



AL HIDAAYAH

الهداية

The Guidance for Humanity

Based on the Glorious Qur'an and Authentic Hadith

STUDY GUIDE



THE MOTHER & IDEAL FAMILY

by Dr Muhammad Salaah



Course Topics

1. An ideal family according to the Qur'an and the Sunnah
2. Parents are responsible for actions of children
3. Role of the mother in forming an ideal family
4. Salafus Saliheen (righteous predecessors) and their mothers
5. Importance of mutual consultation
6. Children and parents supplicating for each other
7. The mutual rights of parents and children
8. Importance of the mother in a child's upbringing
9. Equality and justice between children
10. Actions speak louder than words
11. Important characteristics to instill in one's children
12. Career and being a good mother – can they go together?
13. Comprehensive advice for the correct upbringing of the children



Course Objectives

1. Understanding the definition of an ideal family according to the Qur'an and the Sunnah
2. Learning about the importance of the mother, and her role in the development of a successful family

Question & Answer Bucket

Additional Resources

Transcripts

Assessment

Multiple Choice Questions
Match the Columns
True or False

Course Duration

| | |
|----------------|-----------|
| Video | – 2 hours |
| Study Guide | – 50 mins |
| Assessment | – 10 mins |
| Total Duration | – 3 hours |



LESSON 1

**WHAT IS AN
'IDEAL FAMILY'
AND PARENT'S
RESPONSIBILITY
TOWARDS IT?**



1 AN IDEAL FAMILY ACCORDING TO THE QUR'AN AND THE SUNNAH

Different people perceive and define an ideal family and an ideal life differently and according to their priorities.

Some perceive it as to be successful in life, have a good career, educated family members, having their own home etc. Like that of 'The American dream', and if you fulfill it, then you're an ideal person.





“And among His Signs is this, that He created for you wives from among yourselves, that you may find tranquillity in them; and He placed between you affection and mercy. Indeed, in that are indeed signs for a people who reflect.”

Al Qur'an 30:21

This Aayah serves as a reminder about the blessings of Allah (swt) upon mankind. Among the blessings is that Allah (swt) created for us mates so that we may feel at ease and comfort with them.

‘Mawaddah’ and ‘Rahmah’ describe the extent of love, mercy, and compassion that Allah (swt) blesses the believers with.



A family which has members that find comfort, peace of mind, and have love and compassion amongst its members, is an ideal and successful family.



And those who say,

"Our Lord, grant us from among our wives and offspring comfort to our eyes and make us an example for the righteous."

Al Qur'an 25:74

This comfort (having righteous and supporting spouses and offspring) is the most important ingredient of the successful family and the ideal family life.



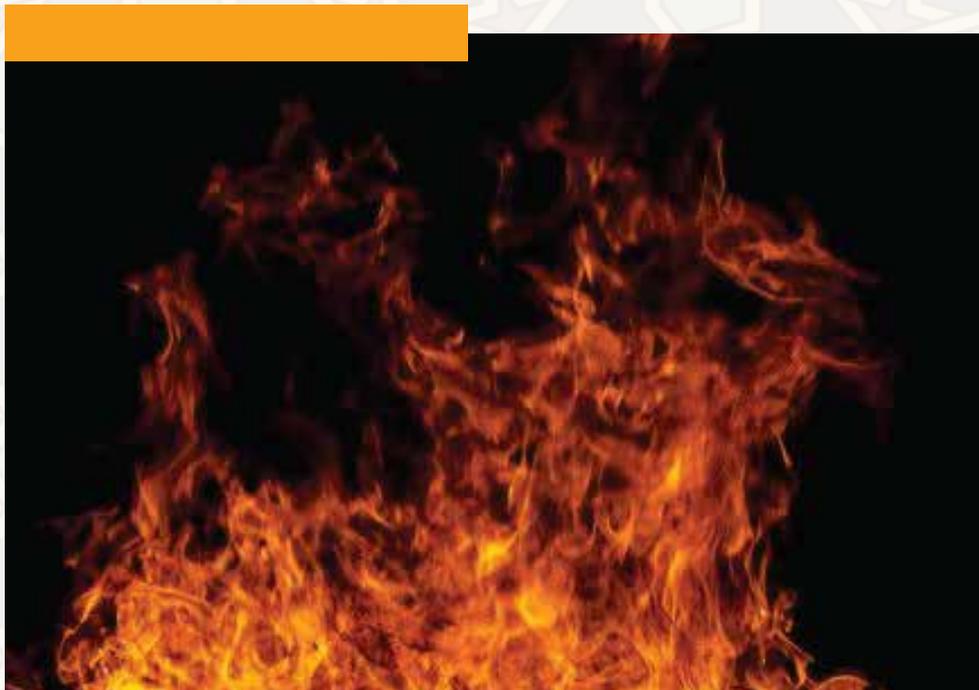


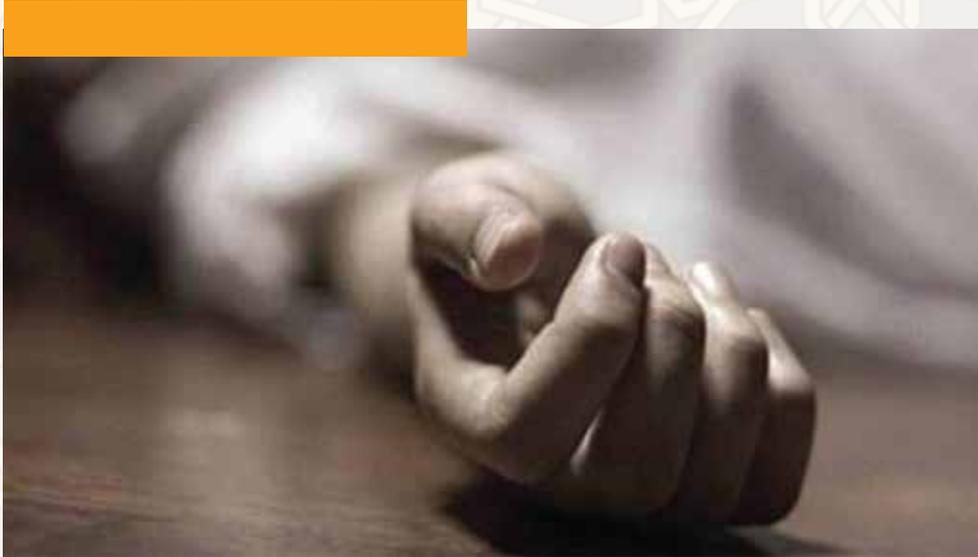
2 PARENTS ARE RESPONSIBLE FOR ACTIONS OF CHILDREN



“O you who have believed, protect yourselves and your families from a Fire whose fuel is people and stones, over which are [appointed] angels, harsh and severe; they do not disobey Allah in what He commands them but do what they are commanded.”

Al Qur'an 66:6





“Every soul will taste death, and you will only be given your [full] compensation on the Day of Resurrection. So, he who is drawn away from the Fire and admitted to Paradise has attained [his desire]. And what is the life of this world except the enjoyment of delusion.”

Al Qur'an 3:185

Allah (swt) emphasises in the Qur'an that the parents must give attention and be responsible for the actions of those under their guardianship to protect them from going astray or falling in other dangers, because the reality of life is that every soul shall face death, and on the Day of Judgement be judged and compensated according to one's actions and deeds.



Your degrees and accolades would be of no benefit in the Hereafter if you do not pray and practice the teachings of Islam if you do not guide others towards Islam and enforce its teaching upon those under your guardianship.

There is no success for such a person, and instead fire of Hell is more worthy because the life of this world is deception and glitter.





The Prophet (pbuh) said:



“All of you are shepherds and each of you is responsible for his flock. A man is the shephv of the house of her husband, and she is responsible... Each of you is a shepherd and each is responsible for his flock.”

The Sahaabah (ra), the Tabi'een, and our Salaf understood the importance of an ideal family and being ideal role models for the Ummah. They closely followed the teachings of the Qur'an and the Sunnah of the Prophet (pbuh).





LESSON 2

ROLE OF THE MOTHER IN FORMING AN IDEAL FAMILY



3 **ROLE OF THE MOTHER IN FORMING AN IDEAL FAMILY**

The mother plays the most important role in forming an ideal family. She is the one who spends the most time with the children at home. She takes the responsibility of upbringing the children and instilling good Akhlaaq (manners) in them and being the ideal role model. She is the house engineer, and her success is instilling good etiquettes, Deen in her children.

If she plays that role and becomes a role model to her children, she is the most successful woman on earth.

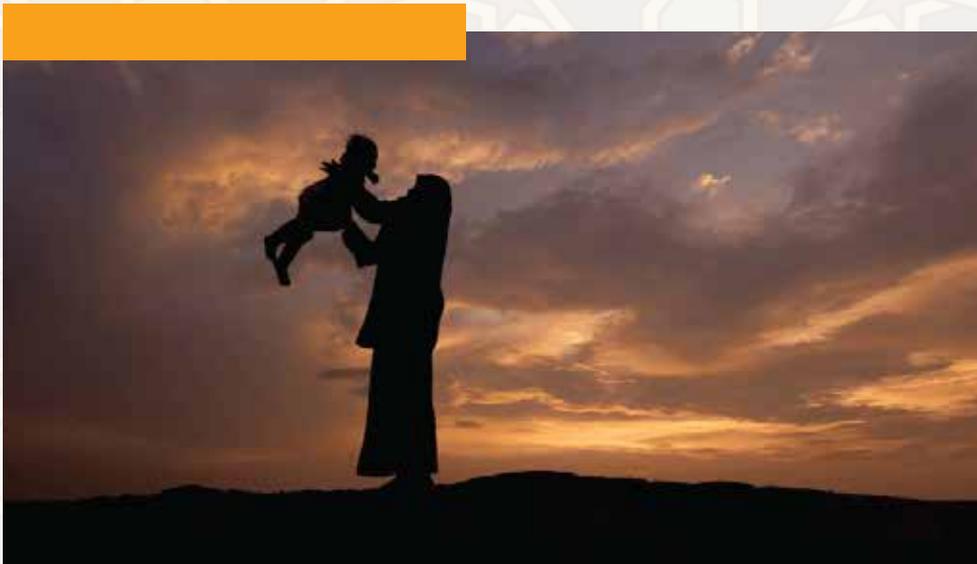




The Prophet (pbuh) was asked



'Messenger of Allah, to whom should I be dutiful?' 'Your mother,' he replied. He was asked, 'Then whom?' 'Your mother,' he replied. He was asked, 'Then whom?' 'Your mother,' he replied. He was asked, 'Then whom?' He replied, 'Your father.'



When the couple live in a competitive life, the wife tries to be a competitor to the husband even though it isn't needed, the mother neglects her role which results in corrupting the family in most cases.

But, when the mother is around all the time, she knows what needs to be done, how to inspire her family with the right message that would definitely lead to an ideal family.



Abdullah ibn Amir (ra) said:



“My mother called me one day when the Prophet (pbuh) was sitting in our house. She said: ‘Come here and I shall give you something.’ The Prophet (pbuh) asked her: ‘What did you intend to give him?’ She replied: ‘I intended to give him some dates.’ The Prophet (pbuh) said: ‘If you were not to give him anything, a lie would be recorded against you.’”

The Prophet (pbuh) said:



“Whoever calls to guidance, then he receives the reward like the reward of whoever follows him, without that diminishing anything from their rewards. And whoever calls to misguidance, then he receives of sin like the sins of those who followed him, without that diminishing anything from their sins.”



4 SALAFUS SALIHEEN (RIGHTEOUS PREDECESSORS) AND THEIR MOTHERS

Among some of the greatest Salaf and scholars who were able to achieve great success due to their upbringing and mother's influence on their lives are:

A

IMAM AL BUKHARI



Imam Al Bukhari's father passed away when he was a small child, and it was his mother who took care of his upbringing.



It was she who inspired him to pursue forward in knowledge and Hadith.

At the age of 16, she travelled with him to Makkah to perform Hajj and asked him to remain back and focus on his studies without worrying about money and expenditures.

B

SUFYAN AL THAWRI



An Imam in the field of Hadith, with over 800,000 Ahadith memorised.



He became an orphan when he was young, but his mother encouraged him to seek knowledge and excel in the field of Hadith without worrying about how to provide for himself or the family.

She would collect and spin the sheep wool and then sell it off to cover their expenses along with Imam Sufyan's study expenses.



5 IMPORTANCE OF MUTUAL CONSULTATION

Allah (swt) said, one of the greatest means of having a successful and an ideal family is through mutual consultation. There is no superiority and inferiority, everyone was created for a purpose and for a role to play.

For example, when Allah (swt) address the matter of suckling the baby:





“And if they both desire weaning through mutual consent from both of them and consultation, there is no blame upon either of them. And if you wish to have your children nursed by a substitute, there is no blame upon you as long as you give payment according to what is acceptable.”

Al Baqrah 2:233

This is just an example of dealing with an aspect of life, and it should be applicable in every case.





LESSON 3

MOTHER – THE ROLE MODEL FOR PEACE



6 CHILDREN AND PARENTS SUPPLICATING FOR EACH OTHER

Our children are an important aspect of our lives, they are our investment in this life who we leave behind as a continuation of ourselves. As the Prophet (pbuh) said, that good pious offspring will remember us in their supplications, and their righteousness will benefit us even after our death.





The Prophet (pbuh) said:



“When a man dies, his deeds come to an end, except for three: A continuous charity, knowledge by which people derive benefit, pious child who prays for him.”

Righteous parents worry about the future of their children and pray to Allah (swt) for their guidance and success. The biggest gain and aim one should have is achieving Paradise, and enjoying the company of those whom he/she loves; their family, spouses, parents and children.



“And those who pray, “Our Lord! Grant unto us wives and offspring who will be the comfort of our eyes and give us (the grace) to lead the righteous.”

Al Qur’an 25:74



“And those who believe and whose families follow them in Faith, - to them shall We join their families: Nor shall We deprive them (of the fruit) of aught of their works: (Yet) is each individual in pledge for his deeds.”

Al Qur’an 52:21



7 THE MUTUAL RIGHTS OF PARENTS AND CHILDREN

Islam cares a lot about raising children the right way, and that begins early on from the time of making the decision to get married. But, on the same time it also commands and emphasizes upon respect and obedience for parents.



“Serve Allah and join not any partners with Him; and do good- to parents.”

Al Qur’an 4:36





“Your Lord has decreed that you worship none but Him, and that you be kind to parents. Whether one or both of them attain old age in your life, say not to them a word of contempt, nor repel them, but address them in terms of honour.”

Al Qur’an 17:23

The very second command that the Qur’an gives us after the worship of Allah (swt) is to be respectful and dutiful towards our parents.

A man came to Umar Ibn Al Khattaab (ra) complaining about his disobedient son, so Umar (ra) asked for the son to be presented before him.



When the son was presented before him, he admonished him about his behaviour towards his parents, but the child asked him, “Yaa Aameeral Mu’mineen, don’t children have rights upon their parents too?” He said, true. He asked, “Would you please inform me about the children’s rights upon the parents?”

Umar (ra) said: “The first duty of a father towards his children is to choose an honourable and good mother to bear his children, and to give them a good name after their birth, then to teach them the Qur’an.”

He responded, “Yaa Aameeral Mu’mineen, my father has deprived me from all of these rights. He chose a dishonourable woman as a mother and named me Ju’la (Cockroach).





When people call me, I feel ashamed of myself, and furthermore, he did not teach me a word of the Qur'an. Umar (ra), looked towards the father and said:



“Aqaqtahoo Fa ‘Aqqak – you dishonoured him first and so he dishonoured you.”

It is a myth amongst some people to deliberately choose awful names for their children as means of protection from evil eye. They think that choosing an awful name would protect them from evil eye and help them live longer.



8

IMPORTANCE OF THE MOTHER IN A CHILD'S UPBRINGING

Raising the children is the most important task and responsibility laid on the shoulders of both the parents, but the mother plays the most important role in building the future generations.

You hardly see a great man except that a great woman is behind him, who left her traits in his personality and his behaviour with others. The child gets affected by his mother, as early as since pregnancy, when he is just a foetus in the womb of his mother. Not only the mother's diet, but her behaviour also definitely affects the child. It either brings him peace and tranquillity or anxiety and depression, and that's why there is a list of dos and don'ts.





The better a mother is at raising her children, the more successfully the Ummah is built.



“The mothers shall give such to their offspring for two whole years, if the father desires to complete the term. But he shall bear the cost of their food and clothing on equitable terms.”

Al Qur’an 2:233

After a child’s birth, the person closest to him is his/her mother, and the Qur’an recommends that the mothers should nurse and breastfeed their babies for two complete years.



It has been proven scientifically that breastfeeding the child yourself is the ideal choice because it promotes better physical and emotional health for the mother and the child.

Studies show that simply due to breastfeeding, mothers show lesser postpartum anxiety, and depression than formula feeding mothers.

Indeed, it is an awful practice to hand over the child to a babysitter or a maid to take care of him/her after, because it disconnects the child from the mother, who plays the most important role in shaping their future.

The Prophet (pbuh) said:



“All of you are guardians and are responsible for your subjects. The ruler is a guardian and responsible for his subjects; the man is a guardian of his family; the woman is guardian in her husband's house and responsible for her children.”





LESSON 4

BEING JUST AND A ROLE-MODEL FOR OUR CHILDREN



9 EQUALITY AND JUSTICE BETWEEN CHILDREN

Generally, peace is misunderstood as a sign of weakness or submission, but the Qur'an and Sunnah show otherwise.

According to the Qur'an and the Sunnah, peace can only be achieved if one is strong and powerful enough to be just, because there can be no peace without justice.

If someone thinks that they can bring up their children in a peaceful and comfortable life while injustice is practiced at home, then that's a dream that can never come true.





Nu'man ibn Bashir (ra) narrates:

“My father donated some of his property to me, but my mother Amra bint Rawaha said: ‘I shall not be pleased (with this act) until you make Allah's Messenger (pbuh) a witness to it.’ My father went to the Prophet (pbuh) to make him the witness of the donation given to me.



Allah's Messenger (pbuh) inquired with him, ‘Have you done the same with every son of yours?’ He said: ‘No.’

Thereupon the Prophet (pbuh) said: ‘Fear Allah and observe equity in case of your children.’ My father returned and got back the gift.”



In normal cases, a mother would be happy, especially if she is a co-wife when the father gives her son something that he wouldn't give the others but look at the behaviour of Umm Nu'man ibn Bashir (ra) and her wisdom in guiding her husband. Look at the beautiful Prophetic etiquette in explaining how justice is extremely important in raising the children because injustice is a major cause of discord, disunity, and hatred between children.

The father prefers one of his sons, or a son over a daughter, and that eliminates the peace and tranquillity from the society leaving the children hating each other until death due to the misdoing and injustice of their parents.





10 ACTIONS SPEAK LOUDER THAN WORDS



The Prophet (pbuh) said:
“I was sent to perfect good character.”



One of the great faults which many parents fall in is that they only verbally instruct the children to be well mannered and speak the truth, while they themselves do the opposite in their presence.

For example, when somebody calls and the child picks up the phone, the father or mother asks them to lie saying that they are not present even though they are available.



Though the parents ask their children to be truthful and honourable in words, but you ask them to lie for you in the practical world having the child to think that it permissible to lie in cases where it suits them.

Anas Ibn Malik (ra) narrates for us an example from his life about having Akhlaaq and Aadaab, to help the Ummah with the manners of the Prophet (pbuh).

The Prophet (pbuh) once tells him, 'Yaa Anas I want to send you some place, but keep my secret and do not tell anyone about it.'

Since Anas (ra) returned home later because of the Prophet's (pbuh) errand, his mother enquired about his whereabouts and what took him so long.



Anas (ra) said that the Prophet (pbuh) had sent him somewhere, but he was not allowed to disclose its details to anyone. Hearing these words, she said: 'Son, keep the Prophet's secret and do not reveal it to anyone.'



This is an eleven to twelve years old child who knew the importance of Amaanah (trust) and keeping secrets of people, and the mother being a perfect role model for her child. She does not try to incentivize or coax him into revealing the secret, but rather encourages into keeping the secret of the Prophet (pbuh). This is how the Muslim mother brings the Akhlaaq, peace and tranquillity to her household by being a role model.



LESSON 5

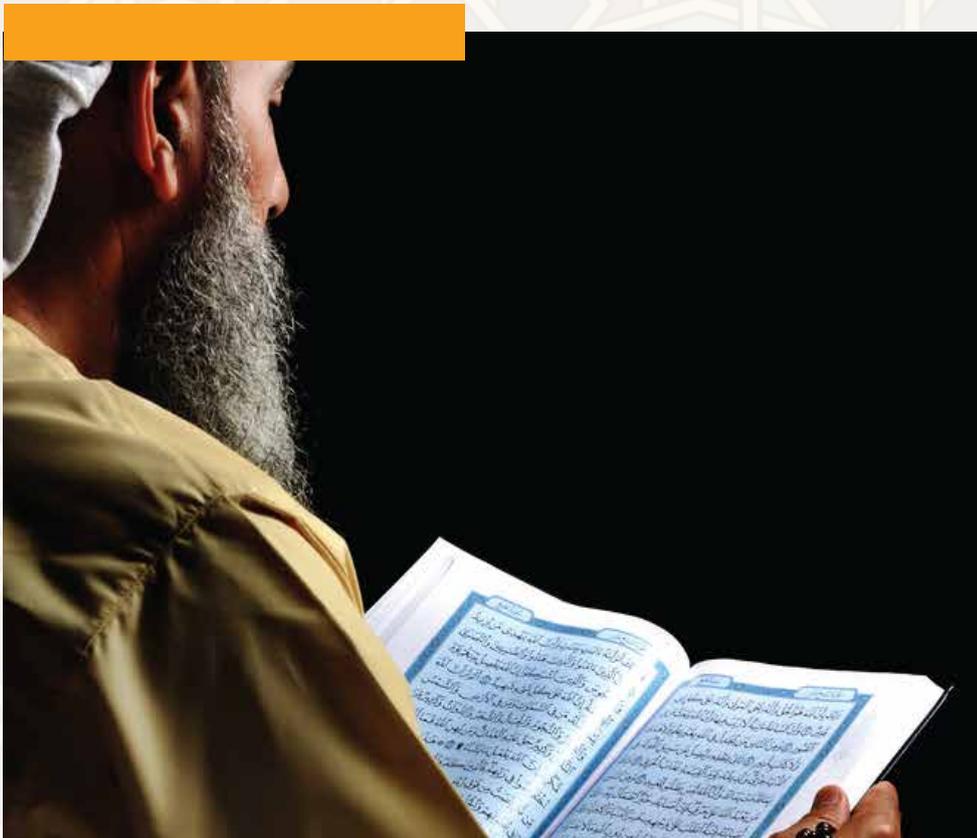
IMPORTANT CHARACTERISTICS TO INSTILL IN ONE'S CHILDREN



11 IMPORTANT CHARACTERISTICS TO INSTILL IN ONE'S CHILDREN

Our problem is that we do not read, and if we read, we tend to forget and not practise.

The Sahaabah (ra) would not just memorise the whole Qur'an in one go, but they would first understand and practise what they learnt before memorising the next verses. It took Umar (ra) ten years to memorise Surah Al Baqarah.





This is the right setup that we must follow with our children too, not just gaining knowledge but instilling in the right characteristics in the behaviour and making it a part of their daily life.

Among the important characteristics that a mother must pay attention to in teaching and instilling in her children for a peaceful and successful household are:





A

IMAAN AND TAQWA



Generally, Imaan and Taqwa are understood as to believe in Allah, His angels, His messengers etc, but the higher levels of Imaan are as far as the level of Ihsaan, Al Muraqabah – the concept of vigilance.

Unfortunately, when the kids go to school, they tend to carry their mask with them all the time. They mask their behaviour at home, while their normal behaviour will be whatever they behave whilst at school. The girl takes off her Hijab when she steps out of the house, and the child will hang around with those whom she loves, getting affected by peer pressure.



Nothing can treat this except instilling in them the awareness of Allah's presence at all times and in all places.

They must not only have the fear of displeasing their parents, but also have the awareness of Allah's presence and fear of displeasing Him whether in private or public.

B

AL UKHUWWAH – BROTHERHOOD



Al Ukhuwwah is the characteristic of mercy, love, caring and compassion.



Raising children is not only about giving them secular education, or making them an MD, a lawyer, or a dentist. The parents should also focus on giving them lessons from the Qur'an and the Sunnah because they have examples from the practical life of the Prophet (pbuh) and the Sahaabah (ra).

Aa'ishah (ra) narrates:

'One day she hosted a Miskeenah (poor woman) with her two children at her doorstep. She did not have anything to give her but three dates, so the mother gave each child a date.



When she was about to have the third date for herself, she noticed her daughters wanting that date too. She split the date and gave them each a half.

Aa'ishah (ra) was amazed with her, and when the Prophet (pbuh) returned, she told him the story.'

The Prophet (pbuh) remarked:

"Wajabat lahal Jannah (Paradise is guaranteed for her), Wajabat lahal Jannah, Wajabat lahal Jannah."





C

AL EESAR

Al Eesar – giving preference to your brother/sister over yourself despite the fact that you are in need is a very important quality that we must teach our children, and the mother is the best example to bring this understanding to her children.



“And entertain no desire in their hearts for things given to the (latter), but give them preference over themselves, even though poverty was their (own lot). And those saved from the covetousness of their own souls, - they are the ones that achieve prosperity.”

Al Qur'an 59:9



D

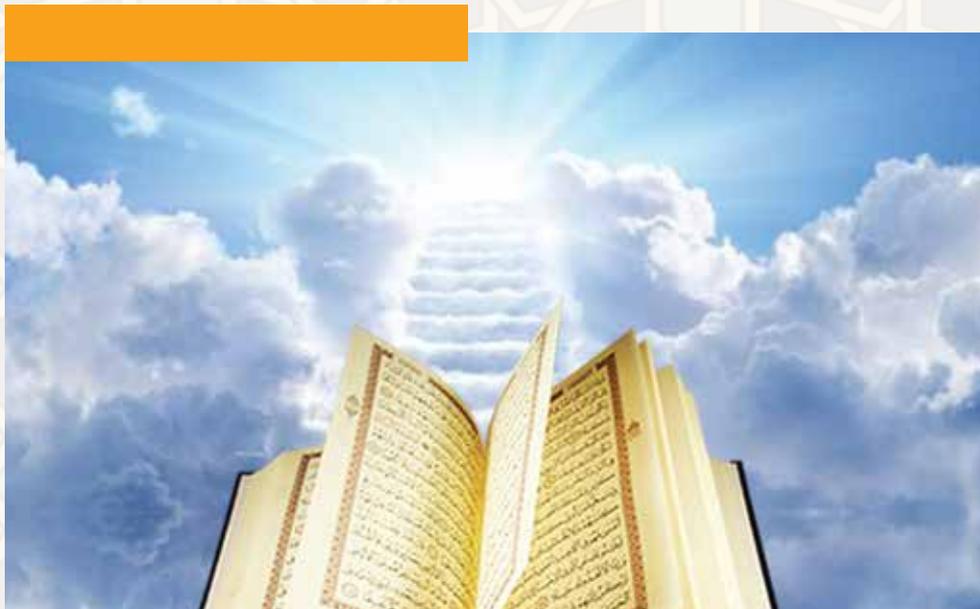
AL AFW

Al Afw (Pardoning, or to forgive) is like the idea of attaining peace.

Both may generally be understood as a sign of weakness, but they truly stem and cannot be achieved without strength and justice.

One day the Prophet (pbuh) said to his companions:

“A man from the Ahlul Jannah (inhabitants of Paradise) will enter upon you.”



The Sahaabah (ra) were looking at the gate with great anticipation, and Abdullah ibn Salaam (ra) entered.



Next day, the same incident occurred and on the third day too the same thing happened.

Abdullah ibn 'Amr ibn Al 'Aas (ra) got inquisitive and decided to figure out the reason for this glad tiding, so he made up a story and he went to stay with Abdullah ibn Salaam (ra) for three days.

During his stay, he did not observe any extraordinary 'Ibaadah (worship) from Abdullah ibn Salaam (ra), so he confronted him with the fact that the Prophet (pbuh) said that you will be from Ahlul Jannah, but I have not seen any special 'Ibaadah from you.





Abdullah ibn Salaam (ra) said:

“As you have seen, I do not do anything special, but when I go to sleep, I forgive everyone who might have wronged me. I do not worry about revenge or envy any Muslim but have love and wish good for everyone.”





LESSON 6

CONTEMPORARY CHALLENGES OF MOTHERHOOD & COMPREHENSIVE ADVICE



12 CAREER AND BEING A GOOD MOTHER – CAN THEY GO TOGETHER?

Many a time, women leave their kids with a babysitter when they go to work. And, at the end of the month when they calculate their salaries, they realise that they ended up working and saving only enough to pay the babysitter.

The important question to realise in such situation is to ask whether it was worth it to leave your child with a babysitter and go out to work.

Can there be any person or babysitter on earth who can replace the love, the care, and the warmth that a mother gives to her children?





Though many Muslim women may think that it's a shame to stay at home even after having acquired a professional degree, but if our children need us, then they should be given the precedence. It is perfectly fine if you can combine between both, especially if the family is in need for the financial support of the mother, but if the father is well off and the family is not in need for further income then it is better for her to stay back and look after her children because she is the best one to look after the house and the household.

We invest in our children; we give up our entire lives for them, so that they can be a successful continuation for our life.





Staying back home and taking care of her children does not mean she's wasting her education and career, but she can utilize her knowledge in helping her children and upbringing them the right way.

In conclusion, it is not unlawful for a woman to work, but she must take care to work in a permissible field and maintaining proper etiquette whenever needed.



13

COMPREHENSIVE ADVICE FOR THE CORRECT UPBRINGING OF THE CHILDREN

The Prophet (pbuh) has given us the perfect method of raising our children.

A

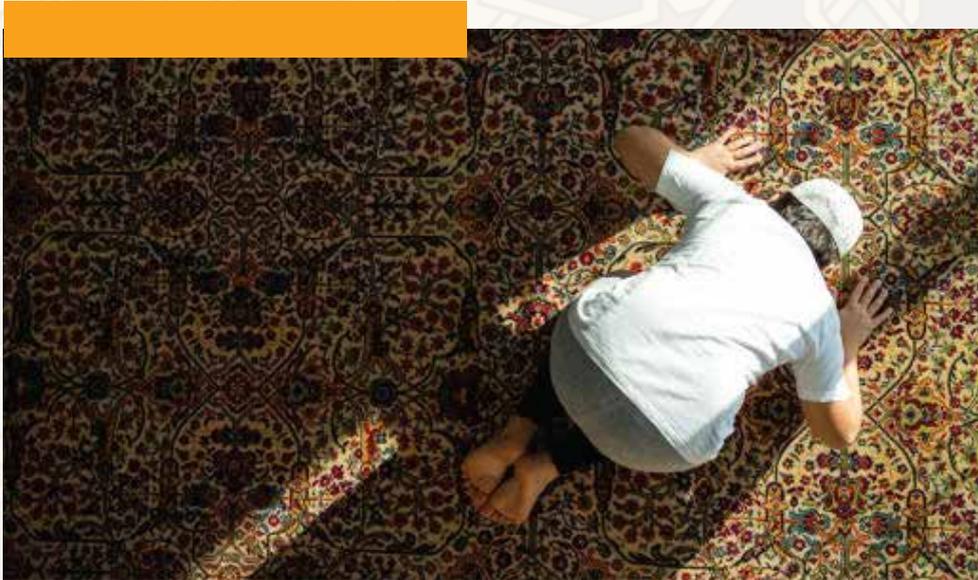
TEACHING SALAAH AND ITS IMPORTANCE



Prophet (pbuh) said:

“Teach your children the Salaah at the age of seven.”





Salaah, prayer is the most important part of one's Deen.

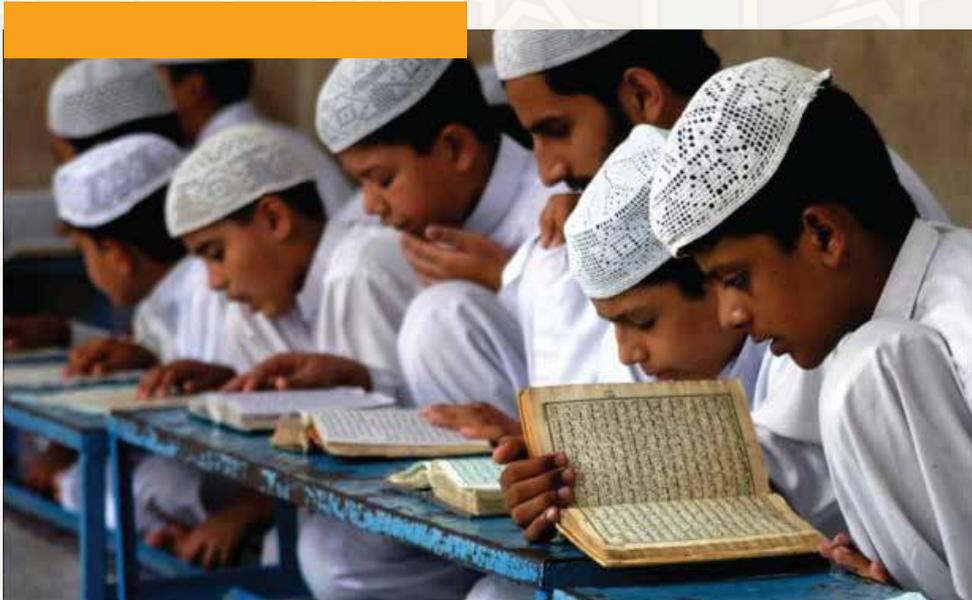
Once they start comprehending what Ibaadah is, whether Salaah or fasting etc., you need to explain to them the Maqasid (the aims) behind these Ibaadah so that they aren't performed only as rituals.

Teach them the wisdom behind the Ahkaam (rulings) so that they understand its importance and the reason for performing and practising it themselves.

**B**

TEACHING QUR'AN AND SUNNAH

Give importance to the Qur'an and the Sunnah of the Prophet (pbuh) as much importance is given to learning the third language and other worldly knowledge and encourage them to learning it as other academic subjects.

**C**

TAKING PRECAUTIONS IN THE ENVIRONMENT YOU PROVIDE

Be careful and take proper precautions before sending your children out to study alone.



You must examine the environment where you're sending them because peer pressure is a great issue.

It must be your priority and it is your duty to take care of their wellbeing and making sure that they don't fall into the wrong habits by utilizing every possible legal means.



“O you who believe! Save yourselves and your families from a Fire whose fuel is Men and Stones.”

Al Qur'an 66:6



D

MAKING DU'A

Make Du'a for your children, for it is one of the greatest weapons that a believer possess. It is a very important component that even though present in front of us, many of us are unaware of it. After the children grow up, Du'a is the only solution because it is hard to control your children or advise them after they grow up.

Abu Hurairah (ra) narrates:



“When I invited my mother to Islam, she said to me something about the Prophet (pbuh) which I hated. I came to the Prophet (pbuh) weeping and said: ‘Allah's Messenger, I invited my mother to Islam, but she did not accept (my invitation). She said to me something which I did not like. (Kindly) supplicate Allah that He may set the mother of Abu Hurairah right.’”





The Prophet (pbuh) said:

“O Allah, set the mother of Abu Hurairah on the right path.”

Hearing the supplication, I came out quite pleased and when I came near the door it was closed from within. My mother heard the noise of my footsteps and asked me to wait. She covered her head with a headdress and opened the door and then said: ‘Abu Hurairah, I bear witness to the fact that there is no god but Allah and Muhammad is His servant and His Messenger.’

Hearing the Shahaadah, Abu Hurairah (ra) ran back to the Prophet (pbuh) shedding tears of joy and said: ‘Be happy O messenger of Allah, for Allah has responded to your supplication and set the mother of Abu Hurairah on the right path.’



E

MAKE THEM LOVE THE DEEN AND ITS BEARERS

Invite eloquent scholars and speakers who can relate to them, bring them to religious gatherings and functions so that they know that the Shuyookh and the scholars are not only reciters of Qur'an, but they are academically educated too. They have excelled in different fields of medicine, many of them are engineers, and artists too.



QUESTION & ANSWER BUCKET





1

What should be done if parents command to disobey the commands of the Qur'an and Sunnah?

If anyone (father, a mother, or even a teacher) orders one to do something that is Haraam or goes against the teachings of the Qur'an and the Sunnah of the Prophet (pbuh), you should not obey them in such commands.



“But if they strive to make you join in worship with Me things of which you have no knowledge, obey them not; yet bear them company in this life with justice (and consideration).”

Al Qur'an 31:15



The Prophet (pbuh) said:

“No one should be obeyed on account of disobeying the Creator, Allah (swt).”



2

What is the importance of showing respect and obedience towards one's parents?

Disobedience and disrespect of parents is one of the major sins in Islam. If you want to be successful in life, your parents must be happy with you. The supplications of the parents are very important for a child's improvement and success in this life and the Hereafter.



“Your Lord has decreed that you worship none but Him, and that you be kind to parents. Whether one or both of them attain old age in your life, say not to them a word of contempt, nor repel them, but address them in terms of honour.”

Al Qur'an 17:23



The Prophet (pbuh) said:

“May he be disgraced! May he be disgraced! May he be disgraced, whose parents, one or both, attain old age during his lifetime, and he does not enter Jannah (by rendering being dutiful to them).”



3

Why is it important for educating the girls or women in Islam?

It is entirely against the teachings of the Qur'an and Sunnah to deprive any child, whether a boy or a girl or making distinction between them based on gender with regards to the education. We should educate them both and aim to give them the best of education possible.

Choose what you like, choose what you can excel in and reach to new heights, rather than trying to compete with men in every aspect of life.

For example, the profession of a gynaecologist is something that we must promote women to take up. It is a dilemma that even in Muslim countries, a woman has to go to a male gynaecologist because there are very few female gynaecologists, female doctors, pediatricians, and so on.

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The Guidance for Humanity

Based on the Glorious Qur'an and Authentic Hadith