

# Motherhood

Ponder and answer:

- 1) What is the best part of being a mother?
- 2) What is the hardest part of being a mother?



# Agenda

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## 1) Knowing your child

- Importance of recognition
- What to identify
- How to identify

## 2) Teaching children Emotional Skills

- Emotional health
- Expressing emotions
- Resilience

# Hadith on children

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Respect your children and teach them good etiquette.

Holy Prophet (s)

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The job of training children is the highest of all the professions. A good child, if you transfer it to society, is better for you than possessing all of the universe.

The first stage in the training of a child is in its mother's lap. There is no love higher than the love between a mother and a child.

Imam Khumayni

June 11, 1979 - extracted from Mahjubah Vol. 1 nos.11&12

# Parental Responsibility

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A child is a trust from Allah. Parents are responsible to nourish the body, as well as the soul of the child.

The soul of a young child is delicate. It absorbs a lot and grows fast in the beginning years, acquiring many new skills quickly, just like the body.

# Importance of self recognition

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The one who has attained  
inner knowledge of his own self  
has obtained the greatest victory

Imam Ali (a)

# What to identify in your child

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- a) Strengths and Weaknesses
- b) type of personality
- c) Interests – what they enjoy doing
- e) Discipline – self control

# How to identify temperament

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- 1) Observe the child closely
- 2) Notice patterns of behavior that are relatively consistent
- 3) Talk to your children and listen to them
- 4) Ask them questions
- 5) Let them be comfortable in expressing themselves
- 6) Notice behavior with others
- 7) Do not compare



# Teaching Emotional Skills

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Emotional health refers to how a human being feels and reacts under various circumstances.

Emotions are physiologically-based responses to feelings. It determines what a person will say and do after a certain feeling.

*When a person's knowledge increases, his attention to his nafs increases, and he puts effort in exercising it and improving it.*

Holy Prophet (s)

# Expressing Emotions

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Teach children to understand what they are feeling.

Identify and talk about emotions regularly; in themselves, other people, from books . . .

Talk about different ways of expressing feelings.

Give the child the choices that can be made instead of having a tantrum.

# Resilience

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Resilience is defined as an individual's ability to adapt to stress and adversity.

Resilience is the ability to regain original form and to thrive and fulfill potential in spite of difficult circumstances.

To be resilient is to be optimistic and confident.

# Building Resilience

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- 1) Provide a safe and loving environment at home
- 2) Have routines and rituals
- 3) Discuss things with children age appropriately
- 4) Do not provide for every need (want)
- 5) Let children learn from their mistakes
- 6) Teach problem solving

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<https://rhythmsofplay.com/15-books-to-help-kids-manage-anger/>