SAW) asked him, “Do you feel compassion for the child?” upon which the man replied: “Yes, I do”. He (SAW) then said, “Allah is Merciful to you more than you are to the child, He is the most Merciful (of those who show mercy)”. When you are compassionate to the children, they are obedient to you and you earn the mercy of Allah.

Being compassionate to your children also requires that you play with them.

The Messenger of Allah (SAW) said, “Whoever has or is around children should play with them as a child” An important part of play for young children is to play with their parents, and there should be sometime for this every day. The Prophet would never refuse his affection to children, no matter what they did because affection builds a child’s self-worth.

### **c. Keeping your promise**



Children live in their emotions, and when they hear something being promised to them, they get very excited. They can picture the promise happening and keep it with the mind in a way that is much more powerful than we are able to. For this reason, they will not ever forget what you promise them! So do not even think about making a promise that you might not be able to keep.

The Messenger of Allah, (SAW) said, “Have love for your children and show compassion towards them and when you promise them something, then live up to your promise since indeed they do not recognize you except as the one who sustains them.”

However, showing excessive love and care to one of your children, regardless of the situation, is dangerous to your parenting. A very good example of this is the story of prophet Yusuf (AS). So, you should foster an atmosphere of solidarity to the point that everyone in the family sees themselves as one.

### **d. Remembrance of Allah**

The Prophet (SAW) said: “The likeness of a house in which Allah is remembered and the house in which Allah is not remembered is that of the living and the dead”. Blessings of Allah is sure to descend on your home when you make your home reflects Islam. You must be up and doing in your religious obligations and at the same time encourage your children to do the same according to their capability.



To make this happen, you need to take charge in teaching your children Islam. Their learning about Islam should start from you and not from the madrasah. This means that you need to learn more about Islam; its fundamentals, provisions and dictates for you to be able to teach your children. You also need to create a time for teaching your children whatever you have learnt of Islam. You can tell them a beneficial Islamic story from which important moral lessons can be derived.

The Messenger of Allah (SAW) said: “Acquaint your children with religious teachings (of Islam) before the disbelievers get to them.”

# How to Make Your Child Listen to You



Generally, children do what they do for some of the following reasons:

1. They want attention
2. They have a smaller pool of experience to draw on
3. They don't make analogy or connect dots easily. Your job is to make them understand not to make them feel bad
4. They have less emotional control
5. They have trouble with delayed gratification. They can't handle suspense and they always things fast
6. They take actions that they think will lead to the most pleasure and least pain even if that means breaking the rules.

For you to make your child listen to you and become obedient, you must:

## **a. Be a good listener**

You have to listen to your child first before your child can listen to you. Children communicate in so many ways, mostly non-verbally. When you are observant of your child's ways of communications, you can also be able to show him or her how to communicate their feelings, openly and honestly. You must then truly listen in a caring way.



You see...children know how to reciprocate good and bad. When you listen to them, trust me, they will listen to you and would not want to break the deal between you and them. And please whenever you are talking or listening to your child, look straight in the eyes. This has a positive psychological impact.

### **b. Give attention**

This is one of the emotional needs of children. Children are attention seekers; you must never reject them even when you are busy. Please know that children whose father and mother are occupied in worldly affairs, and overlook their parental responsibilities over them, are not different from an orphan. Such children usually turn out to have a troubled personality.

### **c. Do not shame your child**

Please do not reinstate or shame your child with a negative behavior he or she puts up by giving him or her a name for it e.g. Chief liar, For food only, bed wetter e.t.c

Imam Bukhari (RA) reported the following tradition of the Prophet (SAW), in his al-Adab al-Mufrad with reference to the kind treatment to children. He (SAW) said “Adopt a kind and warm disposition, avoid vulgarities and unrefined words”. And “Teach, but do not be harsh”

The parents are not helping when their child is reminded all the time about one mistake he did once. Worse, if the parents make him think he is a failure because of this sin or offence, especially if the family makes him feel that he will never be good because of this mistake.





This is because a child always measures himself in ability and personality with his parents or those in direct contact, having a degree of influence over him. If he is injected with the idea that, "You cannot be", he develops an inferiority complex. An inferiority complex comes about when a number of things are done to the child: Ignoring the child for lengthy periods of time; berating, insulting and being sarcastic to the child privately, before his/her relatives, family and close associates, and more dangerously, in public.

#### **d. Use the ideal discipline**

Children vary largely in their nature. Some can be rectified by a mere sharp gaze, while some might need some sort of admonition. Some may require a scolding or reprimand while some may need corporal punishment for their rectitude. Renowned Muslim sociologists, historians and disciplinarians; amongst whom are the likes of ibn Sina, Imam Razi and ibn Khaldoun are included, are unanimous of the fact that discipline and child character-building is a gradual process. Beating should, therefore, only be resorted to as a last option. This would be more beneficial for their character building (see MAP training manual on Ideal Discipline).

# How to Help Your Child Attain and Sustain Academic Excellence



To start with, please do not be among the set of parents who are only happy with their child when the child performs academically well in school but when otherwise, they become annoyed with the child for quite a while, depriving him or her most entitlements in the home, and persistently and derogatively compare him or her with other children or siblings who are doing fine in their academics. When this happens often, it does well to damage the child's self-esteem and he may begin to see himself as a failure who doesn't have a clear chance of success in anything and that success is only for the exceptionally brilliant ones (a thought which is not always true).

Truly, it is the joy of every parent to see their child excelling academically, however, just as there are no two equal persons in this world, there is also the condition of individual difference in learning. For some children, it may take a little longer than the rest before they pick the baton of academic excellence and begin to move. More so, if you care to find out, you would realize that a less academically brilliant child in most cases possesses some commendable qualities and God-given gifts which when reinforced put him or her at an advantage over his or her peers in life. Having said this, when your child doesn't perform well academically as you've expected, the first thing you should try to do is to **create study time** and stick to it religiously.




A friend of mine, in his thirties, who recently bagged his Ph.D always attribute his academic success to his father. He once narrated to me how his father would make him and his siblings sit in front of the T.V every night to listen to news, and afterwards, they all discuss the news content with everyone contributing to issues being discussed. This act alone helped this friend of mine to build his intellectual ability.

Some of our parents would pretend to be reading newspapers or magazines or any book for that matter just for us to imitate the same act of reading. It was later that some of these our parents were discovered not to be able to read at all.

The point here is that if you want your child to succeed academically, you need to let him or her see that trait of academic excellence in you. Therefore, create study time, when everyone reads something or carry out some intellectual assignment including you!

Other steps to take are to:

1. Help the child to learn and assist in school works. You can also get a private tutor to assist in this regard.
2. Be gentle on the child but do not condone laziness.
3. Limit distractions e.g. rate of watching T.V and play time.
4. Motivate the child through words of encouragement. Help him or her develop the strong feeling that with determination and more effort, he or she can also top the class.

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5. Never compare the child with other children
  6. Always praise the child when he or she showcases strength in some other areas of knowledge and help him or her improve on them.
  7. Always ask Allah for knowledge and wisdom for your child in your prayers and encourage him or her to always do the same.


# Choosing Your Parenting Style



Have you ever taken some time to reflect on your parental style and approach? You as a parent need to ask if you are too permissive or authoritarian. For instance, permissive parenting style suggests that you view yourself more of a friend to your child than a parent. It's a very relaxed style of parenting where you become heavily loving and overprotective towards your child, have little or no rules or standards of behavior for them, give them the ability to influence decisions in the home e.g what to cook and what not to cook in the house, and buying and gifting them items for them to behave well.

If you have adopted this style as a parent, chances are that your child will tend to exhibit antisocial behavior and become rebellious whenever their demands are not met or put forward; they tend to be rude and disobedient to you and everyone around them.

Needless to say is that the authoritarian parenting style seems the opposite of the permissive style. Here, parents set strict rules in the home of which failure to abide by them result into heavy punishment for the child, mostly corporal. Unlike the permissive parenting which is child-centered, meaning that everything literally revolves around the child, the authoritarian is parent-centered. The child has no little or no role to play in the parent-child relationship but only act according to the script of the parent. Children mostly suffer low self-esteem under this parenting style. They may also grow to resent their parents, be rude to them and flagrantly disobey them.



As a parent, you may need to change your parenting style before it becomes too late. Do not be too permissive or authoritarian towards your children but maintain a middle course just like the Qur‘an says about the Muslims being a moderate people:

“Thus, We have made you a middle nation...” (TMQ, 2:143)

“You are indeed the best community that has ever been brought forth for [the good of] mankind. You enjoin what is good, and forbid what is evil, and you believe in Allah...” (TMQ, 3:110).

Therefore, show your children love and lots of care, however, don’t be overprotective nor become blindfolded by your love for them as to allow them to always have everything they request for or behave in any way they so desire. Be firm and be quick to correct them whenever they err. Let them earn your trust and respect and teach them to love you back just as you love them. Finally, instill in them the fear of Allah and His commandments and support your parenting efforts on them with prayers. Teach them Islam and make provision for the acquisition of their Islamic education. With this, your parental style would be fruitful.

# Understanding Your Adolescent Child



Why does it seem you now have problem with your teen child more often? Why has his or her sublime characters suddenly changed...? As a matter of fact, for you to get along well with your teen child, you need to understand who your child is and his or her present stage of life. There has been so much discussion on the childhood stage of a child's life in various parenting books and forums. However, the teenage years or adolescence (starting from age 11 to around 20) seems the most disruptive in the human stages of life. This stage is so delicate and precarious that any mistake or laxity on the part of the parent may lay to waste whatever effort that has been made initially to train the child in the proper way right from childhood.

From the perspective of education, the adolescence stage which mostly now tallies with the secondary school years are quite turbulent for most adolescents, regardless of their families' socioeconomic status or home neighborhood. Adolescence is a time for identity formation or individuation away from family of origin while moving toward increased conformity with peers (Erikson, 1968). These two phenomena, individuation and conformity with peers, often contribute to the confusion associated with adolescence, a phenomenon conceptualized by Erikson as "Identity Versus Role Confusion." On one hand, the adolescent wants to establish himself or herself as an independent entity from his or her parents, often pushing against family, community, and religious rules and norms. Changes in appearance, style of dress, music preference, and choice of friends characterize this individuation.



On the other hand, these same changes become the basis for seeking acceptance from and conformity with the adolescent's peer group. Conformity or "fitting in" with peers, sometimes termed collective identity, takes on enormous significance at adolescence; being different or standing out in any way is seen as problematic. "Fitting in" can also have an effect on academic achievement; peer acceptance typically translates into average academic performance at best.

In life matters, adolescents are also wont to take irrational decisions due to their low level of emotional intelligence. Unlike fully-grown adults, teens have a smaller pool of experience to draw on, have less emotional control, and more often than not take actions that they think will be most pleasurable or lead to the least pain. Invariably, they would always want to derive happiness and personal gratification from their actions. To make it clear, pleasurable or happiness-triggering action for a teen may not be something generally seen as good or as a virtue.

For instance, a teen may decide to commit suicide in order to get back at his or her parent for their reactions to a misdeed or a wrong he or she committed. We have read in the news on several occasions how teen girls would take their own life due to their parents' reactions to their getting pregnant at secondary school. Similarly, a research carried out in China revealed that suicidal thoughts and attempts were significantly associated with adolescents' perceived parental dissatisfaction with academic performance.



Some studies have also shown a strong association between adverse childhood experiences – such as physical and sexual abuse, parental neglect, bullying – and suicidal acts during adolescence.



Back to the issue of peer influence, it is noteworthy that apart from a number of Qurʾān verses that hint on keeping good company and being among the righteous ones, a saying from the best of mankind (SAW) succinctly educates about peer influence. The Prophet was narrated to have said:

“A man is upon the Din of his best friend, so let one of you look at whom he takes as friends”

Scholars of Islam have interpreted the Arabic word „Din“ to mean habits and ways and in the comprehensive usage of the term, it simply means a „way of life“. The gist of this Prophetic saying is that whomever one is associating with and takes as bosom friend or confidant will to a large extent have influence on him or her. Essentially, there is no insulation against the evil ways of wrong friends for one who takes the wrong people as best friends is most likely to take from their dispositions and habits.

More so, the influence of this friendship may not necessarily end in this world. The Qurʾān gives us a glimpse of how many will regret ever meeting some friends while on earth. They will regrettably say: “O woe to me! How I wish that I had not taken such and as such person as a friend!” (Q25:28)

Their perdition would be as a result of the persons they were associating with while on earth. These friends led them astray from the righteous path and increase them not in remembrance and obeisance to Allah.



Sadly, some parents are still bewildered by the sudden change in character of their adolescent child despite this child having a good upbringing right from childhood. They forgot that at this stage peer influence is stronger and as it is, it is one of the main causes of straying and defiance among children.

Practically, what you should do as parent are the following:

- Agree that your child is not perfect and in fact no one is! This implies that your child can go astray when not guided.
- Keep an eye on your teen child and be observant of his or her manners and friends. Be conscious of who your child takes as friends.
- Tie your children's social networks to your own networks such that the children of the good and God-fearing ones among your friends are your own children friends, too. This will enable you to have a fair degree of control over who your children mix with outside the school setting.



- At this stage, discuss more with your child than you direct. Less instruction and commanding but more of mentoring is what children in the adolescent stage need.
- Intensify in prayers for your teen child and encourage him to always do the same.

# Boyfriend-Girlfriend Relationship among Teenagers



Boyfriend-Girlfriend Relationship among teenagers is an issue mostly avoided by many parents and they would rather pretend it's not happening or not to know about it whenever their child is involved in it. To some parents, it is normal and simply a part of "growing up". Others see it as something not really normal but inevitable and uncondemnable. While some parents hold a very tough stance on this kind of relationship.

The current state of boyfriend-girlfriend relationship among teenagers regardless of whatever opinion you as a parent hold has gone beyond its permissibility or otherwise. For many teenagers, it is now a complete norm. In fact, it is strange for one (whether male or female) within their peer circle not to be involved in this relationship and they look at you as old-fashioned when you try to create impediments to their „love life“

Parents, if you keep comparing this time with your own time when as a teenager you dared not have romantic talks with the opposite sex in public let alone visit one another, then you must be missing the reality. The reality is that we now live in a highly sexualized world whereby sexual feelings and desires are constantly been inspired by what we see and watch. This becomes even more telling on teenagers who are just beginning to experience puberty, learning new things every time about their body and emotions.



Technology; smartphones and social media, for many of them is also not really advantageous as they now create a world of their own outside your purview and where you are completely cut off from knowing who they interact with and what they do. Many of them also do not have their parents as role models but entertainment celebrities whose acts and music are for the most part sexually gratifying.

What steps can you as a Muslim parent take to safeguard your children from this mostly unhealthy relationship?

**1. Be close:** You just have to be close to your children and be their confidants. Create an atmosphere in the home whereby every one of your children is free to discuss anything with you and as such you can always guide them. This will go a long way in assisting you in matters like the one being discussed and in other matters of life.

**2. Don't deny or pretend:** Some Muslim parents will say, "My child would never do that". A lot of parents think their children are angels, and they would never do any negative stuff. It is better we accept the truth that our children are prone to err at some points in life just as we are. Moreover, our children live in the same society as other children who indulge in some of these negative acts. We may not know if our children are already involved in some of them as well; learning from friends, T.V, internet e.t.c. It's time to wake up and face the truth, and see how we will move forward in creating a good environment for the future generation, as we live in a very difficult world, with ha"raam happening all around us.



**3. Help your child:** You wouldn't want someone somewhere toying with your child's life and emotions causing them depression which in serious cases may even lead to suicide. Whenever you notice them brooding over something or having a very sober mood all day, then try to find out what really the problem is. When your child is also very happy and overly cheerful than before, this should also set off an alarm in your mind. He or she might probably be seeing someone-the sugar in the tea.

**4. Heart-to-heart talk:** Endeavour to have a deep talk with your children on issues surrounding relationships once in a while. Although, this may seem a bit difficult for some parents in which case, they can find someone, preferably an expert, who can help them talk to their children about such matters.

**5. Take it further:** In the case where your children are already mature and are at the late stage of their teenage years, you may ask them to let you know whoever they are having a love relationship with then advise them as a parent who has also gone through the process before, tell them about marriage and how they need to preserve themselves for that special union. I have seen some wise parents use this style to tame their children's sexual anxiety and create an opening into seeing what goes on in their emotional life.

**6. Teach them the rules of Islam:** As a Muslim parent, you must let your children understand the rules of Islam as regards their actions. In the case where you are not competent enough to impart this knowledge, you should look for a means to let them have it e.g. through Islamic lectures, Islamic seminars e.t.c.



Thank you for the time taken to read through. I do hope you find the discussions in this parenting manual beneficial and useful. May Allah be with you in your parenting journey.

Remember, parenting is a great task and its art must be learnt. Should you have any parenting question or challenge for which you seek proven and workable solutions, you can reach out to me (Call or Whatsapp) on +2348065843291 or send me a mail through [abdulalao13@gmail.com](mailto:abdulalao13@gmail.com).

**JAZAAK ALLAHU KHAYRAN!**