MOTHERHOOD AND BABY CARE

IN ISLAMIC CULTURE

ERKAM PUBLICATIONS

MOTHERHOOD AND BABY CARE

IN ISLAMIC CULTURE

© Erkam Publications 2017 / 1438 H

MOTHERHOOD AND BABY CARE

IN ISLAMIC CULTURE

Original Title: İslam Kültüründe Annelik ve Bebek Bakımı
Author : Neslihan Nur Türk
(Child Care and Education Expert)
Coordinator : Yrd. Doç. Dr. Faruk Kanger
(Religious Education)
Medical Consultant : Yrd. Doç. Dr. Fırat Erdoğan
(Pediatrician)
Religious Matters : Lokman Helvacı
(Theologian)
Abdurrahman Bulut
Translator : Zeynep Adak
Redactor : Süleyman Derin
Graphics : Cihangir Taşdemir
Printed by : Erkam Printhouse
ISBN : 978-9944-83-640-1
Address : Ikitelli Organize Sanayi Bölgesi Mah.
Atatürk Bulvarı, Haseyad 1. Kısım
No: 60/3-C Başakşehir, Istanbul, Turkey
Tel : (90-212) 671-0700 pbx
Fax : (90-212) 671-0748
E-mail : info@islamicpublishing.org
Web site : www.islamicpublishing.org
Language : English

ERKAM PUBLICATIONS

MOTHERHOOD AND BABY CARE

IN ISLAMIC CULTURE

ERKAM PUBLICATIONS

CONTENTS

UNIT 1 13

MOTHERHOOD

1. MOTHERHOOD DEFINED 15
   a- Biological Definition 15
   b- Spiritual Perspective 19
2. MATTERS MOTHERS NEED TO BE AWARE OF 20
   a- Preparing for Marriage 20
   b- Pre-Natal Matters 22
   c- Matters pertaining to pregnancy 22
   d- Matters regarding birth 24
3. GIVING BIRTH 24
   a- Normal Delivery 25
   b- Forceps Delivery 26
   c- Vacuum Delivery 26
   d- Caesarean Delivery 26
   e- Epidural Delivery 277
4. MANNERS DURING DELIVERY 28
5. MATTERS REGARDING POST-BIRTH 28
   a- Adhan (Call to Prayer) 29
   b- Cutting of Hair 29
   c- Aqiqa 30
   d- Good Name 30

e- Circumcision 30
FROM A MOTHER'S TONGUE *(Short Story)* 32
RESEARCH TOPICS 34
DEBATE 34
ACTIVITY 34
Questions from Unit 1 35

UNIT 2 39

QUALITIES OF A GOOD MOTHER

1. PHYSICAL QUALITIES 41
a- Hygiene and Health 41
b- Clothing and Style 42
c- Attitude 43
d- Weight Consciousness 44
2. EMOTIONAL QUALITIES 44
a- Empathy and Sharing 44
b- Desire and Enthusiasm 46
c- Determination and Resolution 47
d- Patience and Sacrifice 47
e- Tolerance and Mercy 49
f- Love and Respect 50
3. SOCIAL QUALITIES 52
a- Confidence 52
b- Sensitivity to Society's Problems 54
c- Ability to relate with others 56
d- Assisting Others 57
4. INTELLECTUAL QUALITIES 58
a- Being Knowledgeable 58
b- Acting upon Knowledge 59
c- Practical Intelligence 60
d- Being Open to New Ideas 62

5. LANGUAGE QUALITIES 62
a- Speech Ability 62
b- Oratory Ability 63
c- Expression Ability 63
d- Capacious Vocabulary 64
e- Tone of Voice 64
6. PERSONAL QUALITIES 65
a- Observantness and Cognizance 65
b- Truth and defending rights 65
c- Reward and Reprimand 66
d- Trustworthiness 67
e- Keeping Up in Different Fields 68
f- Being able to apologize 68
g- Knowing One's Weaknesses 69
h- Modesty and Dignity 70
7. SPIRITUAL QUALITIES 70
a- Manners and Courtesy 70
b- Worship and Devotion 71
c- Peace and Repose 72
Short Story 73
RESEARCH TOPICS 74
DEBATE 74
ACTIVITY 74
Questions from Unit 2 75

UNIT 3 81

THE BABY

1. WHAT IS A BABY? 83
a- New born baby (0 – 40 days) 83
b- Breastfeeding Period (40 days until 24 months) 85
2. WHAT ARE THE MAIN NEEDS OF THE BABY? 86

a- Love, Attention, Trust and Safety 86
b- Cleanliness 87
c- Mother's Milk and Nourishment 88
d- Side Track 90
e- Clothing 91
3. FEATURES SHARED BY BABIES 91
a- Reflex 91
b- Being able to feed while lying down 92
c- Vomiting 92
d- Diarrhoea 93
e- Fear 93
f- Crying 94
g- Sleep 95
FROM A BUD TO A ROSE *(Short Story)* 97
RESEARCH TOPICS 100
DEBATE 100
ACTIVITY 100
Questions from Unit 3 101

UNIT 4 105

THE BABY'S DEVELOPMENT

1. DEFINITION OF DEVELOPMENT 107
2. FACTORS THAT AFFECT DEVELOPMENT 107
a- Biologic Factors 107
b- The Environment 109
c- Psychological Factors 112
3. FIELDS OF DEVELOPMENT 114
a- Physical Development 114
b- Movement Development 118
c- Social Development 121
d- Speech Development 124

e- Mental Development 127
f- Sexual Development 131
THE LESSON I LEARNT FROM A CHILD *(Short Story)* 134
RESEARCH TOPICS 136
DEBATE 136
ACTIVITY 136
Questions from Unit 4 137

UNIT 5 141

BABIES AND ILLNESSES

MAJOR ILLNESSES 143
1. FEVER 143
2. SEIZURES 144
3. PNEUMONIA 145
4. TUBERCULOSIS 146
5. POLIO 147
6. JAUNDICE 148
7. ALLERGIES 149
8. IMMUNISATION 149
9. FIRST AID 151
WHEN WILL WE TELL OUR CHILDREN ABOUT THE FIGS? *(Short Story)* 153
RESEARCH TOPICS 155
DEBATE 155
ACTIVITY 155
Questions from Unit 5 156
Answer Keys 158

FOREWORD

When I was told to write this book, I would have been as ecstatic had I been given tidings of heaven. This is because I needed to do beneficial work that will yield fruits to assist me after my death. In addition, this book would be written for our African sisters and many other beautiful sisters of our Ummah. The excitement that I began with did not reduce until the very last line....Now, as I write the foreword, there is a strong sensation of happiness inside of me; hope for the two worlds and the sweet content that doing something good brings with it.

Knowing The Creator and following His commands is what gives value to the human being. Health, repose and happiness come in the same way. What is crucial is that when we give service to humanity, we should simultaneously aim to please Allah the Almighty. This is a truth that we, as servants, should realize.

As women, we also have our own truth to realize. The woman is like the snow flake in its delicacy, sensitivity, sentiments, determination and its attractive powers....Yet, Allah the Almighty has also given us an extra gift, another quality which is important to the highest degree; Motherhood. If we look carefully, we realize that all the qualities found in our nature were given to us so that we could become good mothers. The immense amount of compassion, patience and love found in our hearts exist so that we can bring up a worthy human being.

If we have not forgotten that motherhood is the most difficult of careers then that is great. It is the most difficult to reach, however with Allah's grace, it has been made possible, for no woman could become a mother out of her own exertion. A woman's happiness is completed with motherhood. Every woman who strives to live up to the purpose she was created for, feels honored upon wearing the crown of motherhood.

We must not overlook that giving this crown its rights is an essential and lofty profession. This book will not just be a reminder of the worth

of your occupation and its particulars, it will also give you tips on how to be a successful mother.

We, as young women, learn about motherhood from the Quran and Sunnah. Like everything else we learn about in life, we also learn about motherhood from the same source. Therefore, with knowledge on how to be servants of Allah Ta'ala, we should never neglect asking Him for help while we raise our children.

May Allah the Almighty have mercy on us and all those who worked on this project.

Peace and Greetings to our beloved prophet's mother and his wives, our mothers. My peace and Greetings also go to the mothers who died as martyrs. Last but not least, my special greetings go to the one who went through so much pain to be the means in which I came into this world and raised me with much fatigue and toil, my worthy mother Emine DEMIR.

May everyone who reads this book with love and enthusiasm, have the privilege of receiving their mother's invocations and of giving invocations as mothers. Amin.

Neslihan Nur TÜRK

UNIT 1

MOTHERHOOD

In this unit, "motherhood" will be looked at from a unique perspective.

"Motherhood" will be defined followed by a discussion of what every mother needs to know and the duties that fall upon her.

CONTENTS

DEFINITION OF MOTHERHOOD

MATTERS MOTHERS NEED TO BE AWARE OF

SHORT STORY

RESEARCH

DEBATE

ACTIVITY

UNIT QUESTIONS

1. MOTHERHOOD DEFINED

a- Biological Definition

In the dictionary the corresponding meanings to the word "mother" are:

1)- A female who has given birth and 2)- A female animal with children.

Let's explore these definitions further:

A mother is a woman who carries a baby in her womb for months and then becomes the means by which this baby is brought into this world. She shares her blood, nutrition and feelings with the baby she carries inside of her. She experiences joy, pain and difficulties. In short, she experiences both the sweet and sour aspects of child-birth. Consequently, a baby shares all the characteristics of his or her biological mother. He or she resembles the mother both physically and in terms of character.

Whether a woman will become a mother is a matter decreed by Allah the Almighty. If a female takes measures that are in accordance with Allah's pre-destined measures then she can become a medium through which a child comes to this world, and hence earn the title "mother".

According to the above, we can deduce here that *"a child is not made but created!"*

A human being cannot be said to create another human. "Are you thinking of having children?" This question, commonly asked in Turkey[1] , is wrong to the highest degree. Humans are a very important creation of Allah the Almighty. A great miracle such as a human being cannot be referred to as "being made" as though referring to making soup or sweets.

To understand this further, let us explore the process of the development of a baby and a human being in more depth.

1. In the Turkish language when one is asked about having children, the word 'make' is used; for example: "Are you thinking of making children?"

Fertilisation

The reproductive cell of the woman is called the "ovum" or "egg". A woman regularly produces an egg every month. These are usually discarded from the body every month during the menstruation cycle. The egg travels from the ovary, where it stays until it has matured through the fallopian tube towards the womb. The egg, which is smaller than a dust particle, finds its way through the fallopian tube with the help of "cilia". The life of a mature egg is 24hrs. During this period, if the egg is not fertilised, it is discarded from the body.

The reproductive cell of the male is called "sperm." Millions of sperm cells can be found in semen fluid. Up to five hundred million sperm cells enter a woman's womb during sexual inter-course. The female womb is very acidic; This is to protect itself from harmful elements entering into it. Because of its acidic nature, millions of sperm cells die immediately. In order to survive this acidic environment, the sperm is reinforced with an alkaline substance. This helps thousands of sperms head towards the ovum. Only about 300 to 500 thousand make it to the ovum.

The sperm finds its way through the help of signals sent by the egg. The Sperm cells have a tail which enables them to move quite rapidly. They have 23 chromosomes protected by two strong shields. The sperm cells race off towards the egg at the speed of a motor-cycle. However-the ovum will only accept one sperm. Which one? You may ask? Of course, it's the strongest one.

Why does the sperm cell need such strength? Strength is needed because the egg has two different structures that guard it - a protective layer and a cover. When the sperm pierces this protective layer of the egg, the first layer that surrounds the head of the sperm is destroyed. The sperm then passes through the cover, the second protective structure, leaving its tail behind. If it enters with its powerful, constantly moving tail, then the egg would be destroyed. Thus, the sperm, as though aware of this danger, leaves its tail behind and enters the egg. During this manoeuvre, the sperm's Second protective layer is destroyed and its genetic code is revealed.

This code, made up of 23 chromosomes, contains the baby's genetic information or blueprint. The baby's

genes, carrying all the baby's specifications, will determine the baby's characteristics. Half of these genes come from the father. 23 chromosomes from the sperm and23 from the egg come together in an amazingly perfect system. In total, only 46 chromosomes work together to determine the baby's characteristics.

When the sperm and the egg come together, they form a structure called the 'zygote'. A short while after insemination, the cells begin to divide and multiply. Meanwhile, the zygote, with the help of cilia, continues to proceed forward in the fallopian tube. It takes around 4 days for it to reach the womb. Once the zygote reaches the womb, it is called an 'embryo'. The embryo finds itself a suitable place when it reaches the wall of the womb and clings on to it. The embryo then continues to grow through the process of cell division.

In a verse in the Quran, Allah the Almighty informs us of the "alaqa". This means a piece of flesh that absorbs blood. Do processes such as, the division into two of the zygote cells, their subsequent differentiation into different types of cells, the central cells forming the embryo and the outer cells forming the placenta, all take place under the command of the mother?

In order for the zygote to attach to the wall of the womb, it needs to secrete a particular enzyme which will dissolve this wall. Does the mother give these orders?

The placenta provides the baby with its nutrients and cleans the blood of dangerous elements. It also allows it to breathe. Because the organs have not been yet formed, the placenta does all the work for the embryo. The cord that connects the baby to the placenta is called the umbilical cord. It has three channels (2 arteries and 1 vein). The first one transports the nutrients and oxygen to the embryo. The other two remove the carbon dioxide acid and wastes away. Was this amazing umbilical cord, designed and created by the mother?

On the contrary, while all these formations take place, the mother and father are unaware of it. All they did was trigger the journey of the sperm to the ovum through sexual intercourse. Other than that, it is a miracle which human beings are absolutely incapable of creating. Most mothers remain unaware of this process for weeks.

There are even some mothers with previous pregnancy experiences who are unaware of their current pregnancies until the 32nd week!

A person who is oblivious to all this and then claims that they have 'made a child' is certainly vain and silly.

Let us review the above. A mother is a woman who becomes the means for a child being brought into this world, through the will of Allah Ta'ala.

If having a baby was something one was able to make on their own accord, then everyone's desires would have come true. In this scenario, we are faced with four possibilities:

1) Parents wish to have a child and Allah the Almighty gives them a child.

The parents want a child and do what is necessary in a way pleasing to Allah the Almighty. Allah the Almighty blesses them with a child through His kindness.

Instead of saying, Allah *the Almighty* graced us with a child, they may slip and say, "we decided to have a child" as though it was under their control. For them to have gotten what they wanted may appear to them to be a favour, but in reality, it may be a test of their egos.

2) Parents wish to have a child but Allah the Almighty withholds granting them one.

A mother and father may wish to have children and try in a way pleasing to Allah the Almighty without any success. In such a situation, the person comes face to face with the realisation that what he/she wills can only occur if Allah the Almighty wills it. This may seem an apparently difficult trial, but could in fact be a trial with quite positive results in terms of making one realise one's own helplessness

3) Parents do not wish to have a child and Allah the Almighty doesn't give them one.

The mother and father may not want to have children and take the necessary precautions allowed in Islam. Allah the Almighty does not give them children. In such a case, the person may make the grave mistake of believing that "as long as I don't want children, I will not have any". "If I want, I can have children, if not then I will not have kids." As with the fist scenario, it is a serious trial even though it may appear to be a blessing on the surface.

Islamically, it is permissible to perform "azil" (withdrawal prior to ejaculation). This is a protective measure on the side of the male. As for the female, all protective measures have risks and side-effects. The tying up of the fallopian tubes which is commonly called 'tube tying' unfortunately is nothing more than transgressing one's limits.

4) Parents do not wish to have a child however, Allah the Almighty gives them a child.

Parents may not wish to have babies and take the necessary precautions. However, they may still have a child. In this final situation, the person comprehends that ultimate power belongs to Allah the Almighty, thus realising a great blessing.

In having or not having kids or even deciding how many kids to have, one realises that all these decisions return to the "Creator" alone, thus comprehending how weak and powerless one really is.

This means that even though the mother and father are healthy, they are still in complete and utter need of Allah the Almighty's decree. If Allah the Almighty wills, the healthiest of woman would not have children and if He wills, the unhealthiest could have children. Accordingly, surrender, submission and contentment are the keys to happiness and success. Thus those who have submitted to the will of Allah and are content with it are at peace and success, whereas those who do not possess these two precious traits find themselves troubled and in a state of complaint.

Some people go to extreme measures in order to sterilize themselves while others go to extreme measures to have children. For those who can and cannot have children, a believer should not cross the boundaries set by Allah the Almighty.

Rather than overstepping the bounds of privacy, modesty and health in order to have children, it is best to submit to the will of Allah the Almighty and be content and pleased with it.

Having defined motherhood from a biological perspective, let us now examine it from a spiritual one.

b- Spiritual Perspective

With her mercy, compassion and love, a spiritual mother meets the moral and physical needs of the child. This caring mother may or may not be the biological mother of the baby. For example, if a baby's mother dies at birth and a self-sacrificing woman looks after the baby, she is his or her nurturing mother.

Motherhood is a very sacred institution which contains a lot of moral values. Hence, it is not enough to just give birth to a baby. In order to be counted as a mother, she needs to raise the child with lots of love and patience. Breastfeeding, nappy changing, seeing to the baby's cries all complete the biological aspect to being a mother. Being a mother does not just mean carrying the baby for nine months and giving birth. It also means taking care of the baby when it is most dependent and in most need. Those who fail in making these duties have not completely fulfilled their motherhood duties.

Motherhood is a very sublime occupation that comes with a lot of responsibility. A baby does not just need milk but a warm and caring embrace from his mother. That baby does not just need a cot but a safe arm to rest on. She wants to hold on to a smile coming from her mother. She needs understanding and patience.

In coming face to face with such a powerless and needy being, a mother realizes how great her responsibilities are and how strong her spirituality needs to be. From a moral perspective, motherhood is a very unique job that requires one to be there for all the baby's needs.

Our beloved prophet Muhammad peace be upon him said, "Heaven lies under the feet of your mother" (Ahmad, Nisai)

Accordingly, it is most fitting for us to place motherhood above any other career.

2. MATTERS MOTHERS NEED TO BE AWARE OF

a- Preparing for Marriage

A person is the product of the genes taken from his parents alongside his education and surrounding environment. Thus, in order to enhance the coming generations' attributes, one should take care of his physical and mental health.

For example, you! The one reading this book! Turn back and look at your mother, look at what you've been busy with until now. What kind of lifestyle have you settled on? What do you eat? What illnesses do you have, physical or mental? What are your strengths and weaknesses? For, all your illnesses, weakness, strengths and beauty will affect the generations to come who will inherit those genes from you.

If you would like to have virtuous characteristics such as bravery, honesty, generosity and maturity, you need to carry such values. However, if you don't have them naturally, attaining those values by training yourself will give your child the possibility of carrying such characteristics.

Does it end here? No! The spouse you will choose is as important as you are. This is because the child is a mixture of the mother and father.

If we look at this mathematically:

(Mother + Father) /2 = Child

If we look at this biologically:

(XX + XY) / 2= Child

Accordingly, your characteristics alongside your husband's characteristics are the founding components of your child. Your preceding seven grand-fathers and your husband's preceding seven grand-fathers also play a part in your child's traits. Therefore, you are not alone. You are the fruit of your mother's and father's ancestry.

We can deduce here that everyone has an effect on the outcome of the coming gener-

ations' quality. No one is independent of the past or the future. Accordingly, choosing a suitable husband is as important as training yourself to attain virtuous qualities.

If we look at the child from an arithmetic point of view, we see that the child is the equal sum of both mother and father. Nevertheless, we still hear phrases such as "he takes after his father!" or "He looks like his mother!" where praise is intended. On the other hand, when vent is intended, we hear phrases such as, "I don't know who this stubborn child takes after!" In this example, if neither of the parents carry the "stubborn" characteristic, after thorough research, you will certainly find that one person in the line of the past 7 generation carried the "stubbornness" trait.

These facts do not reduce our responsibilities. As these healthy children were given to us as a trust, we also have to look after their health. In addition, we need to set a good example of how we take care of ourselves as parents are usually the main role model of the child. Consuming cigarettes or alcohol gives a very bad example of taking care of the self.

On the other hand, it is possible to change negative qualities we were born with into positive qualities. Controlling anger, overcoming shyness and attaining good manners are all possible with the right education and training. This means that keeping away from extreme behavior and following the Sunnah of our Prophet peace be upon him are the best qualities to hand down to the coming generations, in the hope that our names will be remembered admirably for years to come.

This crucial matter can be summarized as follows: We must never forget that training ourselves tirelessly to attain good qualities will have a big impact on the generations to come. As such, we need to reconsider our temperaments. We need to change our irresponsible and empty lives.

Are there no exceptions? Does the child always carry his parents' dispositions? On the contrary, there certainly are exceptions. An oppressor can be born to a wise scholar and a wise scholar from an oppressor. We may not understand how or why, but it is in Allah's wisdom that a child with very negative characteristics may come from very good parents or vice versa. We can see this with the lives of Prophets Nuh and Yakub, peace be upon them. Many parents share their destiny with these blessed Prophets. We have probably seen such parents in our own circle of friends. Thus, we need to take our precautions but we must never forget that destiny belongs to Allah Ta'ala alone.

When choosing a wife, it is best to follow the beautiful advice of our beloved Prophet, peace be upon him, who said, "A woman is married for four reasons: For her wealth, her status, her beauty and her religion. Try to get one who is religious, may you be blessed."(Bukhari Book 62 hadith 5090).

We can conclude here that we must try our best even though we don't know what is pre-destined for us. We must also follow the commands of Allah the Almighty and the tradition of our prophet peace be upon him. In doing so, our personal lives, choosing a wife, wedding preparations, furnishing the house and our way of life will all be affected in a positive way. In adhering to the above, one would have prepared for marriage and would have also taken the first step to raising a child.

In light of the above, we can conclude that a child's up-bringing begins years before he or she is born. So difficult yet so amazing is this sublime and loving occupation.

b- Pre-Natal Matters

If a woman desires to have a baby, in addition to choosing the healthiest and cleanest food, she needs to take another careful look at her surroundings and friends. She also needs to be especially attentive and sensitive in performing her duties. For, wanting to be the means by which a child is born into this world, that is, wanting to be a mother, is a desire that requires care to the utmost degree. One is more likely to have a child with good manners and morals if the mother pays particular attention to her own manners from the beginning of the pregnancy. However, if despite all a couple's desire to have a baby, Allah Ta'ala does not grant them a child, what must one do? Extreme measures should be avoided and instead, one should focus on patience and dua with tranquility.

c- Matters pertaining to pregnancy

Pregnancy is the period in which the fetus that has formed in the womb, develops, grows, takes its form and gets ready for birth. Under normal circumstances, it takes nine months and ten days (280 days), sometimes more, sometimes less. The shortest pregnancy takes six months. It is possible for a baby who was born at six months to survive, however, it is impossible for a baby to survive under the six months term. This reality is mentioned in the Quran:

"…and the bearing of him, and the weaning of him is thirty months" (Al-Ahqaf, 46: 15)

"...and his weaning is in two years" (Luqman, 31: 14)

"The mothers shall give suck to their children for two whole years, (that is) for those (parents) who desire to complete the term of suckling" (Al-Baqara, 2: 233)

Allah Ta'ala says in the Quran: "And we have enjoined on man to be dutiful and kind to his parents. His mother bears him with hardship and she brings him forth with hardship, and the bearing of him, and the weaning of him is thirty months." (Al-Ahqaf, 46: 15).

A woman is filled with joy when she finds out that Allah Ta'ala has blessed them with a child. However, pregnancy also means weakness and difficulties. For, pregnancy like other blessings comes with obligations.

A pregnant woman is not an ill woman. Even though the whole body system begins to work differently causing periods of distress, it is not an illness. "Cravings" may be experienced in the first few months and sometimes throughout the whole nine months. Some pregnant women don't experience it at all. All in all, cravings are expected to last for less than four months. During the first term, it is best to take the required vitamins and minerals and to wear loose clothing.

The next two terms are generally easy without many problems. The changes in the figure of the mother are more obvious. The new enlarged abdomen begins to affect the organs. The heart, stomach, intestines, kidneys etc. are all affected. During the last term the mother constantly feels the need to urinate, has difficulty breathing and may experience difficulty when sitting down and getting up. It is with Allah's mercy that the mother's body gets over this difficult period. Allah Ta'ala gives her the strength to deal with all these changes for Allah Ta'ala does not burden anyone with more than they can handle.

As the baby grows in the womb, the mother shares more of her nutrients and blood with the baby. That is why calcium, iron and other nourishing elements become more imperative especially in the last months. This does not mean that the mother needs to become gluttonous or 'eat for two'. Gaining more nourishment does not mean eating more. Eating according to the Sunnah (the way of our beloved prophet (pbuh)[2]) is enough.

If a mother eats 'halal' food, begins eating by reciting the 'Basmala' (In the name of Allah Ta'ala), chews properly before swallowing and gives thanks to the Lord, then she has eaten according to the Sunnah.

In some pregnancies, Edema (swelling caused by fluid in the body's tissues) may be seen. Most pregnant woman experience this swelling to some degree. By regulating the salt intake, this problem can be overcome.

A pregnant woman should try to be as modest as possible regarding her clothing so as to cover her growing figure.

As the figure of the pregnant woman enlarges, she should try to cover it up as much as possible. Dressing modestly is not only part of a Muslim woman's life, but it is also a beautiful step of inspiriting modesty in the child. There is no need to broadcast the pregnancy to everybody or to go to the doctor too often without good reason, checking the ultrasound each time. This is unnecessary as well as unpleasant.

2. The abbreviation (pbuh) stands for peace be upon him.

Furthermore, it is very important for the pregnant mother to be in a peaceful state and keep away from tense surroundings. The baby does not just share the nourishment with his mother but also her feelings. With the formation of his ears, a baby can hear all sorts of sounds. Thus, the mother must not forget that she has a living being growing in her. This living being has feelings. It is affected and can be affective. It is a human.

d- Matters regarding birth

Giving birth is as great a miracle as the formation of the child in the womb. When the baby has matured and is ready for birth, he gives signals to show that labour is approaching. Interestingly enough, when a mother is due for birth, her feelings of affection and motherhood are increased. Feelings of mercy and compassion intensify along with vigour to complete household responsibilities. In short, energy and sensitivity are magnified in this period.

3. GIVING BIRTH

When the pregnant woman reaches the 37th week, she begins to experience small contractions. These contractions signal the coming of the labour. With each contraction, the baby's exit door is opened a bit more. Their intensity increases until it's unbearable. The only way to comprehend the intensity of these contractions is to experience it yourself. Some women feel as though their backs and legs are breaking while some feel the same pain in other parts of the body. Through this labour the baby's door is opened.

The name of this 'exit door' is medically called the cervix. The cervix is such an amazing passage. It stays closed until the birth is very close and the main contractions have begun thus ensuring that the baby stays inside. When the cervix is incompetent of fulfilling its job, a miscarriage is more likely to occur around 18 to 22 weeks.

The contractions before the birth are an amazing preparation for the birth. This painful preparation, much more difficult than the earlier months, is as though a mother is given her first real lesson in patience. In fact, any woman who has experienced labour and birth is indeed entitled to respect. Strangely enough, despite the great pain she goes through in labour, it is in her na-

ture to want another child. When the baby comes to this world, the mother with much tranquility hugs the baby as though she didn't go through any pain at all.

Giving birth is a perfect mixture of happiness and difficulty. It is a wonder how such two opposite feelings can unite at the same time.

Labour is an experience of a life time. However, it carries with it two important risks.

1) In terms of the mother's health, she could experience trauma, bleeding and infections.

2) In terms of the baby's health, he may not be able to adjust to the new world and this could lead to his death.

A mother who has faith that Allah Ta'ala will protect them from these risks and who believes that the birth is a channel of mercy for both of them, is indeed a good mother.

a- Normal Delivery

A normal delivery is the best method for the mother's and baby's health. In addition to being able to continue with daily life immediately and being able to breastfeed, it is through normal birth, that a mother could avoid the risks associated with surgery.

A normal birth is comprised of three stages.

1. The opening of the cervix with the pressure applied by the baby (4-10 hours).
2. The exit of the baby (1-2 hours).
3. The exit of the placenta (minutes after the birth).

Such a delivery takes place without any interference or medication in three stages with the help of a doctor or nurse. However, a tear in the cervix or perineal gland are possible in a normal delivery. A practical way to avoid such tears is to rub olive oil on the area prior to delivery.

The name of the area between the vagina and the rectal gland is called the perineum. During labor, the person helping the mother could massage the area in order to increase the elasticity. Another way to avoid this tear is called "episiotomy" were the doctor performs an incision in the vaginal and perineal skin then stitches it after the birth. This prevents uncontrolled bleeding and an unpleasant appearance during recovery.

The baby enters the birth channel as the head comes out of the cervix. The channel that takes the baby to the cervix is around 10cm long. Nevertheless despite taking all precautions, a cervical tear may still be experienced. In such a case, the tear must be carefully stitched straight after the birth takes place. If the area is not stitched, many problems, aesthetic and biological, may occur.

In 96% of births, the head is the first part of the baby to come out of the birth channel. The person overlooking the birth ties up the umbilical cord after the baby comes out. This umbilical cord was the means by which the baby received its needs during pregnancy. A "clamp" is used to tie up the cord. Instruments such as string can also be hygienically used.

The umbilical cord is cut 5 to 7 cm to the naval. The baby should be wrapped and dried with a clean and warm cloth immediately after birth. The baby is born with a cream like substance called "vernix". This substance protects the skin from germs reaching the sensitive skin. The excess vernix, blood and other birth remains are gently wiped and the baby is wrapped in another cloth. Meanwhile, the placenta is taken out. The mother can then rest in a hygienic room and breastfeed the baby as soon as possible.

All this becomes possible with great strain on the mother's part. She uses every inch in her body in the struggle to expel the baby. The baby could be in danger if the mother has heart problems, other physical problems or cannot continue because of exhaustion. Although rare, sometimes the uses of "forceps" or "vacuum" become necessary.

b- Forceps Delivery

Forceps look like long spoons with a handle. With its two handles, it is designed to help pull the baby's head out of the vagina.

c- Vacuum Delivery

The vacuum on the other hand is more like a bell with a pipe supplying negative pressure. After placing the bell shaped part of the vacuum around the head, negative pressure is slowly increased until it has a firm hold of the head. The doctor then holds on to the pipe and gently pulls every time the mother has a contraction until the baby comes out of the vagina.

Of course, unlike a normal delivery, any intervention in the process of a delivery carries with it certain risks. Another kind of delivery which has risks is a caesarian delivery. Nevertheless, if the delivery is going well and there are no problems, one should avoid all interventions.

d- Caesarian Delivery

A caesarian delivery is when a baby is delivered through a surgical procedure due to complications caused by the mother or the baby. It can only be performed in a hospital equipped for such an operation because it is a serious procedure. Many complications

can occur after the operation such as problems associated with the baby's respiration system or with the anesthetic given to the mother.

Some mothers are too frightened or cannot bear the thought of pain associated with normal birth and instead opt for a caesarian delivery. As such, they miss out on a beautiful and miraculous experience which is in fact a great blessing. Mothers who go through caesarian delivery cause damage to their bodies with the anesthetic and the medication given to them with their many side effects. If possible, the best way to have a delivery is a normal delivery for it is the natural way accompanied by patience. A mother can go back to her daily life one to two days after a normal delivery whereas with caesarian she needs around 7 to 10 days.

e- Epidural Delivery

An epidural is a regional anesthesia that blocks or reduces the pain in the lower part of the body. The mother is injected with anesthetic in the spine.

It is important not to fear labor because our destinies are known. Who will die and when, has already been decreed. If death has not been written in your delivery then no contraction or no mistake in the world can cause death. If however, the honor of death at child birth has been written then nothing and no one can save the mother. Therefore, a believing woman who aims to die as a martyr cannot possibly be afraid of labor.

Our beloved prophet peace be upon him visited Abdullah bin Rawaha may Allah be pleased with him when he was sick. The prophet peace be upon him said:

"Who do you reckon to be a martyr among you?"

The Sahaba replied, "The one who is killed in the way of Allah."

The prophet peace be upon him said, "In that case the martyrs among my people would be few! He who is killed in the way of Allah is a martyr; he who dies of plague is a martyr; a woman who dies due to pregnancy and a woman who dies during delivery, her baby will drag her into Paradise with the umbilical cord." (Musnad Ahmad 201,323; Darimi, 208; Tayalisi 582; Ibn-i Asakir, Tarih)

A woman should depend on Allah Ta'ala and overcome her fears whilst in labor. Fear interrupts the natural feelings a mother is meant to experience during her delivery. A fearful person cannot make correct decisions. A baby also feels his mother's fears and he too will not want to come out. This fear can even intervene with the baby's heart rate.

4. MANNERS DURING DELIVERY

Manners at birth are crucial. Covering up from strangers, prayers and moral support, the mother's spiritual state all have a positive effect on the baby's manners. A doctor who gives no importance to such values and delivers the baby in a very inappropriate manner deeply hurts and effects the mother's and baby's emotions.

A common position used in labor is stirrups. Whether this position adds comfort or ease to the mother giving birth is still in debate. However, it is clear that this position helps the person assisting in the labor.

"And the pains of childbirth drove her to the trunk of a palm-tree. She said: "Would that I had died before this, and had been forgotten and out of sight!" Then (the babe "Jesus" or Gabriel) cried unto her from below her, saying: "Grieve not! Your Lord has provided a water stream under you;

"And shake the trunk of palm-tree towards you, it will let fall fresh ripe-dates unto you" "So eat and drink and be glad, and if you see any human being, say: "Verily! I have vowed a fast unto the Most Beneficent (Allah) so I shall not speak to any human being this day."" (Maryam, 19: 23-26)

In addition to the nutrients and benefits of dates, we can also see the way in which the way holding onto the branches helped in her delivery.

Other than Surat Al-Inshiqaq, it is also advised to read the following verses especially during the birth.

"Your Lord is Allah, who created the heavens and earth in six days, then established Himself on the throne; He makes the night cover the day in swift pursuit; He created the sun, moon, and stars to be subservient to His command; all creation and command belong to Him. Exalted be Allah. Lord of all the worlds!" (Al-Araf, 7: 54).

"He makes the way easy for him" (Abasa, 80: 20).

5. MATTERS REGARDING POST-BIRTH

The first and utmost thing one must do after the birth is thank Allah Ta'ala! A miracle has been experienced in which a baby is in his mother's arms. By cutting the umbilical cord, the baby's physical attachment to his mother has ended and the placenta has fallen. The baby, with his limited freedom, is now in this world and is extremely in need of his mother.

The baby's first need is a cloth to be wrapped in and then her mother's arms where she will drink her milk. Most people think that the baby needs milk as soon as they are born, however the baby's first need is, in fact, to be covered. Only animals do not need this cover.

With the birth over, the mother's after-birth period begins. This period lasts for 40 days. Menstrual blood continues during these days. After the 40 days are over, a woman can take "ghusul" (ritual cleansing). The after-birth period is a time in which both mother and baby become very sensitive. It is a critical time for both of them physically and mentally. They should not leave the house much except when necessary. Instead, they should try to rest in a comfortable and tranquil environment.

It is recommended in this period of post-birth that the mother who just gave birth be accompanied by an elderly person in the family such as her own mother or mother-in-law. She should keep warm, eat healthy food and keep away from problems, physical and mental.

A new born baby's skin is very sensitive and anything that touches it may feel rough or cold. After the first bath, it is recommended to wipe the baby's skin with salty water so as to decrease the softness. Being around well-mannered people after the birth also adds to the baby's well-being. For, a baby's impressions in the first forty days are different to ours and they may be able to see and understand more than we know. They may even be able to see the 'real' person under their façade. After 40 days, the baby's impressions become more like ours and their hearing and seeing also becomes normal.

Let us now have a look at what a Muslim family needs to do after the baby is born.

a- Adhan (Call to Prayer)

It is Sunnah to recite the Adhan in the baby's ear as soon as she is born. It is most beautiful when a baby begins her life with the name of Allah Ta'ala. Abu Rafii narrated, "when Fatima may Allah be pleased with her gave birth to Hassan may Allah be pleased with him, I saw the Prophet peace be upon him recite the Azan in his ears."
(Abu Dawud 5105, Tirmidhi 1514)

b- Cutting of Hair

When the baby is seven days old, her hair is cut and the weight of the hair is measured. Silver or gold are then given in charity according to the weight of the hair. This is also a Sunnah of our beloved prophet peace be upon him who said to his daughter when she gave birth to Hassan may Allah be pleased with him:

"My daughter! Cut the child's hair and offer silver equal in weight to the hair as Sadaqah." (Tirmidhi Edahi 20-1519)

c- Aqiqa

On the seventh day, a ceremony in which a sheep is sacrificed, is performed. This ceremony is called the 'kurban'. If the guardians cannot perform the Aqiqa within seven days then it can also be done on the 14th or 21st day. If one cannot complete the Aqiqa on those days then it should be done as soon as possible. Our beloved Prophet peace be upon him said:

"Every new born is held in pledge for his Aqeeqah which is sacrificed on the seventh day, and he is named on it, and his head is shaved."(Sahih al-Jami, hadith no:4184, Abu Dawud 1522).

The aqiqa is then distributed cooked or uncooked.

d- Good Name

Naming the child a good name is one of the most important duties of the parents. For, a person's name is not only important in this world but in the next world in which he will be called by that name. The prophet peace be upon him said:

"On the day of judgment you will be called by your names and by your fathers' names; therefore keep you good names." (Abu Dawud, Adad, 69).

e- Circumcision

Circumcision is part of man's natural disposition (fitra). Abu Huraira narrated that the Prophet be upon him said:

Five practices are characteristics of the fitra: circumcision, shaving the pubic region, clipping the nails and cutting the moustaches short." (Tirmidhi, Adab 14).

Circumcision is performed on the seventh day, or until the child reaches adolescence.

The mother should follow up these details meticulously for the child is the mother's trust before he is the father's trust. Every mother who gives birth to a baby should feel that the baby is her trust. For, if she

knows that the baby is her trust, she would never deceive him. Some mothers feel as though their child is some type of goods, and so they order the child to do everything they want. Some also force their children to follow up their own dreams. This is wrong as the child is not some sort of robot that can accomplish everything for you or a type of play dough for you to play with. The child has his own personality with his own capabilities, talents and weaknesses. He came to this world with his own destiny.

Consequently, the mother should look at her baby after giving birth with awe, gratitude, respect and manners.

Short Story

FROM A MOTHER'S TONGUE

Being a mother is the best of occupations. However it is an occupation with no tea or lunch breaks or holidays. Difficult examination, difficult homework. Nevertheless, it is an irresistible profession. For some, it is unavoidable, for others, un-accessible. This is because man cannot create or annihilate.

Motherhood is the perfect mixture of happiness and pain. Remember the labor contractions and the baby's struggle. The pain, the birth, the screaming, the first greeting in this world, the confusion as what to feel, how to react. Do you cry or do you laugh? Smiling becomes a heavy reaction carrying with it many worries for the future. This new born, his future, this life, the next life; all these thoughts wisp through the mother's head.

Wanting this occupation, motherhood, does indeed require bravery. For, it is a trust that will require the mother to deal with many responsibilities and interrogations. Previously, the elderly would become sad when a baby was born contemplating the baby's destiny. Indeed there is wisdom in this. The mother is as wise as she comprehends wisdom, for she does not know what kind of child she will have. It is a job with no breaks. The more a mother comprehends her responsibility, the heavier the task becomes.

Even in her biggest rage, instead of saying, "may Allah reprimand you" she should say, "may Allah guide you!" It is about patience and compassion. The intense love of the mother for her child is but only a drop in the oceans of Allah's boundless compassion. His love for the creation is much vaster than a mother's love for her baby.

Being a mother really makes you feel powerless. As much as you try to do something, sometimes it just won't work. Say what you like but the child will do as he pleases. I'm talking about when you grind your teeth and say, "he's just being stubborn!" The shrugging of shoulders from the age of three until the age of twelve when they say, "don't interfere, I know what I'm doing!"

What happens when we lose our hope? In opposing Allah's flawless destiny, we are in fact acting like smart-aleck, misbehaving children. The self is lenient towards evil; therefore we must be vigilant in our actions and not act like mischievous children. We must take care of what we say. When shouting, "What kind of person are you? You never listen!" we should stop and think. We can then rephrase with another statement such as, "What is going to become of you! You never listen!"

After all these questions and reminders, let us think about the wisdom behind the phrase, "Whoever obeys Allah, shall be obeyed." It is so easy to find other people's faults, especially in one's own child. However, each person should look at their own mistakes and interrogate their own self. Their own short comings should make them cry. Once a person has cried because of their own short comings then that person has begun to find answers. "Be quiet" a beautiful voice says, "don't cry dear mother, or I will also cry…."

If we can teach our children to cry because of one's own faults, then it is enough, believe me!

RESEARCH TOPICS

- Speak to three women who have experienced child birth and discuss their experience and most memorable moments.
- Ask experienced women about other matters regarding pregnancy.
- See if there are biological mothers in your area who do not feel as though they are nurturing or spiritual mothers.
- Research the concept of "suckling mothers."

DEBATE

- "Money and career versus motherhood". Which would be your first choice? Debate in two groups.
- Should everything a child does be seen positively? How far should discipline go? Debate in two groups.

ACTIVITY

If your mother is alive, then call her now and thank her. Ask her to forgive you. If she has passed away then go and visit one of her close friends and talk about good memories of your mother.

Close your eyes and imagine you are a mother. Compose a poem about the feelings you just experienced.

Questions from Unit 1

1) **"The mother who gave birth". Which of the following fits this definition?**

   a) Biological mother

   b) Spiritual/nurturing mother

   c) Milk mother/suckling

   d) Grandmother

2) **What is the name of the mother's reproductive cell?**

   a) Sperm b) Zygote

   c) Ovum d) Embryo

3) **Where does fertilization occur?**

   a) The womb

   b) The fallopian tube

   c) The ovaries

   d) The perennial area

4) **Out of the millions of sperms that enter the womb, only one of them fertilizes. What are the special qualities of this sperm?**

   a) It has alkaline

   b) It has chromosomes

   c) It has two protective shields

   d) It is very strong and resistant

5) **How many chromosomes are found in the body?**

   a) 46 b) 44

   c) 47 d) 42

6) **What is the name of the organ that provides the baby with its nutrition, oxygen and maintenance needs?**

   a) Umbilical cord

   b) Placenta

   c) Lining of the womb

   d) Zygote

7) **Which of the following statea ments has trespassed its limits?**

   a) 'I want a child.'

   b) A child is not made, it is created.'

   c) As long as I don't desire to have a child, I will not have a third child!

   d) 'Precautions do not prevent destiny'

8) **Which of the following is the most difficult, sublime and worthy occupation a woman could have?**

   a) Writer b) Doctor

   c) Mother d) Engineer

9) Which of the following cannot be rented?

a) Land b) House

c) Car d) Mother

10) Which of the following is not needed by a mother ?

a) Compassion b) Manners

c) Patience d) Selfishness

11) Which of the following is not part of a woman's responsibility before marriage?

a) Taking care of the body and soul

b) Disciplining and educating oneself

c) Preferring to marry a religious and well-mannered man

d) Breastfeeding a baby with love for two years

12) Which of the following is incorrect?

a) Gestation period lasts at least six months

b) The duration of Breastfeeding period is two complete years

c) Postnatal period lasts 40 days

d) It takes 14 days for zygote to reach the womb

13) What is cervical insufficiency?

a) The placenta cannot provide the foetus with nutrition.

b) The muscles of the cervix are not strong enough.

c) Insufficiency of breast milk.

d) Inability of the sperm to fertilise.

14) Which of the following is not associated with normal birth?

a) Pain and contractions.

b) Moaning and fatigue.

c) Vacuum and forceps.

d) Inflammation and tears.

15) Which of the following verses from the Quran contain secrets about giving birth?

a) Fatiha b) Al Baqara

c) Maryam d) Ikhlas

16) Which of the following is correct?

a) 'The first thing a new born baby needs is a cover'

b) 'Adhan can be read in the ear if you like'

c) 'You can name your child anything'

d) 'You want to cut the baby's hair? Are you crazy!?'

17) What is the name of the Sunnah that is both spiritual and nutritious where the pulp of date is chewed and rubbed on the baby's palate.

a) Tahniq b) Aqiqa

c) Hajamat d) Dhikr

18) Which of the following is incorrect?

a) A child is a trust given by Allah Ta'ala to the mother and father.

b) The mother is the first person responsible for the child's manners.

c) 'halal food'[3] has a positive effect on a child.

d) One must do everything a child wants. A child must not cry.

19) What is the most important component when having a child at home?

a) Relatives making dua (prayers)

b) An experienced nurse.

c) Warm salty water

d) A heart that is not afraid and is completely dependent on Allah Ta'ala.

20) It is hoped that you have gained new knowledge by finishing this unit! If asked about how much knowledge you gained, what would you say?

a) A little

b) A lot

c) More than expected

d) What new knowledge? I still don't understand it!

3. halal food means eating from money that has been earned in a way pleasing to Allah Ta'ala

UNIT 2

QUALITIES OF A GOOD MOTHER

In this unit, the qualities that make a good mother are discussed in detail. Out starting point will of course be our faith. Let's begin with an overview of the unit.

CONTENTS

PHYSICAL QUALITIES

EMOTIONAL QUALITIES

SOCIAL QUALITIES

INTELLECTUAL QUALITIES

LANGUAGE QUALITIES

PERSONAL QUALITIES

SPIRITUAL QUALITIES

1. PHYSICAL QUALITIES

a- Hygiene and Health

Cleanliness is the most obvious characteristic of a Muslim. Our beloved Prophet p.u said, "Cleanliness is half of Faith" (Muslim, Taharah 1).

The obligatory prayers' first part is also cleanliness. Before Muslims can offer their prayer, they must be in a state of purification, spiritually and physically.

This means that cleanliness is composed of body, clothes, surroundings and spirituality.

A good mother must pay particular attention to her hygiene. Regular showers ensure a person's cleanliness. Other hygienic measures include cutting nails, brushing teeth at least twice a day and using the miswak.[4] Brushing the hair often is also a beautiful and healthy habit.

Even though cleanliness requires cleaning products, one should avoid synthetic shampoos and perfumes. Such products contain ingredients that could cause amnesia and skin reactions. The best products to use for hygiene are water, soap and masks made of natural ingredients.

A lady who takes care of her personal hygiene also wears clean clothes. In general, most people take care to keep their clothes clean. However, a garment that has been placed in a cupboard whilst damp produces an unpleasant humid smell. This cannot be accepted as a clean garment. Garments that have oil, onion, fish or similar stains or smells cause discomfort to society and are unacceptable. Allah Ta'ala says:

"And your Lord (Allah) magnify!

"And your garments purify!" (Al-Muddaththir, 74: 3-4)

People who pay special attention to the cleanliness of their surroundings, in addition to their body and clothing, set a very good example for the people growing up in the household. Children that grow up in a clean and tidy house will also be likely to keep the same high standards in the future.

A person who keeps their house tidy but is dirty in the street cannot be called 'clean'. A clean mother must show the same standards of cleanliness to the children, by being

4. Mistwak is a teeth cleaning twig derived from the Salvadora persica tree also known as the arak tree.

clean inside the house, in front of the house, in the street and everywhere she goes. Thereby she would be a true role model in cleanliness.

Cleanliness is one of the most important factors of health. Physical and mental health usually depend on cleanliness. A good mother takes care of her health by using clean ingredients and eating according to the Sunnah of the Prophet p.u In addition to nutrition, planning the day according to the Sunnah is certainly a strong way to maintain good health.

A healthy mother is more beneficial to her husband, the children and to society in general, for she needs a healthy body in order to serve those who depend on her. Accordingly, it is essential for a mother to look after herself by taking care of her health and staying strong. However, if Allah the Almighty decrees that the mother be tested, and if she falls sick, she should use her medication and be patient and content in the hope of passing the trial and gaining reward.

Lastly, I would like to add that it is very important for a healthy body, to keep the feet warm and to protect oneself from useless thoughts and the whispers of the Satan.

b- Clothing and Style

A Muslim mother dresses in a way that is both comfortable and acceptable in her faith. She should feel confident and 'herself'. Famous labels and ostentation are not on her mind as she aims to dress in a modest, plain yet stylish manner. As such, she would also be setting a beautiful example for her children. Our beloved Prophet p.u said:

"Whoever leaves valuable dress our of humility to Allah while he is able to afford it, Allah will call him before all of creation on the Day of Judgment so that he can choose whichever garments[5] of faith he wishes to wear"(Tirmidhi, Sifatul Qiyamah, 39).

In exception to the hands and face, every other part of the woman must be covered. Therefore, in addition to having commendable manners, an exemplary mother also dresses according to the way Allah Ta'ala ordered her to dress.

This is clarified in chapter Al-Ahzab verse 59:

"O Prophet! Tell your wives and your daughters and the women of the believers to

5. 'garments of faith' are the garments of paradise which are given to the people of faith.

make their outer garments hang low over them so as to be recognized and not insulted: God is most forgiving, most merciful."

One of the conditions of prayer is concealing the awrah.[6] Every Muslim man and woman desire their prayers to be exemplary and meaningful. A child learns most things by the way he is brought up. Imitation is the foundation of learning. Therefore, a mother's dress style will directly influence the child's dress style.

A virtuous mother must be meticulous in following the saying of the Prophet p.u regarding motherhood. For example, the Prophet p.u said "Allah cursed the men who dressed in the clothes of women and women who dressed as men."

"There will be women who will be dressed but they will be naked. Their heads will be like the humps of camels. They will not enter Jannah (paradise) and will not even smell the scent of Jannah while it can be smelt from a far distance." (Muslim, Jannah 52)

Clay jugs leak. Honey in a clay jug does not leak vinegar. As such, for a woman's faith and sincerity to be clearly reflected, she must display good manners and practice her faith with utmost care. A good mother is a representative of Islam in her clothing and manners.

It is more convenient for a woman's dress to be above floor level. This is cleaner and more modest. Colors and patterns that go together well add to the garment's beauty.

In short, a conscientious mother who dresses well in an elegant manner, sets a good example both graciously and admirably.

c- Attitude

Anybody who saw the Prophet (pbuh). stood in awe of him. Despite all his modesty and humbleness, his grandeur and majesty left the onlooker shaking. The one who saw him p.u would be shy at first, then he would fall in love. The way he p.u stood is a great example for all of us.

Aisha may Allah be pleased with her said,"I never saw the Messenger of Allah p.u laugh fully to such an extent that I could see the back of his mouth. He would only smile" (Muslim, Istiska 16).

Allah Ta'ala says in chapter Al-Furqan (25) verse 63: "The servants of the Lord of Mercy are those who walk humbly on the earth, and who, when aggressive people address them, reply, with words of peace."

This means that a mother must always be constant in her behavior and conduct in order to maintain a gracious attitude. As such, she would gain the respect of her

6. Awra literally means the private parts. It also includes the parts of the body which must be covered depending on whom the person is with.

children, husband, relatives and neighbors. In contrast, a careless and an irresponsible attitude, does not suit any mother. In addition to a healthy attitude, a good posture is very important for the physical appearance of the mother. No one desires a hump in their back from a young age. However in keeping a good posture, one must not become arrogant and rigid!

d- Weight Consciousness

Our beloved Prophet p.u said, "no human ever filled a vessel worse than the stomach. It should be enough for the son of Adam to have a few bites to satisfy his hunger. If he wishes more, it should be; one third for his food, one third for his liquids and one third for his breath." (Tirmidhi, Zuhd 47)

This hadith very clearly shows that a Muslim should be satisfied with little food. A person who eats little food is usually thin. Thin people look good in whatever they wear. They can breathe more easily, experience less fatigue and move more freely.

Therefore, it is vital to watch one's weight not only for aesthetic reasons, but also for health reasons. For those who say, "I am not satisfied with small meals", they should remember the Sunnah of chewing a lot. A bite which has been chewed abundantly before being swallowed helps the person be satisfied with little food.

A mother who strives to work hard to benefit society, is meticulous in her worship, watches what she eats and will not compromise her body form. A mother who organizes her life style with such care, will be a great role model for the children who will most likely have the same attitude with a more meaningful lifestyle.

2. EMOTIONAL QUALITIES

a- Empathy and Sharing

Being able to see other people's view points and their needs while also being able to understand their feelings is called empathy. Empathy is a very important characteristic especially when it comes to being a mother. For, a mother becomes very beneficial to her children when she can understand their world and be familiar with their characteristics.

The hand has five fingers. Each finger looks different and has a different function. A mother with several children is like the hand with different fingers. Instead of asking the little finger why it's short, one should understand where the little finger is coming from and treat it according to its particular situation.

We are as close to people as how well we understand them. It is crucial for a mother to be her children's friend. A child who shares her secrets with her mother, is safe from people who could hurt her and advise her wrongly, had she told them her secret.

A baby who cannot speak is only understood by the mother due to her compassionate nature. As the baby grows into a young adult, he may not share with his mother some of his problems. In such a case, the mother should have a talk with her son with the same sensitivity she raised him with. By solving the problem together, both of them would share a special experience to be remembered in the future.

An exemplary mother not only has good empathy with her children, but also with her husband and the people surrounding her. An example of such a mother can be seen in this memoire:

A newly married pregnant woman is waiting to greet her husband at the door. The door-bell rings and the lady opens the door happily, however her husband looks sulky and is very low spirited. The man loses his temper and shouts at his wife.

Let's freeze the scene here. If you were this lady, what would you have done? Each person would answer here according to their own character and attitude. However, this woman's response to her husband is not only commendable but also a great example. With no more interruption, let's have a look at the peak of empathy shown by this particular woman in this difficult situation,

After receiving this unjust treatment, the woman grabs her husband's wrist and kisses his hand then asks,

"darling, who made you so angry?"

– …

The crust of the matter is that a person who can win over other people's hearts and thence indirectly show people their mistakes, is a very special person indeed. Only a person that truly loves his/her spouse can be so hard on the self as to ignore it and deal with the situation in a way that will end the hostility.

We can also add here that empathy increases love. The more we love a person, the more we think about them. However, the thoughts should be about the person loved not the self. "I wonder how she feels, what does she want? What may she need?" If you are asking these questions then you have succeeded in being empathetic.

Sharing is the core of the matter. Instead of being puzzled and judging people, a person should improve their listening skills. If a mother can patiently listen to the son, then she will certainly be the person he will share his secrets with.

For instance, if the lady in the above example had responded with accusations, the question she asked him would have been certainly different! Instead of arguing with

him, she chose to find out the reason behind his actions and was hence able to ask him the crucial question that could fix the problem. Only a person who has strong faith can choose another person's self over their own self. Undeniably, this will lead to 'heart to heart' talks and very close friendships. In contrast, responding in a dramatic and negative manner would have only magnified the problem without any solutions.

Having heart to heart talks with others and sharing their problems is the duty of Muslims. Our beloved Prophet p.u told us:

"A Muslim is the brother of another Muslim, so he should not oppress him, nor should he hand him over to an oppressor. Whoever fulfilled the needs of his brother, Allah will fulfill his needs; whoever brought his (Muslim) brother out of a discomfort, Allah will bring him out of the discomforts of the Day of Resurrection, and whoever screened a Muslim, Allah will screen him on the Day of Resurrection." (Bukhari, Mazalim 3)

In short, a Muslim's character is centered around how one could help and benefit others rather than concentrate on the self. This is not only crucial for a mother, but advisable at the same time. Such a mother will not only be a source of mercy for her children but for society as a whole.

b- Desire and Enthusiasm

As a woman's journey begins as a mother, she realizes what an important career motherhood really is. The mother's immense love for her baby as she is pregnant continues with the same intensity and enthusiasm as the child grows. All this love is accompanied with reward from Allah Ta'ala.

Abu Huraira may Allah be pleased with him informed us that a man came to the prophet (pbuh). and asked him to whom he should be dutiful. The prophet p.u replied, "Your mother." He asked again, "then whom? "Your mother he replied. He asked, "then whom?" "Your mother" he replied. He asked, "then to whom should I be dutiful?" "Your father," he replied, "and then the next closest relative and then the next." (Muslim, Birr 2).

This hadith manifests how worthy a position the mother holds in Islam. This hadith also shows mothers the lofty honor that is bestowed upon for holding such a position. Respect and honor and being good to the mother are qualities praised in Islam and practiced by righteous people. Our beloved prophet p.u summarized how a mother should be treated as follows:

"Allah's pleasure with man is through the pleasure of the parents and His displeasure is through the displeasure of the parents." (Tirmidhi, Birr 3).

A mother who comprehends how worthy her position is as a mother, has no trouble in renewing her enthusiasm and motivation. It is debatable whether a woman who de-

sires to become a mother and becomes a mother with the grace of Allah Ta'ala, but then loses her enthusiasm and does not fulfill her duties is addressed in this hadith. Nevertheless, for the mother who endures her position and fulfills her duties as a mother, it is said, "Paradise lies under the feet of mothers" (Nisai, Jihad 6).

c- Determination and Resolution

Our Prophet Muhammad p.u was successful in all aspects of praise and honor. With regards to determination and resolution, he p.u was a great example for mankind and mothers in particular.

When Muhammad p.u began his mission as a prophet p.u he was persecuted by the polytheists who pressured his uncle Abu Talib to make him desist. The Prophet p.u replied as follows, "I swear by Allah, if they put the sun in my right hand and the moon in my left on condition that I abandon this course before He hath made it victorious, or I have perished therein, I would not abandon it."

Had he p.u not made that crucial decision at that moment, then we as an "ummah[7]" would not have existed and Allah knows best. When it comes to justice, determination and resoluteness, these are not only essential for us, but for the generations to come who need it for their journey on the true path.

Therefore, it is essential for a good mother to stand up for her beliefs and principles. On the other hand, a mother who is inconsistent in her actions and indecisive will only confuse the child who will not be able to understand right from wrong and will also have trouble determining what 'wrong' really is.

A mother who will raise and educate children, especially two and three year old children, must be consistent in her words and actions. In this particular age range, children generally cry and persist in their behavior until they get what they want. The mother should not give in to the child's screaming and tantrums, just to stop her. If she does, the child will persist in this behavior until it becomes part of her character. As such, with exception to acceptable demands, saying "ok, yes" to everything is not a wise response.

In order to stand up for justice and live up to it, determination and resolution must be part of the mother's character.

d- Patience and Sacrifice

Motherhood in the school of patience is like beginning school all over again. A woman who has not yet become a mother, has a lot of difficulty in diving into patience and the

7. 'Ummah' refers to the Muslim community as a whole.

ability to sacrifice for others. One cannot experience motherhood without sacrificing one's sleep, food and rest. Therefore, these two traits are inseparable from a real mother.

It is important here that we have a look at the real meaning of patience. Our beloved Prophet p.u says: "Verily, patience is at the first stroke of a calamity." (Bukhari, Ahkam 11).

Accordingly, when coming face to face with a difficult situation, one must not drift away from respect of Allah Ta'ala. Showing respect to Allah Ta'ala requires responding with calm and contentment.

We mostly see mothers being patient while looking after their children and educating them. The most difficult patience, which is also rewarded immensely, is the patience of a mother whose child has died. Our Prophet p.u tells us in his hadith, "A woman whose three children die will be shielded by them from the Hell fire." On that a woman asked, "if only two die?" He replied, "even two" (Bukhari, Ilim 36).

Every Muslim knows that problems and difficulties are only, and only a test. The trials in this world expose the degree of our faith and servitude to our Creator. Allah Ta'ala says in the Quran, "And surely, We shall try you till We test those who strive hard (for the Cause of Allah) and the patient" (Muhammad, 47: 31).

In addition, we should never forget the following hadith and always keep it on our minds, "Wondrous is the affair of the believer for there is good in every matter of his and this is not the case with anyone except the believer. If he is happy, then he thanks Allah and thus there is good for him; and if he is harmed, then he shows patience and thus there is good for him." (Muslim, Book 42, No 7138).

Problems, whether big or small, are difficult on the self. However, this weakness can be turned into strength through patience and prayer. Allah Ta'ala says, "O you who believe! Seek help in patience and prayer. Truly! Allah is with the patient" (Baqara, 153).

As difficult and rewarding as patience is, being able to sacrifice the self is just the same. Sacrificing time, energy, sleep and oneself are all part of the nature of the mother. The birth itself is sufficient to place the mother at the top of the patience and sacrificial list. Despite all the mother's pain at labor and its contractions, she shows serious ability to sacrifice herself, just in the hope of bringing a child into this world.

To go hungry, yet feed, to ignore one's needs and give the children their needs are well known qualities of the mother. An example of this can be seen in the era of happiness. Aisha may Allah be pleased with her tell us:

A poor lady came to me carrying her two daughters and I gave her three dates. She gave each daughter a date and raises the third one to her mouth to eat it, but her two daughters asked for it. She divided the date which she had intended to eat into two parts and gave it to them. I was impressed by her and mentioned the incident to Allah's mes-

senger. He said, "Allah has made Paradise mandatory for her" or "has liberated her by this from the fire."

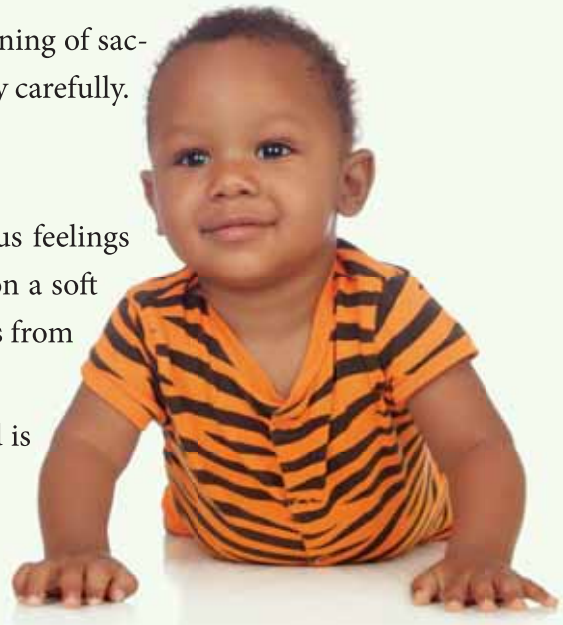
We should note here though, that a mother who wants to show care and sacrifice to her children should not take hold of all responsibilities thereby prohibiting the child from maturing and taking responsibility himself.

A mother who thinks that being the "exceptional mother" means running after the child and spoon- feeding him, doing the simplest tasks just so he will not get tired, hoping that he will never face problems and getting him everything he wants is actually harming the child. This cannot be termed self-sacrifice. Such a mother must give up such behaviors and teach the child responsibility. For, such negative behavior is not good for the child; rather, it causes the child to become incapable of facing problems or completing the simplest tasks.

We can witness this with many grown up children who despite their age, cannot eat by themselves, put on their shoes, do up their buttons or tidy up their room on their own.

No one can learn without experiencing, trying and making mistakes. Therefore, it is necessary for children to experience sadness, difficulty and hunger at times so that they get a chance to learn what life is really like. We should not disable children by seating them down so that they do not get tired, closing everything behind them, doing their homework and sewing their patches. We must never forget that we cannot feel the pleasure of being full without going hungry or reuniting without separating first or finding without deprivation.

Due to this reality, every mother should rethink the meaning of sacrifice for the sake of the children and measure her actions very carefully.



e- Tolerance and Mercy

There is no doubt that mercy is one of the most precious feelings given to the heart by Allah the Great. Mercy gives the person a soft approach, a smiley face, a forgiving nature, courtesy and tears from the heart.

We learn in a hadith that a person who shows mercy and is soft hearted to those close to him and to Muslims is promised paradise (Muslim, Paradise 63). Allah Ta'ala shows mercy to those who show mercy to his servants (Muslim, Funerals 33).

A mother who is merciful shows patience, understanding and tolerance to her children. The children in return, experience the joys and outcomes of tolerance, forgiveness and being forgiven.

Overlooking small insignificant mistakes is admirable. However, it is important to note here that some mistakes, no matter how small, are very significant especially when it comes to faith and belief. To ignore the smallest mistake in faith and creed is in fact a big mistake. To show tolerance to a child who neglects his prayer persistently will only cause him loss in this world and in the next.

To show mercy and tolerance to Allah Ta'ala's decrees and prohibitions is an ailment. One cannot be pleased with something that does not please Allah Ta'ala. This means that one cannot show tolerance when Allah Ta'ala's distinct commands are transgressed. Likewise, one cannot ignore someone who transgresses Allah Ta'ala's clear prohibitions.

The essence of mercy is to help the child gain the happiness of this world and the next. Giving the child lollies any time she wants, feeding her whenever she wants and letting her go wherever she likes is not showing her mercy. Sometimes a frown is more merciful than a smile. Just like a doctor, who shows mercy by giving the patient an injection prevent harmful microbes from spreading with the intention of saving him, likewise a mother must sometimes raise her voice at the child when reprimanding him with the intent of correcting a fault in the child.

Accordingly, mercy and tolerance should not be fake but real. Just as sacrifice is measured, mercy and tolerance should also be carefully measured. No mother wants her child to burn in fire. A mother with bountiful compassion naturally found in her, who desires for her children to succeed in this world and enter paradise, can attain her wishes by sincerely following the Quran and Sunnah.

f- Love and Respect

Love and respect are two very worthy traits. Love is a feeling which causes the person to feel close and be attached to a person or a thing. Love that is shown with care and measure is called respect. Throughout our lives we experience these two feelings towards many living and inanimate objects and we are well acquainted with them.

Naturally, we can learn about loving and being loved in the Quran and hadith.

Allah's Messenger said: When Allah loves some person, He sends for Jibril and commands him: verily, I love such and such a person; you should also love him, so Jibril loves him as well. Then Jibril proclaims in the heavens that Allah loves such and such person; you should also love him. Then the residents of the heavens love him as well. Then his love is sent down to the earth (Muslim, Birr 157).

We can see here that a person who is loved in this world, may also be loved by Allah Ta'ala. So who does Allah Ta'ala love? We can find the answer in chapter Maryam verse 96:

"Verily, those who believe (in the Oneness of Allah and in His Messenger Muhammad (pbuh)) and work deeds of righteousness, the Most Beneficent (Allah) will bestow love for them (in the hearts of the believers)."

A man came to the Prophet (pbuh). and said, "O Messenger of Allah, guide me to such an action which if I do Allah will love me and the people will also love me." He p.u said, "have no desire for this world, Allah will love you and have no desire for what people possess, people will love you." (Ibn Maja, Zuhd 1).

The love a mother shows to her child is part of her nature. Every mother loves her child. A person who truly loves only wants the best for the one she loves. Therefore, a Muslim mother who loves her child would only want to raise the child with utmost care so that he will grow up having commendable manners.

One night the Prophet (pbuh). knocked on Ali and Fatima's door and said, "will you not pray?" (Bukhari, Tahajjud 5).

This example clearly manifests the importance of encouraging the ones we love to be tedious in their worship no matter what their age is. It is also an invitation to do good wherever one is. The one who loves, desires maturity for the object of his love.

Our beloved Prophet p.u said, "A person will be with whom he loves on the day of Resurrection" (Tirmidhi, Daawat 98). This hadith shows the unity that arises from love, and stresses the continuation of the relationships we have in this world and in the hereafter. Thus we must take great care in choosing our friends and contemplate why we love and respect them, for it is a cause of happiness not just in this world but in the next world as well.

A mother who directs her children towards the truth and goodness classifies as a loving mother. In addition, a mother holds respects in her children's eyes as far as she is obedient to Allah Ta'ala. For, the completion of love and respect lies with loving and respecting Allah Ta'ala. Love that is accompanied with respect is always superior. That way, as both children and mother show love and respect towards each other, the loving bond between them grows stronger.

Love and respect between the mother and father directly affects the behavior of the children with them. Thus, we can easily say that a mother who loves her children should also show love and respect to the father. Likewise, a father who loves his children should also show love and respect to the mother. For, the children need these two sentiments in order to live a healthy meaningful life.

3. SOCIAL QUALITIES

a- Confidence

A person can only give what he has. Therefore, it is very important to know what merits and virtues a mother can give her children. Confidence is a trait that gives the person assurance of her own worth other peoples worth, her faith and her principles.

Confidence begins with feeling respect for Allah Ta'ala, for the physical way in which one was created. A person who is content with his physical appearance, from his eyebrows, eyes and hair to his color, cannot look at others with contempt for their physical appearance. A person who is content with his physical appearance is in fact content with his Creator, and this is the basis of happiness.

No one was asked how his nose, hair or skin should be like or what color they should be. No one was given this option. Our physical appearance was fully chosen by our Creator. Therefore, it is wrong to praise and feel proud of one's looks or in contrast, vent and feel bad about one's looks. No one gained their eyebrows and eyes because of their achievements. The blessings that we received without giving anything in return and our physical qualities that we have should only be reflected with feeling content and giving sincere thanks to our Creator.

Throughout history, black people were abused and mistreated because of their color by people who fell into stupidity. Nowadays, everyone knows that superiority is not by color. Superiority is achieved by awareness of Allah (Taqwa). A person who comprehends this fact would be saddened if people degrade her because of her color and nationality, or smile and pass if people exalt her, for Allah Ta'ala says:

"People, We created you all from a single man and a single woman, and made you into races and tribes so that you should get to know one another. In God's eyes, the most honored of you are the ones most mindful of Him: God is all knowing, all aware" (Al-Hujurat, 13).

The only thing that raises a person's rank is the degree to which he worships his Lord. This is also expanded upon in the hadith. Our Prophet p.u said, "Many a person with disheveled hair and covered with dust is turned away from the doors (whereas he is held in such a high esteem by Allah) that if he were to adjure in the name of Allah (about anything) Allah would fulfill that." (Muslim, Birr 138)

Accordingly, whether one is black or white, Arabic or not, there is no superiority except with the degree of piety one holds, in Allah's sight.

A person's sex also holds no station in terms of superiority. There are as many hypocritical and polytheist men as there are believing and virtuous women. Likewise, as much ill-mannered men there are, there are just as many well-mannered women. History is filled with such examples. The only way one could raise his station and worth is by being obedient to Allah Ta'ala. Therefore, people who become upset because they have a girl and praise and boast when they have a boy, is only and only because of ignorance, or a grave case of imbecility.

Islam orders us to put aside such simple judgments, and instead of looking at the color, race or sex we are asked to rank people according to their awareness of Allah Ta'ala. This means that Muslims need to know that a person is as worthy and beautiful as he is obedient to Allah the Gracious. As such, a person who realizes their worth and beauty can only become more worthy and beautiful, because Allah Ta'ala increases His blessings to those who think Him.

A mother who can look at the mirror every morning and be pleased with herself and smile, will surely pass this beautiful trait to her children and those around her. In contrast, a mother who looks in the mirror with despair and grief, what can she add to her children's lives?

A person who is content with himself is content with Allah Ta'ala and that is a very important step. Such a person could then give his belief, lifestyle, ideals and faith their worth and learn to represent them in his own world and the outside world. Therefore, confidence is not about being happy with your hair strands or skin color. Rather, it is a more encompassing concept that entails being content and pleased with everything given to you.

Confidence changes the person's posture, walk and looks. The onlooker feels respect towards that person, for, confidence means respecting the self. A person who does not feel respect for herself will not gain respect from the children, husband or anyone else.

A person who has made respect and confidence part of her core, will always have a positive and effective impact on others. If we look at any particular person who has made great changes in society or a leader who made a positive impact throughout history, we will find that all these people shared one common special trait; confidence that stemmed from being content with the destiny ordained by the Creator.

A mother who has accepted and comprehended this reality can pass on these traits to her children and live as a confident and happy mother. Happy people are successful people. With positive and productive steps, such people benefit those around them. A person who is able to smile at himself is also able to smile at the world.

A woman who respects her own beliefs, aims and view of the world becomes a representative of Islam just by her state. On the other hand, a woman who is uncomfortable and anxious that people will make fun of her, from her scarf to her prayers and fast, connotes a deficiency in her faith.

A person who has strong faith has strong self-assurance. Such a person does his work with all his heart, and is certain of the truth of his mission. He is unlike the one who becomes uneasy when it comes to worshipping rites because of fear of reaction from those around him. The best example of this is our beloved Prophet p.u who held on to his faith with all its grandness and glory. His confidence majestically reflected to the outside. It bore fear, respect and regard to those who saw Him (pbuh)

As such, a Muslim woman who sees an example in her Prophet p.u should act with dignity and respect everywhere she goes. As, for a Muslim, being self-assured means being assured with the power and mercy of their Lord.

Let's finish this topic with a short story to set an example:

A man lived in a village. Everyone knew him as a shy person who always bent down in humility. One day, he came back with a different walk and different style, nothing similar to his old style. When the people saw him with such confidence, they were surprised. They asked, "I wonder what the wisdom is behind this". The man gave them this response: "The master of the village hired me!"

The people were shocked, they said, "A person changed his walk because he became the servant of a landlord and we are Allah's servants!"

From that day on, the people in that village began walking with confidence and good posture having understood the wisdom in it.

b- Sensitivity to Society's Problems

Islam is a social religion. Each person, alongside singular worship, is also responsible in society. Dressing up, eating, praying and smiling are all part of worship. The use of the phrase, 'Islam is Life' is very accurate. A religion that even tells you how to enter and leave a toilet cannot be externalized from anything in daily life.

Consequently, a Muslim mother performs her obligations to her neighbors, relatives and people around, thereby avoiding a life that is cut away from society. Our Prophet p.u gave the following advice to the poor companion, Abu Dhar, may Allah be pleased with him, "When you cook soup add more water, remembering your neighbors" (Muslim, Birr 143). This means, that even if one has meager means, they should still try to give from whatever they can.

"He is not a believer who fills his stomach while his neighbor is hungry" (Haysami, Majmuzziwad 7/167). This hadith also points out the importance of looking after each other. One who is indifferent to the hunger around him cannot be thought of as a Muslim.

Hunger is not only the feeling you get from your stomach. The hunger of the heart, faith, thoughts and reflection are probably more important than the hunger felt in the stomach. Capitalism and materialism dragged many people away from humanity either through wealth or poverty. Those people are in dire need of help. This help can only come from those who found strength by following the Quran and the Sunnah[8] and are ready to serve in Allah's way. This means that opening the path, improving it and making it easy is our responsibility.

Our beloved Prophet p.u throughout his life, kept up his relationships with those around him no matter what their beliefs were. Whether they were relatives or neighbors, he p.u looked after their rights. Beginning with his relatives, we witness how he p.u did his duty as a Prophet in the best of ways. This means that one must not sever relations in his society whether the ones around him are believers or not, one should keep relations with neighbors and relatives.

When preaching Islam to his relatives, our Prophet p.u said, "Save yourselves (from the Hellfire) as I cannot save you from Allah's punishment; However I will not cut off my relationship with you because of our kinship. (Muslim, Iman 348-351).

In following the Quran and Sunnah, a mother must include in her daily program activities such as listening to those who are troubled, visiting the sick and helping the needy. An intelligent mother sends a bowl of soup to the neighbor with her child thereby instilling in him the desire to do good deeds and the joy that comes with it.

It is not sufficient to just save one's own life in this world and the next. Every Muslim should also strive to be the medicine of those who are suffering and volunteer to help those who need it, starting with those who are closest.

In any case, the obligation we have to explain and clarify Islam contains the solutions needed in society. With the increase of haram[9] being committed world-wide, the depletion of manners and understanding, each one of us must try to solve and better the conditions around us to our utmost ability. It is hoped that a child who is brought up with a mother, father and relatives who place importance on being a good and beneficial citizen of society, will grow up having a strong personality that is also ready to improve the world he lives in.

8. Sunnah refers to the way of life prescribed as normative for Muslims on the basis of the teachings and practices of Muhammad (pbuh)
9. Haram means forbidden in Islam.

c- Ability to relate with others

A special quality of a Muslim is his ability to get on well with others. For, a Muslim is responsible for complying with the rights of others, feeding his hungry neighbor and showing good manners. Allah Ta'ala says in the Quran, "Worship Allah and join none with Him in worship, and do good to parents, kinsfolk, orphans, the poor who beg, the neighbor who is near of kin, the neighbor who is a stranger, the companion by your side, the wayfarer, and those (slaves) whom your right hand possesses. Verily, Allah does not like such as are proud and boastful" (Al-Nisa, 4: 36).

Our beloved Prophet (pbuh). said, "Whoever wishes to be delivered from the fire and enter the garden should die with faith in Allah and the Last Day and should treat the people as he wishes to be treated by them" (Muslim, Imara 46).

In a different hadith, the Prophet (pbuh). said, "he who believes in Allah and the Last Day, let him show hospitality to his guest, and he who believes in Allah and the Last Day, let him maintain good relations with kins; and he who believes in Allah and the Last Day, let him speak good or remain silent." (Bukhari, Nikah 80). This hadith teaches us to be of good nature with others and to have good relations with them.

Allah Ta'ala says, "The believers are brothers, so make peace between your brothers and be mindful of Allah, so that you may be given mercy" (Hujurat, 10).

Our Prophet p.u also said, "He who makes peace between the people by inventing good information or saying good things, is not a liar." (Muslim, Birr 101)

The social religion of Islam gave each individual responsibility and duties towards another person. As such, the man is the shepherd of, i.e. Responsible for his wife and children, the woman is also responsible for her children. Each Muslim is bound to show love, care and kindness to his utmost ability to those closest to him, his relatives, neighbors and those in need without trespassing the limits set by Allah Ta'ala.

It is of utmost importance that those who possess good manners, illuminate this beauty on others by propagating Islam, ordaining good and forbidding evil and giving a positive touch with every step they take. As such, a mother who is blessed with Islam and knows that she was created to fulfill her crucial duties, can only teach her children to get on well with others by living up to what she preaches herself. A child who grows up watching people get on well with each other will copy what they say and will most probably be similar in her own interactions with others in the future. In contrast, a child who grows up in an environment where the parents adopt a bad lifestyle and are difficult in their nature, is in danger of seeing them as role models and copying their behaviors in the future.

Whether we notice or not, a child watches carefully her mother's every action and reaction. Her attitude with those she is dealing with, the words she chooses and her tone of voice, her welcoming and fare-welling, her looks when offering food… all these and more are noted with great precision by the child. Children resemble their parents as much as the mirror does. That is why, when a mother deals with others, she needs to take these facts into account. After the transcendent camera, there comes the camera at home that is shooting everything it sees. One should take precautions of this "child camera" and act according to it.

d- Assisting Others

Sharing abilities and opportunities available with others is called "assistance". This definition includes money, thoughts, feelings and many other things. This means that when using the term "helping", not just material opportunities, but sharing the richness of morality and spirituality is also included. Money, thoughts, feelings, time and many other worthy blessings can be shared. However, the important thing is to know what is really needed. If a Muslim mother can prevail in this by being sensitive to the needs of her children and helping them according to what they need, then she has succeeded in being a very good role model for her children.

The Prophet (pbuh). said, "every day the sun rises, charity (sadaqa) is due on every joint of a person. Administering justice between two people is a charity; and assisting a man to mount his beast, or helping him load his luggage on it is a charity; and a good word is a charity; and every step that you take (towards a masjid/mosque) for prayer is a charity; and removing harmful things from the road is a charity" (Bukhari, Sulh 11).

The biggest and most important form of help a mother can give her children is to bring them up with Islamic values and manners. However, besides bringing up her children as good Muslims, a mother is not responsible for the children that do not belong to her. Nevertheless, if she takes it upon her to educate them and teach them Islamic principles, then it is indeed honorable of her.

For example, by sending some of the food she made to her needy neighbor with her 6 year old son and 8 year old daughter, then she has helped both her children and her neighbor. How, you may ask? Well, she helped her neighbor by giving them food, and her children by teaching them to help others.

By helping others, both the giver and taker feel the divine presence. For, the taker gets relief and the giver is saved from selfishness. Thanking others is thanking Allah Ta'ala. Therefore, by thanking the giver who is given the ability to pass on Allah's blessings, we are in fact thanking Allah Ta'ala.

We learn the best form of thankfulness from our Prophet p.u who says, "If good is done to someone and then they say 'Jazakullahu khayran' to the one who did the good, they have indeed praised them well" (Tirmidhi, Birr, 87).

The core of helping is, knowing that the giver is only placing a trust where it belongs. For, a blessing that comes our way is in reality, only a trust given to us by Allah Ta'ala. Handing down the trust without any deception, and putting it in its rightful place in all honesty, does not make one only generous but trustworthy as well. In addition, thanking begins by using the blessings where they belong. Allah Ta'ala says in the chapter of Ibrahim, "Remember that He promised, 'If you are thankful, I will give you more'" (7).

One of the greatest blessings given to women is 'motherhood'. This blessing in itself requires a lot of gratefulness and contemplation. A child who grows up in an environment filled with clean and healthy nutrition, faith, love, mercy, and appreciation with a strong moral foundation, will indeed have taken the assistance she needs.

4. INTELLECTUAL QUALITIES

a- Being Knowledgeable

Knowledge is encompassed by the information processed in the brain, noticed, researched and contemplated. Knowing something well i.e. mastering a science, is a precious virtue. A person who knows the truth can point out what is wrong. A conscious mother does not blindly follow the sayings of others and thereby risk making erroneous mistakes.

Allah Ta'ala says in the chapter of Taha, verse 114, "and say: "My Lord! Increase me in knowledge". We also notice the verse, "Say: "Are those who know equal to those who know not?" (Al-Zumar, 39: 9). In another verse, Allah Ta'ala says, "Allah will exalt in degree those of you who believe, and those who have been granted knowledge" (Al-Mujadilah, 58: 11). We can see from this verse, the stress and importance given to knowledge.

Our Prophet Muhammad Al Mustafa p.u said, "There are only two to envy; a person whom God has given wealth and he spends it in the right way, and a person whom God has given wisdom (religious knowledge) and he gives his decisions accordingly and teaches it to others (Bukhari, Ilim 15).

Therefore, having knowledge is a necessity for every Muslim. Likewise, a mother should have knowledge of history, events and general knowledge in order to have a more effective role in her children's education.

The Prophet (pbuh). said, "Whoever follows a path in order to seek knowledge thereby, Allah will make easy for him, due to it, a path to paradise" (Bukhari, Ilim 10). Just as knowledge can be enriched by reading books, it can also be just as enriched by carefully taking note of one's surroundings, conversing with experienced people and by building up on one's own capabilities. Attending spiritual programs and researching also increase our knowledge immensely. A mother should firstly and most importantly build up her knowledge in the foundations of Islam. She needs to be knowledgeable in this field because religion goes along hand in hand with life. This means that every step and every breath we take, every bite we eat, basically in everything we do, we must follow Allah's commands and avoid what is prohibited.

Accepting information without checking the sources can be misleading. While educating children, and in every experience one has, the Quran and Sunnah should be the touchstones. In order to achieve this, one must have a good base of knowledge. This strong basis helps the person to increase their cultural awareness and also see life and people in a better light. For example, a woman who has a good foundation in Islamic studies, decides to research motherhood and baby care. Her research in addition to her Islamic knowledge, will be an enhancement to her knowledge. We can measure many other activities the same way, such as knitting, sewing, looking after plants, choosing colors and designs, cleaning the house and keeping it tidy, all these activities will be an enrichment to the knowledge one has already attained.

Having a lot of knowledge is useless if it is not applied in life and used to improve our state. Allah Ta'ala tells us in Chapter Al-Juma, verse 5 that the Jews who were given the Torah and did not obey it are "like donkeys carrying books." Allah Ta'ala wants us to practice what we know. Allah Ta'ala says, "Enjoin you Al-Birr: (Piety and righteousness and each and every act of obedience to Allah) on the people and you forget (to practice it) yourselves, while you recite the Scripture (the Torah)! Have you then no sense?" (Al-Baqara, 2: 44). These verses highlight the importance of knowing and practicing what we know.

b- Acting upon Knowledge

The foremost element of knowledge is, 'knowing the self'. Knowledge adds comprehension and beauty to all knew information. A knowledgeable person says, "I know." A knowledgeable person is also aware of what she does not know. Knowing one's weaknesses, capabilities and being able to use them in their right place is also a part of acting consciously upon knowledge.

For example, a mother who has knowledge of prayer knows the details of prayer such as; timing, rakats, rulings, obligations and Sunnahs of the prayer. A knowledgeable

mother does not stop at knowing, rather, she gives the prayer all its rights and as such becomes a great role model for the children to follow.

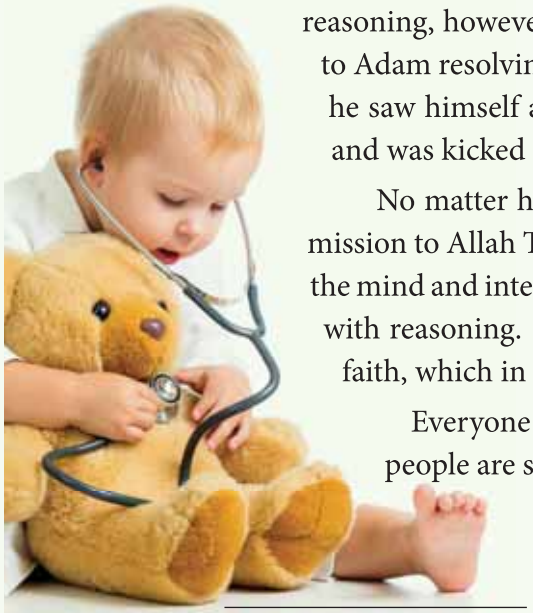
We can use another example to explain further: A mother who has knowledge of fasting, knows the obligation of fasting, when it can be broken and the meanings of suhur and iftar[10]. A knowledgeable mother fasts in the best way she can and helps her children to wake up for suhur and to get used to fasting. In information, there is theory, while in knowledge one performs what he knows giving the action what it is entitled to completely.

A Muslim mother who 'gives all she's got' and adds sincerity to her knowledge, is indeed an admirable mother. For, those who can affect people's hearts are 'gnostics' who apply the knowledge they have. Allah Ta'ala brings our attention to this reality with the following verse; "Enjoin you Al-Birr (piety and righteousness and each and every act of obedience to Allah) on the people and you forget (to practice it) yourselves (Al-Baqara, 2: 44)."

c- Practical Intelligence

Intelligence is a combination of the person's thinking process, reasoning, understanding, judgment and the ability to assess a situation. No doubt, intelligence is a major blessing, although only when it is used in harmony with the teachings of Islam. When intelligence is used in opposition to what has been revealed i.e. to the divine source, it can be a very dangerous enemy.

We can expound on this using Satan as an example. He had been raised to such a degree as to reach the level of the high angles. Satan had intelligence and used his reasoning, however in opposition to Islamic teachings. He refused to bow down to Adam resolving that Adam was made of clay while he was made of fire and so he saw himself as 'greater' than Adam. Hence he disobeyed Allah's command and was kicked out of paradise.



No matter how intelligent one is, if his intelligence is not in complete submission to Allah Ta'ala, he can blunder because of his intelligence. That is because the mind and intelligence are limited. Not everything can be solved and answered with reasoning. Subjects which the mind cannot reason fall into the sphere of faith, which in turn helps the person from completely losing his mind.

Everyone processes information at different levels of intelligence. Some people are smarter at mathematics, while others do better in literature. Not everyone can write a book. Not everyone can become an engineer or a surgeon and perform operations. Allah Ta'ala gave

10. Suhur and Iftar are the meals allowed while fasting, before dawn and after dusk respectively.

each person different strengths and with these strengths, people have been given the blessing and opportunity to help humanity at large.

The person who invented the atomic bomb has different intelligence to the person who wrote the 'Masnawi'. People with the same intelligence capacity can do good or evil. We have witnessed that, people who caused mass destruction and devastation throughout history had a very high level of intelligence. This means that intelligence on its own is not beneficial. It is only beneficial and worthy when it is used for good and to serve the truth.

While a clever artist puts his signature on his rude and immoral painting, another clever artist may be finishing his scenery painting which could become a cause of reflection for many people. While a witty writer may use his abilities to misinform people, another witty writer may use his abilities to encourage people to the truth and to virtue. We can hereby compare intelligence to a tool that is measured according to what it is used for. After clarifying intelligence, we can now move on to practical intelligence:

The ability to solve a problem in the fastest and most fitting way is called practical intelligence. A mother who has practical intelligence will be less likely to fall into the sphere of incapability with the children. She has less trouble answering their questions. Thinking fast leads to acting fast. Hence, a mother finishes her house work fast, spends less time in the kitchen and can therefore spend more quality time with her children.

Every task has an easy way. Practical intelligence is the ability to discover the easy way fast and use it in its rightful place. People blessed with practical intelligence show originality in their productions and leave others admiring their answers. Let's expand further using examples from history:

As a child, when Fatih Sultan Mehmet (the conqueror-to-be of Istanbul) was being naughty, his father Murat Han II would say, "What a naughty child you are! Nothing will come of you!". At the scene, there would be one whose heart is open to divine presence, 'Akshamsuddin'. He would smile and say, "What does the father say, what does destiny say."

Sultan Yavuz Selim, like many other Ottoman Sultans, kept secret his journeys for the well-being of the State. In one case, one of his viziers was very persistent in knowing which country they were heading to. Sultan Yavuz asked him, "can you keep a secret?" The vizier became hopeful and said, "yes Sultan, I can." Yavuz Selim replied, "So can I."

The Muslim poet Mehmet Akif Ersoy was originally a veterinarian. One day, a young man asked him in a deriding manner, "you were a veterinarian weren't you?" Mehmet Akif answered with practical intelligence and confidence, "Yes, how can I help you?"

d- Being Open to New Ideas

Innovation is used to make our lives easier. Innovation begins with taking the old ways and making them more useful and of better quality. Innovations are a blessing as long as they cause no physical or mental harm, do not go against human nature and are in accordance with the Quran and the Sunnah.

For example, a mother who washes clothes can greatly benefit from the washing machine. It is an innovation that will benefit her and reduce her fatigue. As long as no harmful detergents are used, the machine has no side effects. There are many other similar examples of technological machines.

Novelty does not only ease our daily life. New ideas can also ease and improve our education system by using new teaching methods. A new way of easily memorizing a piece of information is one example.

There is no place for fanaticism in Islam. One cannot reject a new opinion, conviction or method without thinking it over first. Debate and criticism are allowed. However, all this is done without compromising one's beliefs. Everything must be measured according to the Quran and Sunnah.

5. LANGUAGE QUALITIES

a- Speech Ability

People can be understood by the way they speak. That is why it is important to speak properly and be able to describe feelings well, in order to flourish socially. The best way to deliver what we think is by speaking eloquently.

Speech includes the sounds, words, sentences and their order, the way they are spoken, stress and face mimics. Everyone learns their mother tongue from their parents and then their environment. Hence it is essential for a mother to speak correctly and eloquently. A Muslim mother's ability to speak her mother tongue well should be one of her most distinct qualities.

Our Prophet p.u told us what kind of speech makes him content and what doesn't in his hadith, "On the Day of Judgment the dearest and closest to me, as regards my company, will be those persons who will bear the best moral character. Those among you, who talk with affectation and are given to boasting, will be the most repugnant to me and farthest from me on the Day of Judgment"(Tirmidhi, Birr 71)

We can deduce here that after speaking your point without 'showing off' or being arrogant, it is best to be quiet. It is best for one to be natural and moderate while speaking. If one can choose more than one way to describe the meaning, then one must go for the most appropriate and moral choice.

One more point that mothers should be aware of is that while speaking to children, a mother should speak to them as though they are grown-up rather than babies. That way, the child or baby learns the proper pronunciation of the words and has less trouble figuring out the proper way of speaking.

b. Oratory Ability

For one to become an orator, it is not necessary to give speeches in big crowded halls. A mother is always an orator. If there is no one else around except her children, then they will always be there to listen to her. A good orator can give the thrust of the meaning in the best of ways, capture the audience's attention and affect them.

An exemplary mother who is keen to guide her children to goodness and truth does not only speak well and affectively at home, but in public as well. A mother with such qualities will gain even more respect and admiration in her children's eyes.

c- Expression Ability

One of the most important elements of ability of expression, is strong belief. There is a very big difference between a person who speaks from his heart with complete faith and someone who is unsure about what he is saying. The one who is sure of what he's saying adds strength to his argument with his mimics, stress, choice of sentences and tone of voice along with his body language.

A mother with weak expression can take the first step in improving her weakness by speaking to items in the house. A couch, a pot of flowers, a towel or a pencil will never get sick of listening to anyone. When one cannot find someone to practice with, a person can increase their effectiveness in speech by speaking carefully and with care to inanimate objects as though they are humans. A similar task can be undertaken with the mirror by repeating face mimics and seeing how they affect one's speech.

Speech and intonation can also be improved by listening to radio programs. If there is someone in your circle who is known for speaking well, then you should also include them in your program and learn from their skills.

d- Capacious Vocabulary

A person who aims to speak well should increase their vocabulary and learn different ways to express certain feelings and meanings. This helps immensely in increasing the quality of both writing and speaking.

A person who wants to increase their vocabulary must first start with reading books. By using the small dictionaries that have been prepared for us and looking up one or two words, one adds color to both speech and social status.

Be beginning with one's mother tongue, it is important to also become acquainted with words from other languages. In addition, one should learn the meanings of slang and jargon that is used in the community. For, children, mostly teenagers, use words with each other with a completely different meaning than that used by adults.

e- Tone of Voice

One's tone of voice gives away the feelings one shelters while speaking. A mother who speaks loudly, sometimes shouting, sows seeds of fear in her children. On the other hand, a mother who speaks in such a low voice where she can hardly hear herself, may not be able to draw the attention she needs from her children.

A middle ground is ideal were the tone of voice is medium and the words are clear. Our tone of voice is increased, decreased, softened or harshened according to the situation. What is important is that the tone of voice and the message spoken are in harmony so that the message is clearly put forward.

A mischievous child who is reprimanded with a smile and a soft tone of voice, "I'm very angry with what you did" will not change anything. A harsh tone with an angry face saying, "I love you darling" will also be meaningless.

Just like learning everything else, a child also learns how to use his voice in different situations from his mother first. A mother who speaks well with good intonations will have children who also speak well. Every child learns his way of speech and accent from his family. A child who is raised in a house where everyone speaks calmly will speak calmly herself. In contrast, a child who is raised in a house where everyone shouts will probably grow up to shout as well. Therefore, it is important to note that every mistake a mother makes in her speech will most probably be copied by her children.

Before concluding this topic, it is important to note that some children who have hearing problems will inevitable raise their voice. If one notices that their child may have such a problem, one must consult a doctor and get assistance.

6. PERSONAL QUALITIES

a- Observantness and cognizance

This meaning is manifest in our description of the fox as a cunning animal. Being cognizant means being aware of what is around you, from the self, children, friends close and far, their needs and concerns, weaknesses and strengths. This quality is found at a high or low degree in every sensitive and intelligent person.

A perceptive mother, knows exactly why sadness has overcome her children's faces or why they are not succeeding at school. She knows which sites her son is using on the internet and why her daughter is missing out on school. For, she is watching over her children in a healthy and positive way. A conscious mother oversees her children and understands clearly what is happening.

A mother who is privileged with such a trait cannot be fooled by her children. That is because a mother who is respected and nothing is done behind her back, is not forceful but rather someone who has a strong presence and such, is more effective in her motherly duties. Such mothers, teach their children manners according to their faith meticulously.

A beautiful example of how parents can be aware of what is going in their children's lives can again be seen in our beloved Prophet's life.

One day, Ali's son, may Allah be pleased with him, took one date from the sadaqa dates (dates put aside for charity). Upon seeing this, the Prophet p.u intervened immediately and said, "Nay, spit it out! Don't you know that we cannot eat from charity?" (Muslim, Zakat 161).

b- Truth and Defending Rights

Justice is a system in which when truth and people's rights are not injured, everyone gets their rights and what they deserve. In the family, justice can be applied where children grow up by observing the rules that are applied. Muslims do not measure rights and who is right according to their selves, but rather, according to the measures Allah's messenger (pbuh). taught.

Repeatedly telling an older sister unjustly that she is old and that her sibling is still young, is unfair and very wrong. A person is entitled to her rights no matter what her age and position is. If justice is applied, it would prevent the younger sibling from wrongly thinking that, she can do what she wants, how she wants, because she is young.

A mother who defends truth and rights of people becomes a great example for her children. We are certainly in need of more mothers who do not just defend truth and rights in their homes but in society as well. It is the duty of every capable Muslim to defend the rights of weak Muslims and be the strong and trustworthy branch that they can hold on to. A virtuous mother takes great care not to offend anyone's rights, be it her children or all of humanity. For, Allah Ta'ala says, "And be equitable, Verily! Allah loves those who are equitable" (Hujurat, 9).

Just as we stand straight in prayer, we must also stand up against oppression in our everyday lives. For, if we stay quiet against injustice, it signifies one's acceptance and thus, one unintentionally becomes a partner in the injustice being committed.

This means that a mother who wants to be fair with her children must stand up for each child's rights, give them the attention required and reward them in an equitable manner.

c- Reward and Reprimand

Upon seeing something right, beautiful and worthy, in noticing it, valuing and giving it importance, one is actually rewarding the person. Upon seeing something wrong, improper and worthless, by one's expressions and desire to have the problem fixed, one could reprimand the person involved. Reward includes acceptance, respect and gratitude while reprimand is rejection, reproach and the need for an explanation.

Recognition upon success is a great stimulant, whereas reprimand upon fault incites a person to rethink their action and thence encourages the person to quit such behavior.

Heaven and Hell, reward and reprimand, are divine proofs of the great influence they have on man's daily life. If we place one who deserves to be rewarded and one who deserves to be reprimanded on the same level, it would certainly be a grave injustice. The one who deserves recognition may soon give up doing what's right. The one who deserves reprimand may find strength and continue to do wrong.

The application of these two mechanisms in the houses, schools, at work and everywhere people are found, increases success and peace of mind. An absence of encouragement and recognition of an aptitude can cause it to dull and diminish, while failing to reprimand a misdeed can lead to an increase in the faults with more intense damage.

Therefore, a mother must use reward and reprimand in its true form in order to be effective. This way, the children

can differentiate between right and wrong more easily and take a bigger step in the right way.

As for recognition, children can show their appreciation by thanking Allah Ta'ala. As for reprimand, they can learn how to ask Allah Ta'ala for His forgiveness and mercy. This can be achieved through the mother's knowledge and her ability to pass it on to her children.

d- Trustworthiness

The "Ummah" of Prophet Muhammad p.u competes in trustworthiness. Being trustworthy means being trusted in both what is said and done without intentions of hurting anyone or causing any harm.

The easiest way to become trustworthy is not to lie or deceive anyone, no matter how difficult the conditions may be. Our Prophet p.u said, "he who cheats does not belong to us" (Muslim, Iman 164). Thus, showing very clearly the verdict of those who cheat and deceive.

Unfortunately, the biggest mistake mothers make, probably without noticing, is telling their 'crying child' lies in order to shut them up, or just to rest. The mother says, "if you be quiet, I'll take you to the park." The child becomes happy upon hearing this promise and ceases to cry, then waits. If the mother does not keep her promise and tricks her child, then the child will probably not believe her the next time she says, "if you be quiet, I'll buy you a chocolate."

An aware mother knows too well that there is mercy in long-term solutions while in short-term solutions, there is only a limited barrier to an inconvenience. As such, a mother who has piety, fears lying and does not want to be seen as a liar by her children must follow two simple rules.

1. She can wait patiently for her child to stop crying without making any promises.
2. She can give her promised reward, no matter what it is.

Similar situations can be experienced when the phone rings. The child answers the telephone. When the caller asks, "is mum home?" The child looks at his mother. If the mother comes and speaks to the person, then there is no problem. However, if the mother does not want to speak to the caller for one reason or another, she may move her hand and say to her child, "tell them mum's not home." The child is then ordered to tell a lie and may come to the conviction that lying is lawful. This is a very heavy sin and a dangerous responsibility, more than one can imagine. Such examples show how mothers, usually without thinking or in a moment of heedlessness, can pass on the curse of lying to their children.

Our Prophet p.u said, "Should I not tell you about the biggest major sins?" The companions said, "certainly, O messenger of Allah". He said, "Associating with Allah other partners and being not kind to the parents" and he p.u was leaning on his side on the floor, then he sat and said, "and certainly be aware of saying falsehood and false witness" and he kept repeating it till the companions said, "We wished that he stopped saying it." (Bukhari, Shahadat 10).

Deception is always related to words. A mother who pretends to listen to her child while her mind is elsewhere is in fact deceiving the child. In such a case, the best thing to do is say, "Sorry darling, my mind went elsewhere, I didn't listen. I would be very happy if you repeated what you just said" and then listen to what the child has to say.

As shown in the examples above, the child watches carefully and determines outcomes. If a mother becomes used to lying, her child will as well. Therefore, before an angry mother shouts at her child, "you liar", she needs to look into the mirror take herself into account first.

If a mother is a trustworthy person and facing personal problems of her own, she must still not give up on being honest. It is in such cases that a person becomes trustworthy in the children's eyes and people's eyes and also in her faith. People who live with that person will not only enjoy the taste of being with a trustworthy person, but will also learn to be trustworthy and honest themselves.

e- Keeping Up in Different Fields

Every moment we experience should be higher in virtue than the preceding moment. It is our duty to perform everything in the best way we can while trying to reach for perfection. What wonderful worship it is to use the capabilities that Allah Ta'ala has blessed us with and build on them with the intention of working to please Allah Ta'ala.

A Muslim mother who continues her studies in the sciences and arts, beautiful crafts, learning new languages and social studies is very admirable. However, while learning all these skills, the mother must not forget her main duties of worshiping her Creator and being a good mother to her children.

Children who are blessed with such hard working mothers have a very good role model before them. They are examples of flourishing success by being efficient in both the inside and outside worlds.

f- Being able to apologise

Everyone can make mistakes. This is a very natural part of the human race who are capable of being at fault and have a leniency towards wrong. It is best for a person who

does something wrong to apologize. A person who knows how to apologize hopes for forgiveness. However, it is difficult for those who are arrogant and vulgar. In short, everyone can make mistakes, however, only modest people can admit their mistakes and ask for forgiveness.

Avoiding apologies by trying to show that the committed 'wrong' is in fact 'right', can only lead to bigger wrongs being committed. Unfortunately, some parents who need to apologize to their children in certain situations, avoid doing this and instead turn to the sad and shocked child saying, "will I learn how to behave from you?" However, apologizing does not reduce a person's status but rather increase their status, for they show strength and ability to admit their wrong. They become exalted in people's eyes and in Allah's sight.

A person who has admitted their wrong and apologized will not repeat the same mistake and may perform a good deed instead. However, a person who says they are sorry yet repeats the same mistake twice, three times, five times, shows serious signs of weakness or is mocking the other person. Such a case closes the door of forgiveness and opens the door of insincerity.

A mother who is able to apologize and purposely does it to set an example for her children is in fact performing a virtuous act. Nevertheless, it is best not to fall into a situation where an apology is required, however this is almost impossible for mankind.

It is not enough to just ask for forgiveness, it is just as important to forgive. Every person needs Allah's forgiveness, so forgiving others becomes an admirable virtue for every Muslim. Our prophet p.u said, "You are Forgiving and love forgiveness so forgive me! (Tirmidhi, Daawat 84).

g- Knowing One's Weaknesses

Mankind was created with limited strength. A Muslim mother knows very well that after doing what she can, it is best to leave the rest to Allah Ta'ala and rely on Him. This can be termed as taking measures then resigning to Allah Ta'ala.

Our measures are successful when they fall in line with Allah's pre-destined measures. When we know for certain our limits, what we fail to achieve will not lead to pessimism, while what we succeed in achieving will not lead to arrogance.

A Muslim mother, knows that when she sees her righteous child, it is from Allah's mercy. She does not fall into the trap of saying, "I brought him up!" Likewise, if a mother is tested with a difficult child with many problems, she knows it's a trial from Allah Ta'ala and does not lose hope.

A mother who sees herself as a slave of Allah Ta'ala and knows her limits and weakness, regularly turns to her Lord and makes a lot of prayers to Him. Such a mother is again, a very admirable role model.

Being aware your weakness does not mean saying, "I'm helpless anyway, I don't have enough strength". Such thoughts only lead to laziness, incompetency and actually becoming incapable. Our Prophet p.u said, "The intelligent one is the one who holds himself responsible and works for what is after death. And the incompetent one is the one who indulges himself in pursuit of personal desire and importunes God" (Ibn Maja, Zuhud 31).

h- Modesty and Dignity

Modesty is a trait that our Lord loves. A modest person is in a special state in his way of clothing, eating, everything he does. He avoids dressing and eating extravagantly, fearing wastage and arrogance. He does not transgress anyone's rights or pass his limits. He is also capable of apologizing, admitting his mistakes and asking His Lord for forgiveness. Humbleness means bowing your neck down to the truth no matter where it came from. Allah Ta'ala raises those who are humble. Modesty and humbleness should be part of the character of the mother, father, children and all believers.

Prophet Muhammad p.u said, "Sadaqah does not cause a decrease in wealth and to forgive an offender enhances the honor of the forgiver. Whoever humbles himself for the pleasure of Allah, he is exalted by Allah" (Muslim, Birr 69).

Nevertheless, an excess of modesty can fall into the domain of humility. This is not appropriate for a Muslim. Some situations require dignity which entails respectability and nobleness. Allah Ta'ala describes this nobleness as follows, "The servants of the Lord of Mercy are those who walk humbly on the earth, and who, when aggressive people address them, reply, with words of peace" (al-Furqan, 25: 63).

7. SPIRITUAL QUALITIES

a- Manners and Courtesy

Courtesy, manners, politeness, modesty…..all these words help in defining manners and tactfulness. What can suit a mother more than shyness, elegance, grace, politeness, sensitivity and understanding?

Our beloved Prophet p.u taught us how important shyness is when he said, "Shyness is from faith" (Bukhari, Iman 16).

An ideal Muslim mother is always respectful and sensitive at home with her children and husband and outside the home with her relatives and neighbors. She is far from crudeness and insensitivity. Rather, she is courteous on her own and with others. Virtuousness has filled her soul and body. She has actually reached this stage by being courteous with her Creator. She is not only polite and respectful where there are others around, but also when on her own, she is humble and shy with her Lord. Her beautiful soul even affects animals, plants and inanimate objects. For, a soul that is filled with such virtuosity treats everything and everyone with care and respect without causing any harm and takes refuge in Allah Ta'ala.

A mother who is filled with a soul that is trained with manners and politeness, knows that her children are a trust from Allah Ta'ala and so, she always tries not to deceive them in any way.

Children see their mother as an example when thanking, discussing, taking leave, not doing anything embarrassing and being shy when necessary. The child learns to treat animals well, to take care of plants, and to give the rights of every being thanks to the education he received from his mother. The child realizes that his being respectable to creation stems from his respect to the Creator.

A child who grows up with manners and courtesy, does not ignore a piece of bread that has fallen on the floor or leave food in his plate. Such a child does not waste water or say ugly, vulgar words. She does not neglect her duties. She is also generous to those who are in need and is not arrogant with them.

Paradise lies under the feet of mothers who have equipped their children with such virtuous manners and taught them modesty and politeness.

b- Worship and Devotion

Worship is doing what Allah Ta'ala ordered us to do. This includes the main forms of worship such prayer, fast, charity and Hajj and also the Sunnahs and Nafilahs.[11] Allah Ta'ala says, "And worship your Lord until there comes unto you the Hour that is certain (death)" (al-Hijr, 15: 99). This manifests that we should be in a state of worship and sincerity all the time.

Children watch their mothers as they give importance to their worship when praying five times a day and fasting. Very little children run to the prayer mat and copy their mothers while praying performing ruku and sujud.[12] Such children undergo a very important lesson. A mother who experiences humbleness and closeness to Allah in her worship, gains both spiritual and physical tranquility.

11. Sunnahs and Nafilas are extra forms of worship performed by the Prophet (pbuh).
12. Ruku and Sujud mean (respectively) bowing and prostrating in prayer.

Worship is thus, a special and exalted state that humans strive to reach. For, a person who has reached such a state is content with the preordination of Allah Ta'ala and has thereby reached a maturity of the soul which is very special indeed. A mother who is in such a state, stays far from complaints. She is content with what there is and what there isn't. Her main attitude is gratefulness and contentment. She is not panicky and troubled. She is an admirable person. For, piety, sincerity in worship, manners, courtesy and peacefulness all stem from servitude to the Creator.

c- Peace and Repose

The reward of true devotion is peace in the two worlds.

Allah Ta'ala says in chapter Al-Imran, verses 15 to 17, "Say, 'Would you like me to tell you of things that are better than all of these? Their Lord will give those who are mindful of Allah gardens graced with flowing streams, where they will stay with pure spouses and Allah's good pleasure-Allah is fully aware of His servants- those who say, "Our Lord, we believe, so forgive us our sins and protect us from suffering in the Fire, those who are steadfast, truthful, truly devout, who give (in Allah's cause) and pray before dawn for forgiveness."

Those who perform their duties of worship genuinely, begin to enjoy the fruits of inward peace and repose from this world. No difficulties or problems can damage this repose.

"Verily in the remembrance of Allah do hearts find rest"(Ra'd; 28). Allah Ta'ala showed us the way to peace in both worlds with the above verse. As such, those who do not leave the remembrance of Allah Ta'ala, no matter what they are busy with, live with inner happiness and repose.

Now, let us all imagine a mother's face who is blessed with these qualities; it is illuminating because of her strong spiritual grounding, her generosity and her ability to keep calm even in the toughest of times. Such a face is always smiling.

Let's imagine a child who was raised by such a mother: Peaceful, content, obedient, successful and zealous.

Let's imagine her house: distant from ostentation, free of unnecessary furnishing used for the sake of showing off, a place where the Sunnah can be easily performed, peaceful and clean…

All in all, repose, is like a protective cover from our surroundings. A mother who is able to enter such a safe haven, will certainly be more effective in the compassion she shows her children.

Short Story

It's the world's most difficult, yet most beautiful game….Its first rule, one of the players must be the mother, the other player must be the child. Second rule, the game must be watched by someone with "a good eye." If we have the first two rules, then we can begin our very entertaining and lesson filled game.

We should clarify from the beginning that every mother, without realizing, plays the same game… and every child naturally succeeds in being the mother's partner in the game without any difficulty. An example? Here we are:

My child Omar, at two and a half years of age… was very small and cute. We were almost always together and he had succeeded in walking a year previously, he was a beautiful child… As the days passed, a strange change began to appear. Omar's walk began to change, the child who was walking very well, began to limp.

I tried to find the cause of his limp nervously. I inspected closely his legs for wounds but found nothing! Then I thought that maybe it was his shoes, maybe they were too tight? It was a possibility, for feet grow at that age… But no, it wasn't that either. I asked him, "Omar, why are you limping darling? Is something hurting you?" The answer was no…The limping continued, and it increased with every passing day.

In the end, I had the strangest discovery. While walking, I noticed that Omar was watching me and tried to copy me. Although, I didn't have hip problems, due to my big toe's ingrown nail I had trouble walking for a long time and I was unintentionally limping.

Amazement and happiness…! All at once, a wondrous responsibility… My child was copying me. Honestly, when I discovered what the problem was that day, I thanked Allah Ta'ala. I was also amazed at the degree to which children try to copy their parents.

Along with my toe-nail getting better, my child's walk went back to normal; however until then, mother and child limped everywhere they went.

Those days came and passed. However, the same game in very different ways still goes on.

Neslihan Nur TÜRK

RESEARCH TOPICS

- Research the mothers around you, find the most prominent shared qualities.
- Closely watch your mother, what is her most obvious quality, use examples. Find out how this quality came about and why it became so prominent.
- Research the characteristics of the woman who won 'mother of the year award' in your country or around the world.

DEBATE

- Divide into seven groups, each group chooses one quality (physical, mental etc.). Debate what is the most important and essential quality that a good mother needs to have.

ACTIVITY

After reading this unit and contemplating the issues involved, go out with a friend and play, 'finding the ideal mother game'. After choosing the winner, approach her and tell her that she won the 'ideal mother' award because of such and such. Give the mother who won the most votes a gift :)

Questions from Unit 2

1) **Which of the following is not a physical characteristic that a good mother must have?**

   a) Plain, ideal clothing

   b) Good posture

   c) Clean and cared-for body

   d) Extra weight

2) **"No human ever filled a vessel worse than the stomach. It is sufficient for a human being to have a few bites to keep his back straight. If they must, they should have one third for their.....; one third for their .....; and one third for their ....."**

   Fill the above spaces with?

   a) Food/ drink/ breathing

   b) Sweets/ savory/ sour

   c) Fruits/ vegetables/ beans

   d) Solids /liquids/ gas

3) **The ability to see another person's point of view, the ability to understand their needs and feelings." What does this sentence define?**

   a) A good heart

   b) Sensitivity

   c) Empathy

   d) Selfishness

4) **Which sentimental characteristic does a good mother need to have?**

   a) Knowledge

   b) Helping others

   c) Repose

   d) Resolution

5) **Your three year old child noticed a toy and is crying for it in the middle of the street. However you have two of the same toy at home. What should you do?**

a) Buy it straight away to stop the child from crying

b) Try to distract the child with something else so that he forgets the toy.

c) Trick him and say, 'no worries, I'll get it later.'

d) Say, 'I've had it up to here! I'll hit you and give you a real reason to cry!'

6) **Which of the following is false?**

a) Patience is showing perseverance at the first stroke of a calamity.

b) Patience is keeping everything bottled up and not showing anger.

c) Patience is bitter but has a sweet ending.

d) Patience makes one mature.

7) **"O you who believe! Seek help in…….. and……Truly! Allah is with the patient** (Al-Baqara, 2: 153).

Fill in the blanks with?

a) Prayers/Tears

b) Silence/Contemplation

c) Patience/Prayer

d) Fast/Charity

8) **Which of the following is a description of a very good mother:**

a) A mother who does everything for her children so that they don't get tired.

b) A mother who buys everything for her children so that they don't ask anyone else.

c) A mother who gives her children responsibility and helps them to mature.

d) A mother who exhausts herself by interfering in everything her children do.

9) Which of the following is an example of true mercy?

a) A mother who makes excuses for everything her child does because of her immense love.

b) A mother who does not wake her child up for morning prayer so that the child gets her sleep.

c) A mother who always smiles, uses pleasant words and never gets angry.

d) A mother who strives for her children to reach happiness in both worlds and so furrows her eyebrows when necessary.

10) Which of the following makes a person more honorable in the sight of Allah Ta'ala?

a) Being a man

b) Being white

c) Being the president

d) Being mindful of Allah Ta'ala

11) Which of the following views is a result of ignorance?

a) Boasting, "I am loved by Allah because He gave me three sons!"

b) Lamenting, "I have not worshiped Allah Ta'ala as I should have."

c) Gratefully saying, "Thank God, I was able to pray all my prayers today."

d) Upon seeing oneself in the mirror, saying, "O Allah, just as You have made my external features beautiful, make my character beautiful as well."

12) Which of the following suits a sensitive mother?

a) Crying upon hearing that the neighbors are hungry.

b) Telling everyone how sorry she is upon hearing that her neighbors are hungry.

c) Cooking for the hungry neighbors and encouraging others to help as well.

d) My neighbor's hungry, I'm full…who cares, this is life!

13) What should one do when inviting others to Islam?

a) Shout out the truth everywhere in a loud voice.

b) Talk about the truth with wisdom in the most fitting way according to the person's comprehension.

c) It is necessary to roar like lions to let them see our courage and fear.

d) I cannot interfere with anybody, because they would get upset. For what do I need to deliver the message of Islam?

14) "If good is done to someone and then they say, '……..……' to the one who did the good, they have indeed praised them well" **(Tirmidhi, Birr, 87).**

a) Jazakallu Kharyran (May Allah reward you generously).

b) Thanks!

c) I couldn't have done it without you.

d) Why did you trouble yourself?

15) Which of the following are qualities of a commendable mother?

a) A mother who runs from lesson to lesson in order to improve and develop.

b) A mother who tries her best to apply what she knows.

c) A mother who keeps learning new information so that she becomes known as 'knowledgeable.'

d) With the aim to be known as a scholar, he/she is continuously uploaded with information.

16) When does practical intelligence become harmful rather than beneficial?

a) Answering in the quickest and best way when the child asks a question.

b) Finding the best lie to stop a child from crying.

c) Finishing house work in the easiest and most practical way.

d) Finding solutions to problems efficiently.

17) Which of the following is not contained in eloquent speech?

a) Using the voice tone accordingly.

b) Hastening to speak without thinking

c) Experience and knowledge

d) Strong and affective expression.

18) Which of the following is not part of an exemplary mother's character?

a) Awareness/Mindfulness.

b) Standing up for the truth.

c) An ability to reward and reprip mand.

d) Lazy and lethargic.

19) Which of the following, does not show the advantages of having a mother who is able to apologize.

a) The child realizes that everyone can make mistakes, it is part of human nature.

b) The child learns to apologize when making a mistake.

c) The child learns that apologies increase love and closeness rather than humiliation.

d) The child apologizes just for the sake of apologizing and continues doing the wrong thing.

20) Which of the following is not found in a benevolent mother?

a) Manners and Courtesy.

b) Worship and Devotion.

c) Repose and Tranquility.

d) Ill-temper and Heedlessness.

UNIT 3

THE BABY

In this unit, you fill find information regarding babies in addition to experiences of dealing with babies which will also be discussed. Let's start with the main topics:

CONTENTS

WHAT IS A BABY?

THE BASIC NEEDS OF A BABY

COMMON FEATURES OF BABIES

1. WHAT IS A BABY?

A child who has just been born from his mother's womb is called a baby. The period in which the human is in dire need of another person is during infancy. This period can be divided into two categories which we will discuss now:

a- New born baby (0 – 40 days)

This period constitutes the first 40 days. As soon as a baby is born, she enters the period of fitting in and getting used to the world. It is essential in this period that the baby is in a safe, clean and tranquil environment. For, the baby is taking the first step from her mother's womb into the world.

If this step is accompanied with a warm compassionate touch, prayers, a soft and sweet voice, the baby will be affected positively. On the other hand, if the baby takes his first step with a cold, troubled, unaffectionate, tough environment, the baby will certainly be affected in a negative way.

Umbilical Cord

Due to the baby having spent his time in a warm, dark and safe haven, during birth it is best to have dim lighting. After the birth, the umbilical cord should be left intact for a short while. The baby should be given to the mother and placed on her breast where he can feel the warmth of his mother. The cord could then be tied. It is usually cut 5 to 10 cm and falls off on its own between five to seven days. Rarely, it can take up to 20 to 25 days. The section should be looked after and kept clean. The baby can be washed after the cord has fallen off. The baby could then be washed when needed.

Within 20 to 30 minutes after the birth, further contractions detach the placenta from the wall of the womb and help the opened blood vessels to close up. The baby who used to enjoy its nutrients, liquids and all its needs from the placenta (without even having the need to ask for it), will now have to find new resources for its respiration, nutrients and development.

Sensitive Skin and Physical Makeup

The skin of a new born is extremely sensitive. Anything that touches it could seem hard and cold. A baby who has just had her umbilical cord cut should be wiped clean with a litre of warm water mixed with a tablespoon of natural salt. This helps the baby's skin to toughen up a little and become more resistant.

A new born baby is not a miniature model of an adult or a child. One should be very careful when looking after the baby, feeding it, and if necessary, giving it medicine. Because the baby is in its most critical stage of development, it could be affected for a lifetime from simple things that are normally irrelevant such as hunger, lighting and bacteria.

The baby is not only sensitive physically but spiritually as well, especially in the first 40 days. The baby's moral health should be considered when taken to busy shopping centres, noisy or uncomfortable environments.

Abnormalities Accepted as Normal

Bruises on the coccyx, or tail bone and laziness of the eye are normal during the first year. The sudden movement of the eye to one side is also considered normal in the first three months. In case of eye sleep, mother's milk or boiled and cooled water could be used to clean the area.

Yellowness in the white of the eye is particularly common with darker skinned babies. Jaundice caused by bilirubin can lead to brain damage in the first ten days. Babies who have brothers and sisters who experienced jaundice, sleep consistently and don't wake up to breast feed should be closely watched. Yellow swelling on the face, are related to sweat glands and should disappear after the first bath.

Thrush

Whiteness that can be seen in the mouth and tongue is called, 'thrush'. In such a case, one spoon of carbonate soda is mixed with one cup of water. The mouth is then cleaned with a finger wrapped in a clean cloth dipped in the mixture.

Baby's Cradle Cap

Babies have varying degree of hair on their heads. The hair then falls out and new hair comes out. This flaky, dry skin that looks like dandruff on the baby's scalp, is called cradle cap. It can be cleaned with natural oils and a comb. Hair on the shoulders, arms and the body also fall out in time.

Swellings

All babies can have swellings in their breasts. This is caused by the hormones passed on from the mother. They should not be touched or squeezed. The swelling disappears within six months.

Swellings in the sexual organs should go down in the first few weeks. With male babies, the penis foreskin should be checked to see whether the urine flows out directly or not. The testicular sacs should be of equal size. With female babies, liquid or blood coming out of the vagina is not a sign of illness. If the urine has a red colour in it, it is not blood and should not cause any worries.

Evacuation

The baby should evacuate stool at least once in the first 24 hours. It maybe of a sticky, black texture at first and then of a greenish, yellowish substance. It is normal for a new born to have an evacuation of the bowels two to four times a day. It is also normal to evacuate once in three days.

b- Breastfeeding Period (40 days until 24 months)

A baby who has completed the first forty days of adaptation, now heads towards discovering the world with his five senses. However, he is still dependant and cannot continue without the care of an adult. He is virtually a human who cannot talk, turn right or left, cannot see to any of his needs and has no teeth. Nevertheless, all these deficiencies will disappear in time and the baby will become more independent and strong.

The foundations of the feelings of trust develop in this period. That is why, it is necessary for the baby to be in a loving, caring and tranquil environment in order to secure a healthier life future.

Due to reflex movements of the arm and leg, the baby can wake up and become frightened. That is why, it is better for the baby to be firmly wrapped in the first three to four months.

By the 24th month, the baby shows a great development and starts walking, talking, solving problems, eating on her own and begins to be an independent person. The mother, as the teacher and closest guard, should show support in the best way she could.

The developments that are expected in this period will be explained in detail in the fourth unit. We will suffice with this much information currently. Now, let's continue by having a look at the main needs of the baby.

2. WHAT ARE THE MAIN NEEDS OF THE BABY?

a- Love, Attention, Trust and Safety

We said that the baby period is all about trust. Therefore, it is important for the baby to feel accepted, loved and missed by the parents. For, these feelings will develop positive attitudes in the child and will help it to grow in a loving environment.

Not questioning a baby's sex, accepting, caring and showing love to the baby, will make the baby a candidate for healthy emotions. That is because the mother and father's love forms the backbone of a baby. A building that has been built on strong foundations will undoubtedly be a strong building. Parents who can show their love for the baby from the heart, with their eyes, words and body, have actually shown the baby the biggest blessings in the world. A baby who grows up with parents kissing him, smelling and keeping him safe in their arms does not resemble a baby who has been kept at a distance and pushed away. Like the importance of milk and bread, a mother's compassion is just as, if not more important.

The first and most important need of a baby during the first moments after birth is to be on her mother's bosom, to smell her, to hear her voice and to feel her love. This need will continue for a life time but is at its peak in the first few minutes and the first 24 months.

A mother filled with love, does not lose her temperament at her baby because of fatigue and lack of sleep. She knows that her peaceful state will reflect on the baby and will help the baby to become a happy and harmonious person.

At this point we must clarify the following; If the mother does not have a very serious or life threatening issue, she should not leave the baby in some-one else's care for the first two years. Especially in day care centers that are mostly stripped of love and compassion, for they are not fit for babies. The mother should remember that the biggest and most beneficial service a woman can do in this world, is to raise a good person. No doubt, if the person is her own child, spending time and being busy with the child should not seem like a weighty, difficult and unnecessary task for the mother.

If the mother cannot spend the whole day one on one with her child, then she can divide this task with a compassionate close relative. This is a form of help were the mother can rest so that she can have better quality time with her child. However, the mother should not go over-board and leave all her child's responsibilities on some-one else.

Nevertheless, one should measure carefully when deciding how much the baby can stay in his mother's warm arms. For, a baby who has been too protected in his mother's arms may have difficulty becoming independent later on in life.

A good quality cot is important for the baby, both physically and mentally. However, after the first forty days, a baby should be put in a separate room. A baby should be given the chance to do anything he has the strength to do. This will help the baby to take the first steps in having confidence in himself. As to the question, "how can you do that to a baby?" Let's answer with the following facts.

If a baby is given a chance, he can even get used to using the toilet at a younger age. He may become uncomfortable and cry after defecating. He may fall while trying to walk, and then get up on his own. He may sit. He may open the drawer, and pull everything out of it. He may want to take hold of the spoon and eat by himself. Despite his young age, he may want to make a tower out of cubes. He may pick and choose the food he wants to eat. There are many other things that a baby is able to do (Unit four outlines in detail the baby's developments according to age).

Lastly, parents who see to all the material needs of the baby, should not forget the importance of prayers and spiritual protection of the child.

b- Cleanliness

A baby can be washed after the umbilical cord has fallen off. Until then, it is enough to wipe the baby with warm water. From this point on, it is healthy for the baby to be washed 1 to 2 times a day. The baby feels relief when being washed in warm water, the muscles relax and the baby feels better.

The bath water should be warm. The warmth can be checked by dipping the elbow in the water. The baby is then placed in the water in a way were only the head is out of the water. The body is supported with one arm, while the other arm is used to pour water on the baby. It is not necessary to use soap or shampoo at this stage. Water is enough to clean the body. If desired, rock salt can be added to one liter of water once a week.

After drying up the baby, olive oil can be massaged on the stomach, head, neck and all the body. The extra oil can then be wiped with a cloth.

Cleaning the nose and ears complete the cleaning process. A few small drops of olive oil can be used in the nose and ears, this will help the cleaning process. An ear bud can then be used carefully. The hair can then be combed using a wooden or ivory comb, even if the baby does not have hair. This is very healthy for the baby. Due to the baby's arm and foot movements, it would be wise to wrap the baby in a cotton cloth before sleep for the first 3 to 4 months.

Mothers who take care of their babies and know more or less the baby's toilet times, can actually use much less nappies, some even bring up their babies without nappies!

What is left for the mother, is to clean and dry the baby after he has urinated or defecated. The baby's bottom can be wiped with olive oil and wrapped up with a cotton cloth.

Baby cosmetics of all kinds are actually harmful for the baby. Items such as wet-wipes, baby shampoo and baby powder are not only unnecessary but contain ingredients that are unhealthy. It is best to use water and soap to clean the baby. By doing so, one has a bigger chance of avoiding rashes. If a rash does occur, boiling olive oil and letting it cool is the best medicine.

c- Mother's Milk and Nourishment

The milk that comes immediately after birth from the mother's breast is called, colostrum. It is essential for the baby to drink from this milk because it allows beneficial microbes to thrive in the baby's intestines and enhances digestion. A new born baby does not need any other nutrition besides the mother's milk, for different food can cause a set back to the natural system.

It is a sunnah of the Prophet (pbuh) to chew some sweets such as dates or grapes by a pious person and wipe it on the baby's palate. This sunnah is called Tahniq.

When Anas's brother was born, may Allah be pleased with him, his mother told him to take the baby to the Prophet p.u which he did. The Prophet p.u took the baby in his arms, and asked for some palm dates grown in Madina. He took the date in his mouth, chewed it and put some of it in his mouth. When the child began licking, the Prophet p.u said, "The Ansar have a liking for the dates" and he gave him the name Abdullah (Muslim, Fada'il al-Sahaba 107).

The mother's milk may come immediately or a few days after birth. If it doesn't come immediately, a warm shower helps in the flow of the milk.

Every baby deserves to suckle milk from her mother. This has been clearly elucidated in the Quran where mothers who do not breast feed for no good reason are earnestly advised, "The mothers shall give suck to their children for two whole years, (that is) for those (parents) who desire to complete the term of suckling" (Al-Baqara, 2: 233). "And his weaning is in two years" (Luqman: 14). "His mother bears him with hardship and she brings him forth with hardship, and the bearing of him, and the weaning of him is 30 months" (Al-Ahqaf, 46: 15).

Breast milk is free of charge and very clean. It changes miraculously according to the baby's physical form. A new born baby's breast milk is very runny. As the baby grows, the milk changes into a more filling and thicker texture in order to meet the baby's needs.

If a mother does not take care of her nutrition and consumes too many preservatives and additives, her milk will also be affected and may lose its natural and medicinal qualities. In such cases, the baby may reject the mother's milk. It is therefore very important for the mother to keep away from ready, coloured and preserved foods in order to maintain the high quality of her milk. Spices such as cinnamon, ginger, cloves, saffron, oregano and cumin and drinking a lot of liquids cleanse and increases the milk. Other natural foods which also increase milk are uncooked cabbage, carrots, fennel, barley juice, cress, black sesame, nettle and aniseed in addition to, consuming a lot of fruits and green leaved vegetables.

Babies who have been deprived of mother's milk also have trouble when defecating. They are also more likely to get fevers and experience diarrhoea, teeth and ear pain more frequently.

The closest milk to mother's milk is goat's milk due to it protein, calcium and sugar ratio. It can be chosen if the mother does not have milk. Other milk can also be given after being diluted in water.

Babies who breast feed are less prone to experience diarrhoea, pneumonia and illnesses such as ear infections in the short term. In the long term, they are less likely to get asthma, diabetes and illnesses connected with the nervous system. Breast milk is easily digested by the intestines and kidneys and excreted from the body without any effort. It also increases the bond between the mother and child. Always ready, clean and economic. Mothers who breastfeed, are also less likely to experience health problems. Breast feeding gives protection against cancer and many other illnesses.

As the baby consumes more milk, the quantity increases. However, some babies cannot latch on to the breast properly and get the amount of milk they need. If this occurs, the quantity of milk may decrease, so an experienced person should be called in to help the baby latch on to the breast.

The duration between two feedings should be two hours, and then three hours in the first week. The baby should drink from each breast at least 5 to 10 minutes. It is important for the mother to clean her breast with water before she breast feeds.

99 out of every 100 mothers are able to produce enough milk to breast feed a baby. Research has proven this to be true. However in difficult times such as war and poverty, the mother could lose her own health and she could get osteoporosis. Thus, the mother should eat well and stay healthy in order to increase her milk. It is also essential for her to consume a lot of liquids.

If the mother has aids (HIV positive) or has tuberculosis, she cannot breast feed. As for mothers who have malaria, it is still being debated.

Alternative nutrition for babies who are not breast fed

Babies who cannot breast feed can be given (sterilized) cow's milk halved with (sterilized) water, with one teaspoon of sugar and one tea spoon of olive oil added to each feeding.

Every baby has a different appetite and can eat different amounts of food. It is important not to force the baby to eat. The two foods that can be given upon request are water and fruits. It is not a talent to feed the child a lot and cause him to gain weight. It is not only unhealthy but against our faith.

1-3 month old babies, should only be given breast milk. If there is no breast milk or is insufficient, the above recipes can be used. The best way to measure whether the mother's milk is sufficient is by weighing the baby regularly. It can also be said that if a baby urinates 5 to 6 times a day, then he is getting a sufficient amount of milk.

3-6 months: Mother's milk is enough. However, this sufficiency is lost as the baby heads towards the sixth month. From 5 to 6 months, additional nutrition is needed. However, if these side nutrients are given too early, the baby cannot digest them and may develop allergies. Severe diarrhoea can also occur. If they are given too late, then the body's growth can be inhibited. The first side dishes that can be given are yoghurt, fruit juice and simple vegetable soups.

6-12 months old babies: Along with the continuation of breast milk, a lot more variety of foods can be given. Although it is advised not to include salt, sugar, tomato paste and spices in the first year.

12-24 months old babies: Breast milk should be continued. The baby can now try everything the family eats. Toddlers at this age prefer to eat with a spoon on their own.

d- Side Track

We have already stated that the ideal scene is where a baby spends peaceful time in his mother's womb and is greeted with peace and love at birth. However, it is also important for the baby to live in the same repose while growing up. This begins with a warm and trusted arm that the baby can sleep on, and then a comfortable bed to rest on.

It is ideal for the baby to stay in a sun-lit room that is clean, airy and not humid. During the first four months, the baby generally does not turn right and left. Therefore, a protected bed is not necessary at this stage. As the baby grows and develops his

movements, he begins to turn in his sleep after four months. From then on, a bed that protects the baby from falling becomes indispensable.

As a Muslim, it is important not to waste money. Parents who can afford to place their baby in a separate room should not fill it with unnecessary things. It is enough for the baby to have an easy, clean, warm and comfortable room.

As for parents who cannot have a separate room for the baby, a safe corner consigned to the baby with the above qualities will be enough to welcome the baby home.

e- Clothing

Clothing is a necessity for all humans. It is one of the most important factors that differentiates us from animals. A human is wrapped in a cloth as soon as he enters the world. This way, he protects his decency and body.

The body is most comfortable with clothing that is in harmony with his nature. In order for this harmony to take place, the cloth should be made of natural ingredients and sewn according to the body's size. Therefore, cotton, wool, linen and cloths made of similar materials should be chosen for the baby to wear. This helps the body to breathe and be calm. It is a common fact that a person who desires to sleep comfortably chooses loose pyjamas. Clothes that are tight and stick to the body cause discomfort both while awake and asleep. Materials that have synthetic ingredients should definitely not be used for the baby. The baby's clothes should be of clean, natural ingredients and distant from all kinds of chemicals that harm the body.

3. FEATURES SHARED BY BABIES

a- Reflex

All healthy babies have certain reflexes. A reflex is a movement in response to a stimulus. Such a movement occurs before the message is sent to the brain. Reflex, like movement, is a feature found in all babies which mostly disappears over time.

When a position of a baby is suddenly changed or there is sudden movement, or a loud or harsh voice is heard, the baby pulls his body back and the head goes back. The arms and legs are extended forward and then suddenly pulled back. This is called the "**moro reflex**". By stroking the baby gently it fades away.

Upon stroking the palm of the baby, the baby holds on tight to the finger. If the hand is stroked, the baby leaves the finger. The baby's "**grasping reflex**" is very powerful and

helps it to hold on with strength. Babies who are born pre-maturely have been observed to be able to let go of the finger after a longer period of time has passed. This reflex disappears in the first year.

Another reflex which disappears during the first six months is the "**neck reflex**". This particular reflex is more obvious in the second month. When a baby is put to sleep on her back with her head to the side, the arm and leg on the same side will extend while the arm and leg on the opposite side flex.

"**Rooting reflex**" and "**sucking reflex**" are also present in every baby. When the baby's cheek is stroked, the baby turns towards the person stroking and begins to look for the mother's nipple. This is followed by a sucking movement. This may continue until the fourth month, however it can even be seen until up to the seventh month during sleep.

"**Turning reflex**" is when a baby turns towards something she saw or heard. In such a situation, the baby's heart beat increases and then returns to normal when she is acquainted and used to what she has just seen.

Every baby exhibits the "**walking reflex**" when held under the arms and lowered onto a flat surface whence she will make a waking movement with her legs.

"**Blinking reflex**" is stimulated by momentarily shining a bright light into the eye. This can be observed in all healthy babies.

These reflexes disappear with time and as the baby becomes more conscious of movement, he begins to accomplish a variety of activities. The brain saves the information connected with the involuntary movements and uses them in the future as it becomes conscious of the cause and effect of these movements. Hands and feet and other limbs that we were moving involuntarily, in time begin to move consciously.

b- Being able to feed while lying down

All babies can feed while lying down, whereas adults cannot. This is because babies have a system in which the windpipe blocks up and closes when they feed. This system deactivates as they grow.

c- Vomiting

All babies vomit. Some vomit a lot while others not so much. Babies vomit for three reasons:

1. Too much sucking, in which the extra milk is excreted.
2. Physiological reflux.

Babies and children eat according to their body's needs. It is pointless to force them to eat more than they desire. All children vomit surplus food. Vomiting is the best and safest way to get rid of extra harmful food. The stomach gets rid of the extra load via the vomit reflux and digests the rest of the nutrients. Generally, this is natural in all babies. Afterwards however, they may lose this natural response when eating the wrong foods. In such a case, when the mouth, stomach and intestines are faced with a digestive problem, diarrhoea comes into the picture were it tries to clean up the body.

d- Diarrhoea

Diarrhoea is the cleaning of the intestines of poisonous remains. Not all diarrhoea is dangerous. The best thing to do if the baby has diarrhoea is to give less solid foods and more liquids (such as water mixed with freshly squeezed fruits). If the baby is breast-feeding, the mother should follow the same diet.

Yoghurt mixed with honey and boiled rice also help to reduce diarrhoea.

e- Fear

It is worthwhile to hug a baby and stroke away her fears when she is frightened. It is also advisable to teach children, "La ilaha illallah[13]", "La hawla wala quwwata illa billah[14]" at a young age. Reading the Quran and teaching children verses from the Quran and prayers also help in diminishing their fears.

Children subconsciously begin receiving messages from when they are still in their mother's womb. The baby from its mother's womb, using all its cells, treats all the action, speech and sound as though they were meant for him and meticulously records everything. If the mother and baby are healthy and content, these records are only kept as information in the cells and in the brain. However, if the mother is unconscious, ill, has a fever, is injured, scared or is experiencing pain, every word, feeling or sound wave that is recorded is activated as a program in the brain. In the future, this program acts like a computer virus.

In order to avoid such programs being set up in the brain, it is important for the mother to be in a peaceful, calm and healthy state. Our Lord has prohibited shouting unnecessarily at children and women, giving tough orders and hitting them. Courteous manners and a gentle manner are more suitable for the Muslim character.

13. There is no God but Allah
14. There is neither power nor ability save by Allah

Traumas and vulgar treatment that a mother may have experienced during pregnancy may cause fear in the baby in a similar way. That is why it is important to have the birth in a decent and peaceful place with a compassionate nurse.

Sleeping in a room with the television and computer, or staying in front of the TV screen or playing computer games for too long may set up unhealthy programs in the brain alongside thousands of unhealthy connections. In addition, if the child eats a lot of unhealthy food and experiences unnecessary fear, he has a bigger chance of being mischievous and out of control.

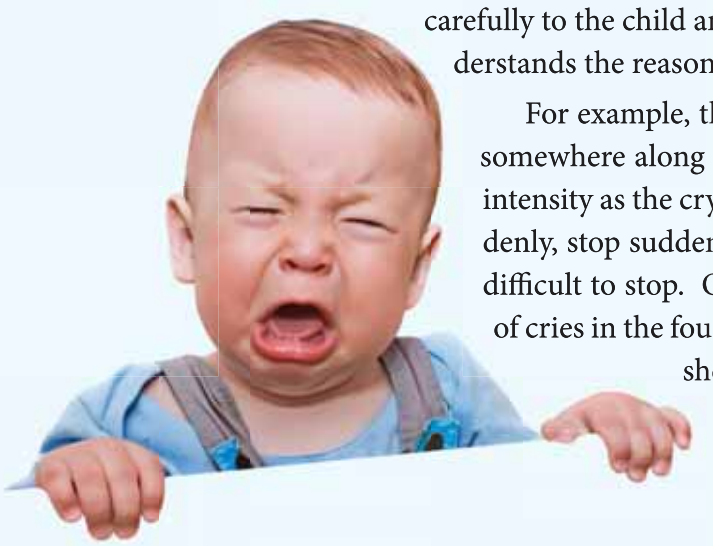
It is important to keep the baby away from such harmful effects, and to bring up the baby in a natural and peaceful environment. This is a responsibility that falls upon every parent. Parents who take care of such matters while bringing up their children reflect their high intelligence.

f- Crying

Babies cannot speak. Therefore, if they have a problem, they need to cry in order to be heard whether consciously or unconsciously. When the baby is hungry, has wet himself, is cold or sweaty, has gas, is hurting or is sleepy, he cries for help. New born babies cry for matters we may or may not understand. Sometimes their crying may be very intense.

When the baby cries constantly for no physical reason, the cries may be attributed to the topic of fear explained above. If after taking all necessary precautions, the baby continues to cry, then there is nothing left but to be patient.

As the baby grows, he may cry just to be held in his mother's arms. Because the baby finds peace and comfort in his mother arms, hey may cry when she is at a distance from him. Some babies cry just to hear their own voice. Understanding the reason for a baby's cry is an art that the mother masters in time. A mother who listens carefully to the child and patiently tries to understand him, in time understands the reasons behind the cries and finds solutions to them.



For example, the cry of hunger has a certain rhythm to it. It is somewhere along the lines of: Cry-breathe-quiet, and increases in intensity as the cry continues. Cries associated with gas begin suddenly, stop suddenly and are more severe. Cries due to illness are difficult to stop. One needs to pay special attention to these types of cries in the fourth month, for a baby normally stops crying after she gets her needs. After getting her desires, the comfort and warmth felt in the mother's arms

generally give repose to the child. If the baby's nappy is clean, she is full and she has no gas, yet she is still crying, it is best to hold her close. However, after three months, if there is no physical reason for the baby to cry, she can be left a few minutes. This way, the baby learns to calm down on her own.

As the baby grows, especially between the ages of 2 and 3, the child may cry to get something he wants or buy something. Some of these cries can be very persistent and long lasting. If the child undoubtedly cannot get what he wants, then a firm "no" should be said. A little crying will not hurt a child.

After the age of two months or even before that, babies learn how to use the people around them. They store the response of those around them to certain situations and use it to their advantage in similar future situations. Breath holding spells is a tactic that children use to get what they want. They hold their breath for around 20 seconds and turn purple. It is done consciously and after taking a breath, the crying continues. Babies generally use this tactic with people they know will be affected by it.

Rarely, crying spells have been associated with iron deficiency. If this is the case, the best thing one can do is educate the parents. The parents should not place unnecessary bans and try to use the word "no" less. However, if they do say, "no", then it should be a firm no, so that the child knows in time that whatever he does will not change anything. He will learn the limits and will not repeat this pointless behaviour.

Parents who have a very difficult child who cries a lot, should take a break every once in a while in order to find rest and the strength to continue. This could be done by leaving the baby to someone trusted for a couple of hours and taking some fresh air.

g- Sleep

Every baby has a different sleeping pattern. However, especially in the first months, every baby spends most of her time sleeping. In the first week, they can sleep 16 to 18 hours a day. This duration is reduced to 15 hours in a short period of time. Babies at this age cannot stay awake over 2 to 3 hours.

If the baby can get used to sleeping every two hours in the first four months, then she will be more likely to sleep more comfortably with a healthier body in the next term. In contrast, if she did not get used to a healthy sleeping pattern, she may become disgruntled because of lack of sleep. Sleep leads to more sleep, and is vital for the development of babies.

If the baby wakes up too often, this could be because of a number of reasons. It may be that there is too much noise, heat, cold, too much light, not enough air or even caffeine that the mother had. Babies rarely lose sleep because of hunger. Even though,

the first thing that comes to many mothers' minds is hunger and so they try to feed the baby more than she needs. Some even move on to solids early because of this reason, not realising that they are causing more harm to the baby.

It is important to put the baby to sleep in a comfortable place where he can sleep in peace and his sleep will not be interrupted. The room should be as dim as possible, for the ideal surrounding for the melatonin hormone (sleeping hormone) to work, is in the dark.

If the baby did not get enough sleep during the day, he may become cranky and difficult. Like adults, babies who did not get enough sleep may seem disconnected. They may not want to play or have fun and they may lose their appetite and seem tired.

The ideal period of sleep for a one month old baby is 15 hours a day. Differentiating between night and day sleep begins after three months. In order to achieve this, the baby should be spoken to constantly in the day, he should be in an active and well-lighted environment. As for the evening, he should be in a dim room and not spoken to as much.

Babies who breast feed, generally wake up because of hunger every three to four hours in the first 3 months. If the baby continuously sleeps for 5 to 6 hours and his colour has changed, then he should be woken up and fed.

Short Story

FROM A BUD TO A ROSE

A child... he is the small form of a human who is filled with secrets. What we are, our child is. His need for Love, respect, recognition and criticism are just as strong as our needs.

We do not like to be dobbed on, neither does he. As much as we get upset when someone reveals our secrets, the child becomes just as upset. We would be so upset and dismayed if someone came up and slapped us on the face…….Same with the child. As much as we long to be loved, respected, trusted, the child shares the same longing.

In short, "what we are, they are" is a phrase that means that children are no different to adults. They are only smaller in size, extremely light due to lack of sins, and are much more beautiful and sincere than us. The bad behaviour we see is only a reflection of our lost innocence.

How beautiful is the phrase, "Beauty is in the eye of the beholder". In fact, if we say that, "ugliness is in the eye of the beholder," we wouldn't be wrong. When judging bad behaviour, we should first ask ourselves, where did it really initiate? For, very pure dough has been put in our hands…

You surely remember the first day the baby came…..remember how she smelt like musk, as though, it was heaven's fragrance. She looked around her with bewilderment and only found comfort in her mother's arms…how beautiful she looked while asleep. She was even beautiful while she cried. Do you remember the midnights when she would start crying, and you would take her in your arms or rock her on your feet? How you rushed her to the doctor when she got sick? Do you remember when you looked at the doctor with fear in your eyes and he looked at you and smiled saying, "Don't worry, there's nothing wrong, she's being cheeky, you need to be patient."?

Maybe, during your early years, you didn't really grasp the real meaning of the word that came out from your mother's tongue, "O patience", nor did you care! Some

things cannot be known without being a mother, and at the top of these unknown concepts, comes patience.

Let's remember happiness and grief. During difficulties and the irresistible sweetness of the passing time, was patience on our minds? Sometimes it was. We put up with a lot, sometimes with all sorts of mischief. We said that he is only a child. It's ok. However, sometimes we lost our cool with the smallest mistake and said things we didn't mean. So, patience was with us at times, and far from us at times.

We regarded love and forbearance as a close friend, and we looked at temper and impatience as an enemy. Sometimes they tested the degree of our patience and said, "Come on, you can get angry at me mum!" We passed the test of patience at times, we failed at other times.

Comprehending the phrase, 'he's only a child' and putting up with his difficult behaviour, wasn't always easy. Remember when he was very difficult as a baby, and the neighbours and relatives made you feel better by saying, "he'll get better by three months, don't be upset."

You waited impatiently for the three months to pass. When you woke up the morning of the fourth month, you were so disappointed to see that his difficult behaviour hadn't changed. But they kept trying to make you feel better, "Don't worry about darling, some babies only get better at 6 months, it's normal to have gas problems, it's not easy."

You awaited again filled with hope that you may rest a little at six months. Those six months passed and again, nothing changed. Close ones didn't give up, they kept trying to give you morale, they said, "he's getting a new tooth, be patient, he'll be much better upon finishing his first year." The year passed and he began to take baby steps, going everywhere, opening drawers and emptying them. You then realised that all those phrases of encouragement were empty. To an extent, you learnt the meaning of "La hawla wala quwwata illa billah!"[15]

Upon reaching the age of three, he'd look at you and say, "so what!" He learnt how to object and contested you the most… and you suffered! Your close ones stopped trying to give you moral and said instead, "wait till he gets older!"

Being a mother is a difficult and arduous craft. Especially if the child is raised in an environment stripped of spirituality, it is even harder for the mother to have the faithful, worshiping, well-mannered child that she always hoped for. For, the children carry the same ego that we carry, the ego that always leans towards evil.

15. There is neither power nor ability save by Allah

Being a mother is a unique status that no book or written work can fully describe. The interesting thing is that the child is also different from all the written material. The "magic formula" for your child did not work. Even though many mothers knew the facts, they could still not do without "patience".

The golden rule of motherhood is that, children are not robots that work by rules.

For the sake of not being unfair to your child, or to yourself, let's remember the first days and hold on to the love that filled our hearts. Do not forget that your child is not but a human and a secret.

The only one who knows all secrets is Allah Ta'ala. Never forget to ask help from Him.

A Mother

RESEARCH TOPICS

- Watch a new born baby closely, note the characteristics you see.
- Look at your baby photographs and compare them to your current state. How does this make you feel? Share your feelings with friends.
- Research verses from the Quran and sayings of the Prophet pu. that discuss how the baby is born with fitrah and then his character changes due to the way he is brought up.

DEBATE

- Is a working mother or a house wife more beneficial to the child? Debate in two groups.

ACTIVITY

Imagine yourself as a person who has no teeth, cannot speak, is completely helpless, cannot eat on her own or go to the toilet. The picture you just imagined is exactly how you were years ago as a baby. You became an independent person through the compassionate help of your mother, father or a supportive adult.

Write a letter to the person who raised you and describe how grateful you are for all they went through, thank them and send the letter or give it by hand promptly.

Questions from Unit 3

1) **Which of the following does not describe a new born baby?**

   a) A new born baby has just entered the stage of getting used to the world.

   b) The umbilical cord falls within 5 to 7 days.

   c) The skin of a new born is extremely sensitive.

   d) The five senses of the new born work just like that of adults.

2) **What is the proper order of the new born baby's basic needs?**

   a) Love –clothing –nutrition – cleanliness

   b) Nutrition –Cleanliness –shelter – clothing

   c) Clothing –love –food –shelter

   d) Shelter –food –love – clothing

3) **How long does a baby have the right to breastfeed?**

   a) 15 months

   b) 20 months

   c) 18 months

   d) 24 months

4) **When does the sense of hearing complete development?**

   a) First six months

   b) First six years

   c) First 24 months

   d) At puberty

5) **What is the most necessary thing for a baby?**

   a) Mother's milk

   b) Mother's arms

   c) Mother's compassion

   d) Mother's hand made wrap

6) **What are the most appropriate cleaning products to use with a baby?**

   a) Baby shampoo

   b) Soap

   c) Rock salt and warm water

   d) Water

7) **When caring for a baby, which of the following products can you not do without?**

a) Wet wipes

b) Baby powder

c) Baby oil

d) Olive oil

8) **Which of the following does not describe the disadvantages of disposable nappies?**

a) The liquid withheld because of chemicals is harmful.

b) The comfort provided delays the baby's ability to hold herself from urinating.

c) Babies who use disposable napn pies for a long time, can have undesirable effects.

d) It will put economic pressure on the father.

9) **What is the first substance that comes out of breast milk?**

a) A blessing

b) Colostrum

c) Lactose

d) Medicine

10) **What are the problems that may occur for babies who do not receive the colostrum or continue to breast feed?**

a) The intestines are neglected the beneficial bacteria contained in the colostrum and have digestion trouble.

b) The kidneys of babies who do not breast feed are always in danger health wise.

c) The immunity system of babies who do not breast feed becomes weak.

d) In addition to all the above, a baby who does not breast feed are deprived of the feelings of security and repose that come with suckling.

11) **Which of the following is a Sunnah?**

a) To chew on something sweet and wipe it on the baby's palate.

b) To dress the baby in a green garment.

c) To name the baby after his/her grandmother or grandfather.

d) To prepare a special room for the baby.

12) Which of the following is most correct?

a) The closest milk to mother's milk is cow's milk.

b) The most easily digested food for the baby is pumpkin.

c) It is possible to mix watery milk with honey and give it to a baby who does not breastfeed.

d) No nutrition can replace breb ast milk.

13) What is the movement caused by stimulation?

a) Reflex

b) Defence

c) Relaxing

d) Practice

14) Which of the following is not a true definition of vomiting?

a) Vomiting signals an excess of food in the body.

b) Vomiting signals that harmful matter has entered the stomach and rids the body of it.

c) Vomiting signals a healthy body that reacts to harmful chemicals.

d) Vomiting must be stopped and is harmful for the body.

UNIT 4

THE BABY'S DEVELOPMENT

In this unit, we will define development and become more acquainted with the different fields of development. Let's start with the sub-titles.

CONTENTS

DEFINITION OF DEVELOPMENT

FACTORS THAT AFFECT DEVELOPMENT

FIELDS OF DEVELOPMENT

1. DEFINITION OF DEVELOPMENT

Development is the period of maturity of physical growth and the progress of ability.

2. FACTORS THAT AFFECT DEVELOPMENT

As fascinating and miraculous the development of the baby in the womb is, it is just amazing after birth. A new phase has entered in which everybody can watch and follow up the growth of the child. The growth of a healthy child can be watched together with his development. Not only are his organs growing, but his ability to perform and develop his activities as he matures is also progressing.

There are a variety of factors that affect development. In order to understand these, we must first know the factors that we should be aware of. Let's look carefully at these factors.

a- Biologic Factors

Genetic

The person's mothers', fathers', and grandparents' biological characteristics are collectively called, 'genetic characteristics'. The human organism in the mother's womb is produced by the formation of two cells. One of these is the ovum, the other is the sperm cell. The fertilised cell is called the 'zygote', and like all other cells, the zygote is also made up of three parts; the nucleus, the membrane and the pro-plasma.

In terms of genetics, the important part is the nucleus. The nucleus is in the core of the cell. It contains certain tiny structures which can be dyed and are thus called chromosomes. The number of chromosomes is different with every species. For example, the human has 23 pairs of chromosomes, while the mouse has 18.

The sex of the baby, type of hair, short or connecting fingers, stigmatism, long sightedness, leniency towards psychological illnesses, looks, height, body form and many other characteristics appear this way.

Internal Glands

Glands that are found in various parts of the body produce a secretion that they send through the blood, which affects the body's growth and health. These are; the pituitary gland, thyroid, parathyroid, the adrenal gland, pancreas and sexual glands. Now, let's have a look at these glands and learn about their effects on the body:

The Pituitary Gland:

It is as big as the joint on the little finger and is found at the base of the brain. The front and back are divided into two and each section produces a different secretion. The front section secretes hormones that control the other glands. It also controls the secretion of the adrenal glands exterior section. The growth hormones control growth. Deficient levels of this hormone produces midgets, its abundance produces giants. The back section secrets antipyretic and oxytocin hormones. The antidiuretic hormone controls the kidney's fluid excretion while oxytocin controls smooth muscle contraction.

Thyroid:

The thyroid consists of a pair of glands that are connected together in the front part of the throat and the two sides of the larynx. The secretion produced by the thyroid is called 'thyroxin'. This secretion, affects the growth of the body, bones, nervous system, blood circulation and muscles. An insufficient secretion of thyroxin leads to physical and mental retardation.

Parathyroid:

The thyroid glands consist of four small glands that are adjacent to the thyroid. In order for the body to function normally, it regulates the essential calcium and phosphorous levels. Important functions such as enabling the smooth functioning between nerves and muscles, the beating of the heart, and the clotting of the blood during the development of the bones are all regulated by this gland's secretions. Under-activity ruins bones and causes severe muscle pains. Over-activity destroys the nerves.

Adrenal Gland:

Located on the upper part of the kidneys, its most important exterior hormone is cortisone. This hormone regulates the use of protein, control of body liquid, maturity of white blood cells and the restriction of infections. The adrenal gland produces a hormone called adrenalin. This hormone increases with psychic and physical pressure. The heart beat increases and blood pressure increases. An excess or insufficient secretion of this hormone causes a range of problems for the body.

Pancreas:

This gland produces insulin and glucagon. Insulin allows for the entry and utilisation of the glucose cell. If there is an insufficiency of insulin, the cells cannot use the

glucose in the body no matter how much there is. That is why, the cells, despite being surrounded by glucose, experience a deprivation of it. Such a state is called 'diabetics'. The unused sugar is excreted in the urine. Symptoms of diabetics include drinking a lot of water, urinating often and eating too much. In the case of too much insulin, the glucose in the blood reduces permanently.

Sexual Glands:

Found in the ovum of the woman and the testis of the man, these glands begin to work in childhood and increase their functions upon adolescence. These glands are responsible for the changes that occur in adolescence. They also affect the continuation of sexuality throughout the person's life

b- The Environment

The environment of the baby can have positive or negative effects. Let's have a look at what these are one by one.

Conditions of Life and First experiences

Research has shown that the family's social and economic position has an effect on the baby. A baby that comes into good conditions has a bigger chance of developing normally, while a child that grows in difficult conditions, may not develop as well. There is also a difference in the height and weight of children born into rich and poor families. Children who are brought up in poor conditions are usually smaller in size.

Children who grow up in orphanages or institutions, tend to lag behind in all fields of development, compared to children who live with their own families. Families who have many children and have difficulty earning enough to get by, also have a negative effect on the child's development.

Babies who get enough nutrition after birth, and enough love and attention in the first years develop better physically and are less likely to face any problems in all other fields of development.

Climate and Seasons

Research has shown that seasons have an effect on the growth of the child. It has been found that children who belong to a normal social-economic family, grow taller in spring at a faster rate, and gain more weight in autumn. The rest of the body's development usually occurs in spring and summer. Because of the season's effects on growth, children who are brought up in regions of different climates, grow at a different rate. For example, the adolescent age range in the equator range, is between 7 and 10. The climate not only affects growth but also sensitivity. People living in hot climates are 'hotter blooded' and more resistant. Whereas people living in colder areas, tend to be more

reserved. People who live in regions that experience a lot of rain, cloudy skies and little sun, tend to be more romantic and melancholy.

Cleanliness

Bathing the baby every day has a lot of benefits. The same applies for children who are older. It is more likely for a baby who is washed regularly with short nails and a robust feeling, to develop better. Cleanliness keeps one healthy and stops any hindrance of development. Daily baths also make one feel refreshed and happy. A body that does not withhold toxins, will indeed feel healthier and more relaxed.

Nutrition

Eating well with balance is a very important criterion for normal development and growth. From the moment a baby is born, she enters a very fast growth and development stage. In order for the height, weight and other developments to progress efficiently, it is essential to eat well. Insufficient and irregular nutrition, can prevent the child from attaining the height and weight that are in his heredity. That is why, it is essential, especially before schooling, and during adolescence to be very careful with nutrition.

Eating well, does not mean expanding the stomach. Rather, it is attaining the protein, vitamins and minerals needed by the body. One of the biggest problems in our age are 'additives and ready food'. It is best to keep away from these. In order for nutrition to be considered clean, it must be void of harmful ingredients.

It may be said that a fat child is healthy, and that a skinny child is ill. However, the best is what our religion taught us, which is to keep our diet balanced. We must teach our children to eat with their right hand, chew the bite well before swallowing, never eat without feeling hunger and leave the dining table before feeling full. We should also teach them to eat fruits and sweets before meals, and that one type of food is always better than a variety, in addition to not drinking water straight after food. All this will help the child to have a healthier life.

When the body receives the nutrition it needs, sentiments also become more balanced. A person who eats well is better off in every way.

Sleep

Children are always active and rarely realise when they are tired. In order to restore the lost energy and repair the body, sleep is needed. Regular sleep has a positive effect on development. Newly born babies sleep most of the day. School children also need to sleep early, wake up early and sleep during the day.

It is important for babies and adults to take note of the fact that sleeping in the 'disliked time' is harmful. This time consists of the first 45 minutes after the sun has risen, 45 minutes before the call to prayer at noon, and 45 minutes before the evening call to

prayer. Sleeping at these times has an adverse effect on development, particularly on the psychology of the person. Sleeping in the disliked times causes problems such as weakness, fatigue and a bad feeling. It has even been reported to trigger insanity.

Each baby's need for sleep is different. Some babies are happy off with little sleep, while others may need more sleep.

Illness and Accidents

It is more likely to face illnesses and accidents if the required precautions are not taken. Leading causes include using cleaning chemicals, radiation and eating processed food that contains additives. The human body faces a lot of digestive problems caused by preservatives and additives which do not work in harmony with human nature. In the long run, these harmful ingredients are accumulated in the body and may become toxic in the liver. In time, the liver cannot handle such a huge amount of toxins and begins to share the toxins with other organs, thus leading the way to many illnesses. Skin problems, allergies, stomach and intestine illnesses are usually due to bad eating habits or bad nutrition.

If the child begins to fall sick from his baby years, we should take a close look at what we are feeding him, how much, and whether we are teaching the child to follow the Sunnah in his eating habits. The immune system has been created to cope with a lot of illnesses under normal circumstances. As long as we do not bankrupt the system by eating with bad habits and consuming too many harmful nutrients, we would not need immunisation or antibiotics.

However, the modern human has trouble controlling the 'self' and following the Sunnah, and thus, he has become so dependent on the modern medical system which is as harmful as is beneficial.

Furthermore, it is important to dress according to the seasons, be it thick clothing or light clothing depending on the weather. General cleanliness such as cleaning the mouth and brushing teeth are also important for healthy development.

Accidents usually occur when the baby begins to turn right and left and lift his heads, mostly around the fourth month. The baby falling off the bed comes at the top of the list. Burns, falls, straining the hands and legs and injuries are accidents that most children experience. Babies who begin to crawl and walk need the most protection. It is also wise to read the protection verses for the children alongside physical protection, thereby doing our utmost best to keep them safe.

Due to the lack of playgrounds in big cities, some children are forced to play in the streets which puts them in danger of car accidents. In such cases, the child should be well educated about how to play in the street before she starts. Another precaution that

could be taken is to keep the house as simple as possible, which is in harmony with Islam, thereby reducing the risks of accidents.

Clothing

The clothes you choose for your baby will affect their health directly. In very cold weather, warm wool and thick clothing. In hotter weather, cotton and thin clothing. This will keep the child from getting cold or sweaty. Tight clothing that overwhelms the child has a bad effect on blood circulation. A child with bad blood circulation will also face problems in the development of their body.

Playing and Toys

Play is an excellent teacher for learning. Children learn as they play. They discover their abilities and develop while also building on their social skills. That is why it is important to let children play and have toys. Playing has an effect on all fields of development. A child who plays works both his big and small muscles, while at the same time, working his brain and five senses. He discovers many things about the world he lives in. As he grows, he also learns to win and lose, to take responsibilities in a group and social roles such as being the mother or father, all by playing.

c- Psychological Factors

Psychological factors play a crucial role in the baby's development. Encouragement such as love, compassion and freedom which helps the person's self-esteem, should never be underestimated.

Love and Compassion

The first person a new born baby meets who has an immense effect on him, is the mother. The relationship between the mother and child plays a very important role in the child's feelings of security and his development. We can see how immense this effect is by comparing children who grew up in day care or orphanages to children who grew up with their mother's affection.

In addition to having the feelings of closeness, warmth, love and attention needed throughout life, they are all the more important in the first few months. If these feelings are neglected by the mother, the development of security in the child would be direly affected.

According to research, babies who are taken away from their mothers and raised in day cares show problems in development. Such babies often go to hospitals, are dif-

ferent in size and weight and are mentally behind their peers. It has also been proven that their death rates are higher.

Children who are deprived of their parents and live in care houses, even if they are with caring employees, generally forget how to smile, respond late to stimuli, lie down often, rock in their seat, and also walk and speak later than their peers.

Psychological problems affect the growth of children, whereas, children who grow up with love, attention and security develop at a normal rate. Experiences that can affect the growth of the child include personal traumas, stress, broken families and institutions and orphanages that do not offer enough love. In such cases, the children may eat too much, or refuse to eat or they may experience insomnia or sleep too much. If such children can be brought into a more positive environment, it is possible that the child could go back to having a normal and regular growth rate in a short period of time.

The Need for Freedom

Every child feels the need for freedom. They want to run freely, skip, play spontaneously and progress without any barriers. What is important here is to keep the child in a safe environment away from danger. If the child is away from harm and danger, both the child and the family will have a more comfortable life.

It is important to let a child who has just fallen to try and get up on their own. This requires giving the child time to try to stand. If the child is picked up by someone every time she fell, she would not only miss out on knowing how to get up again, but also on the feeling of doing what's right and succeeding at it.

It is advised to let the child do what she is able to do on her own and to watch from a distance without being too obvious. It is unfortunate that mothers, in the name of being 'good mothers' tie up their child's shoe laces for years and don't give them any chance of doing things on their own. They are in fact standing in the way of their child's development of grooming the self. A mother who runs after her child with a plate and a spoon, is giving the following message to the child, "you're not intelligent enough to know whether you are hungry or not. You don't realize that you're hungry, you have to eat! You have to eat!" Whereas in fact, a child knows exactly when she is hungry, and is perfectly capable of requesting food.

This means that freedom does not just mean spacious freedom, but it also means letting the child choose and trusting the child's capabilities. It is of great importance not to be too overwhelming on the child and to give the child some space

3. FIELDS OF DEVELOPMENT

Development is a whole in one. It is not sufficient to just look at one special field of development. That is why we will look at the seven different fields of the awaited baby's development.

a- Physical Development

Physical development consists of the height and weight of the baby. It also includes muscles, bone growth, body ration, state of body, the glands and the development of the system and organs. Healthy physical development has a positive effect on all other parts of development.

Height

A new born baby's height averages between 48 cm and 50 cm. These numbers differentiate according to origin, sex and genetic factors. In general, girls are usually shorter than boys. The baby continues to grow at a fast rate after birth, and as he grows older, the growth in height slows down. The growth rate in the first year is 20 to 25 cm. This reduces to 10 cm in the second and third years. In the fourth and fifth years, it ranges between 5 and 6cm. Even though children seem to grow fast in the 6th and 7th years, they don't really experience rapid growth until adolescence.

As the child enters the adolescent years, growth in height can be observed and this continues at a fast pace throughout these years. Upon approaching the end of this period, the growth in height slows down. In general, this growth completely stops between the ages of 16 and 18. Girls begin to look fuller than boys their age upon approaching adolescence. Boys generally close this difference in high school and then proceed to grow taller than the girls.

We can follow up the height development formula after the age of two as;

Child's age x 5 + 80 = Height (cm.)

For example, by using this formula, what would be the average height of a three year old?

3 x 5 + 80 = 15 + 80 = 95cm.

Weight

A new born baby is generally between 2500 and 3500 grams. If the baby is less than 2500 grams, it means he is LBW (low birth weight). Until the milk comes in the next few days, the baby loses 7% of his weight. This is normal and the baby quickly puts the weight back on after breast feeding.

The baby usually puts on three times his weight in the first year. In the 2nd year it rises 2 to 2.5 kilos which would be 12 kg in total. In the 3rd year 2 to 3 kilos, in the 4th year, 1.5 to 2 kilos are usually expected. We can see from these numbers that the rise in weight is similar to the rise in height. The fast rate in the first year reduces in the following years however the growth does not cease to continue.

In the 7th year, the average weight of boys is 22 kilos and 21 kilos for girls. In this period, there is not a big upsurge in weight. Because girls begin adolescence before boys, their weight is usually heavier. However, the boys reach their weight averages in high school and then become even heavier. Besides exceptions, these are the general figures.

If the family want a chubby child and stuffed him up continuously with fatty food, yet the child's stomach did not expand, then that is a relief. For, obesity limits movement and obstructs the organs. It also has a negative effect on all activities and development. Not a good picture!

Children may be very thin due to illnesses or bad nutrition. Although they may also be thin because of their genetics.

Weight formula after the age of two:

Child's age x 2 + 8 = Weight (kg.)

For example, how much would a four year child's weight be using this formula?

4 x 2 + 8 = 8 + 8 = 16 kg.

Muscles

Muscles are organs made of special fibres which are able to contract when faced with external pressure. They are the most important component of the muscular system. Using the nerves, they allow movement of the organs by constricting or expanding depending on the stimulus.

Muscles are divided into two groups, voluntary and involuntary. Voluntary muscles work in response to the person's desires. The arms, legs, head, neck, and eye lids are from this group. As for the involuntary muscles, they work whether the person wants them to work or not. The stomach, intestines, heart, veins, respiratory organs and other organs are from this group.

A new born baby's muscle weight makes up one fifth or one quarter of his body weight. In adolescence, it increases one third, while in adulthood it takes up two fifths of the total body mass. Muscles grow one on one with body growth. However, a new born baby's optic and respiratory muscles are very highly developed.

Children can develop their big and small muscles by playing suitable games and using appropriate toys. They would also thereby learn how to use voluntary muscles to the best of their ability.

Bones

The biggest function of the bones is to keep the body on its feet and enable its movement. Through calcium and bone marrow, it becomes an essential means for the supply of red blood cells. The bones form one combined skeletal system. Therefore, it is very important for the skeleton to be in a healthy state to ensure healthy physical development of the body.

Six weeks after fertilisation, cartilage which will later ossify, begins to appear. A new born baby's skeleton consists of bones that have hardened and other bones that are still in the state of a cartilage. As the child grows, these cartilages ossify. As for the teeth, bones grow with the inter-current cells around the teeth. The bones continue to harden until the age of twenty.

In the first few years, wrong posture or compression, may ruin the bone formation. However, due to the elastic formation of children's bones, they break less easily. At the ages of 6 and 7, the bones structure of children's wrists and fingers, are not suited for refined and delicate activities. The arms and leg bones are also not appropriate for heavy duty work.

The Fontanel

Because the head of a new born baby is very large in proportion to its body, baby's heads appear to be bigger than they are. The weight of the brain in an adult is 1300-1400 grams whereas the baby's brain weighs around 350-400 grams. In order for the baby to reach close this gap, it is necessary for the skull and brain to grow together. Inside the bone structure there are two openings (fontanels) and these are connected with sutures.

Front and Back of Fontanels

The front fontanel closes in 3 to 18 months. An early closure could interrupt brain development. Babies with fontanels that have closed early should regularly have their head circumferences checked. If it is not growing enough, a brain surgeon should be consulted. If the fontanel does not close up in 18 months, then problems could emerge in bone development or liquid could accumulate in the head. A dent in the fontanel is an indication of liquid accumulation. A fontanel that has swelled immensely is an indication of a serious illness that one should be wary of.

Teeth

Teeth are hard and durable organs that are rooted at the edges of the chin's bones. They are whitish in colour and are used for chewing. Digestion begins in the mouth and

the teeth break up and grind food thereby making it easy for the stomach to continue the digestion process. Teeth are not only necessary for the digestion process, but are also a very important part of our speech and smiles.

Most babies' first teeth begin to come out at 6 – 8 months and sometimes this can be extended to 16 months. The first teeth to come out are the bottom two incisors. At 8 -9 months, the top incisors come out. By the age of one, the bottom and top side incisors appear and the baby has 8 teeth in total. At 16 to 18 months, the canine teeth come out. At 24 months, the rest of the molar teeth come out. In total, there are 20 milk teeth which are fully completed by 2 to 2.5 years.

The first teeth to change are the first ones that came out. First the bottom incisors, then the top incisors change. At 7 to 9 years, the side teeth are renewed. At 9 to 12 years the small molars come out followed by the second small molars at 10 to 12 years. This renewal is completed by the age of 12. The large molars come out with the permanent teeth and by the age of 17 to 18, a person has 28 teeth in total.

Children who have been taught to brush their teeth well and to eat healthy nutrition usually experience less cavities. It is particularly important to brush teeth before sleep in order to keep the mouth safe from micro-organisms throughout the night. That is why it is not completely healthy to give a child milk just before he sleeps. It is difficult for the body to digest the milk while sleeping and if he doesn't brush his teeth, then it is also harmful for the health of his teeth.

Systems and Organs

Every person is born with a respiratory, circulation, nervous and digestion systems. In order for these systems to function properly, it is important to follow the Sunnah in every part of life. All the organs have been created to work perfectly. In order to keep them healthy, it is important to live according to the rules of the One who created them.

A new born baby's heart beats an average of 120 to 140 times. This fast rate continues until the age of one. As the heart's muscles develop, the heart also regulates. A baby is born with antibodies that protect it from microbes. If the child is not nourished with harmful products that work against his nature, then these antibodies would be strong enough to fight of contagious illnesses such as scarlet fever and measles. That is why it is vital for the child to be breast feed.

Physical development that has been obstructed by accidents or illnesses that cannot be reversed is called orthopaedic disability.

In most cases of orthopaedic disabilities, more than one of these cases come together. For example, a spastic child also has muscle, skeletal, joint, nervous and motor problems.

b- Movement Development

As soon as the baby comes into this world, he can do actions such as moving arms, legs, crying and clenching. As he grows, his ability in movement increases and becomes more complicated. When the baby is born, he doesn't have control over his actions. This control comes along with maturity and learning. Upon birth, the baby can do two movements.

- General body movements
- Reflex movements.

The baby moves his arms and legs during the first weeks. She can also turn right and left. These coincidental movements result in general movements of the body. These movements are not learnt and are irregular. When the baby is touched on her stomach, she opens and closes her arm. When she is tickled on the sole of her foot, she stretches her toes and quickly pulls her foot away. When something is given to her in her hand, she holds on tightly to it. She also sucks on everything that is put in her mouth. These reflex movements are few in ration to her general body movements and disappear in time.

Upon reaching the end of the first month, the baby's first controlled movements begin. When lying down, the baby can lift her head up in the direction of what grabs her attention, thus controlling her body. This control begins with the head being lifted towards the breast and feet, and arms towards the breast.

A child learns how to crawl, stand up, walk, catch and throw during babyhood. By school years, the child would have improved these movements alongside running, jumping, climbing and similar movements. With time, these movements become more precise.

Furthermore, children also learn how to write, draw and use simple tools. These learned movements are reinforced with a variety of games.

The first source of movement comes with the development of muscles which increases their strength. A four month old baby cannot walk because his muscles do not have the strength to carry him. Practice and repetition are factors that speed up the muscle development process.

The other important factor for movement is the development of the brain. When a baby is born, there are two important events that occur in the nervous system:

- The brain grows.
- The mechanism of neuro-transmission takes on a more complex form.

As the muscles grow and develop, so does the brain. As the brain develops, the muscles become more efficient. The brain which ensures walking movement, hand movement and balance, grows at a fast pace 5 months after birth until 8 months. During this period, the baby learns how to sit, crawl and walk.

Now, we will look at the movements that are achieved in the first 6 years in order.

0 – 1 Years:

The baby can reach out 10-15 cm towards an object and hold on to the object if it is closer than that. The baby does not reach out for every object but for what it chooses. The baby puts the object she takes in her mouth. When lying face down, she holds her arms, head and breast straight. She also learns how to turn right and left. She can crawl and turn. By holding on tight to an adult's finger she can sit up. If her body is supported, she can turn her head freely. She can place an object down in order to get another object. She can stand on her two feet with support and move up and down. She can crawl to a target. She learns how to sit without support. She can stand up by holding on to a firm object. She can also lift her leg with support. She can turn a bunch of pages in a book. She can clap. She can fill small objects in a bowl. She reaches the point where she can take a few steps without support.

1 – 2 Years:

She can crawl up and down the stairs. She can stand up after sitting. She can copy someone and throw a ball. She can climb up an adult's chair and sit backwards. She can put a straw through four big hoops. She can make a tower out of three cubes. She can draw marks with crayons and pencils. She can walk independently. She can sit on a small chair. She can crouch and stand again. She can pull along her toys while walking. She can sit on a swing and ride a swinging horse. She can bend down and pick up an object. With help, she can walk up stairs.

2 – 3 Years:

She can put a shoe lace through four large beads. She can turn door handles. She can walk backwards. She can come down the stairs with help. She can throw a ball one and a half metres. She can build a tower of 5 to 6 blocks. She can turn pages of a book one by one. She can open packets of small objects. She can fold a paper in two by copying someone. She can break up a puzzle and put it back together again. She can separate boxes that go into each other. She can kick a fixed ball. She can make a ball out of dough. She can clumsily hold a pencil. With help, she can do a somersault.

3 – 4 Years:

She can complete a puzzle of three pieces. She begins to cut using scissors. She can jump from 20cm. She can kick a moving ball. She can walk on her toes. She can run ten steps. She can ride a tricycle. She can walk in rhythm. She can climb up and slide down 120 to 180cm. She can do a forward somersault. She can go up the stairs using two feet. She can walk like a soldier. She can catch a ball using two hands. She can shape play dough. She can roughly cut up a straight 20 cm line.

4 – 5 Years:

She can stand on one foot 4 to 8 seconds on her own. She can change directions while running. She can walk with balance on narrow ground. She can jump forward 10 times without falling. She can jump 5 cm on a skipping rope. She can jump backwards 6 times. She can bounce a ball and catch it. She can make two, three shapes out of dough. She can cut curved lines. She can screw objects. She can go down the stairs using two feet. She can turn corners using a tricycle. She can jump on one foot five times. She can cut simple shapes using scissors. She can draw simple and familiar things such as a house, a man or a tree.

5 – 6 Years:

In this period, she begins to write letters. She can walk backwards on narrow grounds. She begins to skip on a rope. She can start and stop walking in accordance to a tempo. She can open her hand and touch the other fingers with her thumb. She can write small letters according to a given model. She can climb up a 3m slide and slide down. She can hammer a nail. She can direct a ball with her hand and throw it. She can colour in without going out of the lines. She can cut pictures out of a catalogue. She can use a sharpener. She can draw complex pictures by looking at a model. She can rip simple pictures out of a paper. By following an example, she can fold a paper diagonally. She can catch a ball with one hand. She can skip on her own. She can hit a ball with a bat. She can pick up objects from the floor while running. She can ride a bicycle. She can slide down on a sledge. She can walk and play in water that is up to her waist. She can leap and land on one foot. She can write her own name. She can jump from 30cm. She can stand on one foot for 10 seconds with her eyes closed and without support. She can carry her own weight for 10 seconds whilst hanging.

Some of the examples of capability you just read about may continue to improve throughout a lifetime. If given a chance, every child is capable of achieving many tasks. It is the parent's responsibility not to force the child into something that is beyond their capability.

c- Social Development

The baby's education on love, fear, dependence and similar feelings alongside people's reactions, make up the baby's social development. Crying, smiling, making sounds and focusing with the eye and similar actions constitute the baby's first social behaviour. The baby's first connection is with the mother because she is closest to him. The love, warmth and peace given by the mother form a trusting bond that the baby cannot resist. That is why when a baby is not feeling well, he needs his mother to calm him down.

The relationship between the mother and baby is as important as nutrition and maintenance care. This is especially critical in the first six months, where a healthy relationship between mother and baby affects the baby's whole life.

If this critical time is spent peacefully, the baby's social development will also continue in a healthy way. Being social, means living in harmony with the society that one is in. It is a field in which one picks up and learns about the habits and customs of the culture he is in. Social development begins from the moment one makes a connection with a child. Reacting, talking and playing with the child support his social development.

Let's now look at the first 6 years of social development. This time, let's look at the first year in more detail:

0 – 2 Months:

At this age, the baby shows behaviours such as anxiety, excitement and delight. He can smile at those around him and move his hands and arms quickly. When someone approaches closely he looks with wonder. When shown attention, he can stay awake for a longer period.

2 – 3 Months:

He can smile on his own and his crying reduces. When upset or hungry, he moans and shouts. When happy, he purses his lips. When away from his mother, he cries in a different way. Upon noticing his mother or hearing her voice, he smiles and makes sounds. He turns his head in the direction of voices that are close to him. When spoken to, he makes sounds in response as though answering the person speaking.

3 – 4 Months:

He makes unique sounds when delighted. Upon looking in the mirror, he notices his reflection. He likes being lifted and shows it. He begins to notice toys.

4 – 5 Months:

He shows reactions such as fear and anger. He smiles when looking at the mirror and makes sounds. He smiles at people's voices and faces. He can distinguish people he knows from those he does not know. He comes to the edge of the bed in order to

get close to a person. He may hug a person lifting him. He is happy when playing with others and he can also object to what he does not want.

5 – 6 Months:

He can distinguish himself from the reflection in the mirror. He begins to copy face mimics and turns when someone calls his name. He is uncomfortable with strangers. He can distinguish adults. He reaches out to touch children who are strangers. He can call his parents for help.

6 – 7 Months:

He reaches out to his reflection in the mirror. He analyses his mouth, hands and body. He is scared of strangers. He can distinguish friendly talk from angry talk. He can bite his fingers and suck his thumb. When lying down on his back, he can put his feet in his mouth. He begins to eat with his hands. He can hold a spoon and cup. He likes to eat on his own.

7 – 8 Months:

He hits with his hands and smiles. He also sleeps with difficulty. He learns how to use parents and how to bring them close to him.

8 – 9 Months:

He fights with his toys. He perceives that his mother and father are different people. When hungry, he can wait for the person to feed him. When scared, he leaves his toy. He does shows for the family and repeats the show if they like it. He may show feelings against other children's behaviour. He may show interest in other children's games. He chooses his toys consciously. He may eat finger foods on his own. He can hold a cup. He may be scared of taking a bath.

9 – 10 Months:

His connection with his mother increases. He follows rules. He can show his emotions such as pain, sadness, happiness and hurtfulness on his face. He can copy mimics and jests. He likes music. He does funny actions and laughs first. He can choose a toy or some toys. He is sensitive towards stuffed babies and animals. He wants to eat on his own. He may help while dressing up.

10 – 11 Months:

He appreciates good behaviour and desires to be met positively. He stands against tidying up toys. He copies adults' and children's games. He prefers to play on his own.

11 – 12 Months:

He can show many feelings and signs of excitement. He can also recognize other people's feelings. He distinguishes himself from others. He is frightened of people and places that he is not used to. He shows strong reactions when separated from his mother. He is interested in people, toys and clothing. Negativity increases. He refuses to be fed by his mother. He tries not to sleep. He openly prefers certain people's choices. In general, he refuses food. He helps while dressing up. He can eat three meals a day. He can hold a cup or glass to drink. He can use a spoon.

As seen above, babies can pick up on and show a lot of behaviours in the first few months. From here on, we will continue explaining social development year by year until the age of six.

1 – 2 Years:

He copies adults in simple tasks such as dusting, pulling the bed cover and holding a fork. When two children meet in the same place, each child plays a different game (this is called, parallel play). Whilst playing, he takes on the role of pushing a car or turning a ball. When family members are not present, he may panic for a few minutes and ask for his family, afterwards, he is content with continuing his activity. He analyses his environment actively. He can play with others and try manipulative games as well as other games such as pulling a rope and playing around with a yoyo. He carries his soft toy and hugs it. He copies funny and noticeable movements. He gives books to adults to hear the story read aloud or to look at it together. He can pull his mum in order to show her an object or something that happened. When coming close to forbidden objects, he raises his hand and says "no". When reminded, he waits in a baby chair for a meal or when laid down to have his nappy changed. He can share his food or objects with other children upon request. When reminded, he greets adults and family members.

2 – 3 Years:

He cooperates with his family upon request. For example, the mother could give him a dusting cloth. With direction, he can take an object from one room to another or call someone. He can look at a picture book with an adult for five minutes. When reminded, he can say, 'please' and 'thank you'. He wears adults' clothes when playing. He can choose when asked to. He can show his love, temper, sadness and other feelings with words. When his urgent needs are not seen to, he can have a fit and throw things. He can be actively difficult and disobedient.

3 – 4 Years:

He can sing and dance with music. He can copy other children's moves and follow rules. He greets adults without reminders. He can follow rules of a group directed by

an adult. He asks for permission to play with his friend's toy. He sometimes says 'please' and 'thank you' on his own. He can answer the phone. He may talk on the phone if the caller is someone he knows. He can wait for his turn. He can follow the rules of a group that is led by older children. He can cooperate a lot depending on the input of adults. He plays in parks that have been shown to him. He answers the question of 'are you a girl or a boy?' correctly.

4 – 5 Years:

He can ask for help when he needs it, for example, when taking a bath or a drink. He joins in adults' conversations. He can sing for others and read poems. He can do simple housework for 20 to 30 minutes on his own. He apologizes on his own. He can play in turn with 8 to 9 children. He can play with two to three children for 20 minutes. He can cooperate. He shows expected behaviour in social events. He most probably asks for permission to play with other people's objects. He can direct and criticise.

5 – 6 Years:

He can show sentiments such as anger, happiness and love. He can play with four to five children without supervision. He can explain games and their rules. He can copy adults. He can converse at the dining table. He follows vocal rules of games. He can make a sad friend feel better. He chooses his friends. He uses simple instruments. He plans and plays building games. He makes his motives known and follows them. He can use puppets or take on a role of a story.

d- Speech Development

Speech is the process of explaining a thought vocally. Speech surfaces slowly in the child's development. The child makes a connection with her senses and the sounds she hears. For example, if the child was shown a cat, and she heard the words, "pussy", she makes a connection between the word and the picture she saw. When she sees a cat, she remembers the word 'pussy' and repeats it.

Talking impairments range from a light stutter to not being able to talk at all. This affects children on a social and personal level. Stuttering usually shows at the ages of 2 to 4. It is a state in which pronouncing syllables of some words requires a lot of strength and stiffness in the jaw is felt. It has been shown that stuttering usually occurs because

of psychological problems and mostly males. Children who are frequently controlled and are under pressure usually stutter. It is helpful to take the child to a child psychologist or a relative who can help, where the child can feel comfortable. Stuttering can be solved more easily by increasing the child's self-esteem, alongside having the right therapy and patience.

Sometimes, the problem is with the teeth and formation of the jaw can cause difficulty in speech. Teasing children with a split upper lip has a very negative effect on the child. In such cases, it is wise to get to the source of what is upsetting the child in order to help her speech.

Some children just begin speaking late. This could be due to problems in the central nervous system, psychological problems, not getting enough attention or losing hearing. Children who do not get their basic needs also speak late. Being attentive to the child, showing compassion, keeping the child away from tension and showing special care with his speech could be helpful in solving the problem.

If the speech impairment is anatomical, one should research how the speech organism could be improved. It is vital to pin the cause precisely before beginning medication. It is also important to be understanding with such children and to help them in society.

Normally, a new born baby talks by making noises. It is important to be able to hear in order to talk. A person who is deaf has trouble talking. She may have trouble copying the parents' speech if she cannot hear.

Now, we will look at how speech develops under normal circumstances.

0 – 1 Years:

She reacts to music and bell sounds. She can make sounds besides crying. She can move her body in reaction to a sound. She looks at people who talk or move. She responds to an adult's voice through movement or by stopping her cry. She cries differently to different forms of uncomfortable situations. She shows response to smiling adults. When delighted she smiles and tickles. She makes sounds when shown attention. She looks at her hands and makes incomprehensible sounds. She begins to makes sounds such as 'mama' and 'dada'. She turns her head towards the sound of a door bell. She plays the 'Weeee!' game. She responds to movement by her hands. When her name is spoken, she looks or stretches. She makes eye contact with the one speaking to her. She responds to simple instructions with hand movements such as stretching when someone says, 'come!'

1 – 2 Years:

She shows interest in short poems and songs. She looks for hidden sounds such as an alarm clock under a pillow. She also looks for sounds outside her room such as; the door

bell and children shouting outside. She responds to the word 'finished'. She says simple words. She begins to say mum and dad. She uses speech and hands to show what she wants. She can say the family's names. She says incomprehensible, yet melodic words when playing. She uses 6 to 20 words properly. She copies new and original words said to her. She tries to sing simple songs. She copies sounds that capture her attentions such as 'beep!' She knows heroes in stories. She can make her desires known with excitement in one word. When shown popular items, she can name one of them such as, cat, bird or dog. She can string two or more words together when speaking. She can apply commands such as, hold a spoon, give it to mum, put it on the table. She can name five items such as, ball, clock, pencil, eraser, cup. She likes to name the food she's about to eat when she knows what it is. She can make animal sounds. When asked 'what is this?' about objects she is familiar with, she can answer. When asking where she is, using her name, she shows herself.

2 – 3 Years:

She enjoys picture books and likes to talk about them. She can string two or more words together and says simple sentences. She consistently talks to herself. She copies other people's speech. She always asks the names of things. She joins in simple poems and songs. When asked where her hair, hands, legs, eyes, mouth and feet are, she shows where they are and repeats the sounds. She can use pronouns such me, my and you etc. and uses them in her speech. When wanting more of something she says, 'more!' When shown six objects she can name four. She correctly follows two out of three orders. She can name 7 out of 8 known objects. She begins to use most suffixes and prefixes. She can answer the question, 'how do you hear?' She recognizes herself in the mirror. She can understand places of things such as, over, under etc. She can use verbs such as 'eating' and 'sleeping'. She can say when she needs to go to the toilet. She can use words such as 'this' and 'that' correctly. She can say 'no' to what she does not want or did not mean.

3 – 4 Years:

She can identify small details in a picture book. She can say her name and surname together. She frequently asks questions such as what and where. She knows a few simple poems. She repeats poems and stories she likes every day. She likes to join in when the story is read. She can name animals. She sings songs she made up at home. She can read a poem or sing a song on her own. She can say sentences made of 6 or so words. She uses high and low tones in her voice. She uses verbs and names. She can explain motions in pictures. She can name 10 out of 18 known objects. She can identify and name an animal in a picture. She speaks intelligently but with baby sounds. She can use the past and present tense correctly.

She can use three prepositions of place (on top, under, inside). She follows two out of three simple commands. She can name six frequently used names such as chair, car, box, key, fork, flag… She can identify motions in pictures. She makes connections between objects and their use. For example, when asked, 'what cuts', she says 'a knife'. She can repeat a sentence made up of 6 words.

4 – 5 Years:

She can name 14 of 18 known objects. She can answer questions with short answers, for example, 'do you want to go to the park?' Answer, 'yes I do'. She can read picture books. She can talk about a story she knows without the book. More or less, she speaks in full sentences. She knows the past, present and future tenses. She can repeat one or two sentences correctly. She generally says her age and address correctly. She repeatedly asks, 'why? When? How?' and asks about meanings of words. She can put on a scarf on her head and shoes on her feet. She can match three pictures. She can follow three commands correctly. She can identify what four words are used for. She knows what things like a fork, a table, sofa and pencil are used for. She can determine whether your voice is loud or low.

5 – 6 Years:

She understands and shows the meaning of concepts more or less. She can say her address and telephone number. She comprehends the meanings of, 'the least', the most' and 'some'. She beings to ask the meanings of abstract words. She can explain 16 to 20 moves. She makes simple jokes. She can expound on her daily experiments. She can give directions of a place or a move. She can answer the question 'why?' She can adjoin and explain three to five parts of a story. She can define words. She can explain six out of nine words. She can understand and respond correctly to the command, 'tell me the opposite'. For example, 'tell me the opposite of 'hot' would be answered with 'cold'. It is expected of her to answer two out of three questions correctly. She can answer conditional questions, for example, 'what would have happened if the egg had fallen?' She would say, 'it would have cracked'. She uses the concepts of 'today' and 'tomorrow' correctly. She asks and researches the meanings of new words she does not know. She uses phrases such as, 'please', 'would you have done this' and 'can you do this'.

The development of speech and language is as such, it changes day to day. Children who do not have speech impairment should be reminded to be thankful and how to use their capabilities for good ends.

e- Mental Development

Mental development centres on the capability and maturity of the intellect. In order to understand this field more fully, we will first identify the relevant concepts. Mental

development is a combination of hidden strength, talent, intelligence, perception, conceptualisation, problem solving and production.

This is a trait that one is born with, however because of certain obstacles, this potential may never surface. Every individual needs to discover his own hidden strengths. This can be achieved with sensitive parents who by using the right education, can show the child what he is capable of. Assuring the child that he can succeed, is a very important factor in helping the child gain self-confidence. In order for the child's hidden strengths to be realised, he needs to be given a chance. He should be able to ask questions and have chances at trying new activities. It is very important to keep the 'door open' and to show the child how much they are capable of accomplishing.

Development of Talent:

Talent implies having strength in knowing individual skills and being able to work compatibly. Talent is genetic, however, it can be improved upon with experience. By watching closely, one can understand whether a child is talented in a certain area. Talented children who have ideal conditions to develop their talent, will certainly be of benefit to society. Aptitudes that are not met with ideal conditions face the danger of dying out. That is why it is essential for families and educators to provide children with the ideal conditions in their education process.

Development of Intelligence:

Intelligence is the process of thinking, using the mind, being objective, comprehending and solving in addition to progressing in all these fields. Intelligence improves upon use. Although, every person can only improve on what they already possess. Each individual is successful in different fields. Some are better at mathematics, while others are better at arts. Some children have verbal intelligence, while others have more visual intelligence. What is important here, is to discover in which field the child is better at and to provide the ideal conditions for the child to improve in that particular field.

Development of Perception:

This field composes of sensing and understanding the activities, objects and events in one's environment. It is the capacity of knowing and processing their meanings. In order for one's perception to develop, one needs to look carefully and think about what they see. The best form of education is experience. This means that the more experiences a child has, the more she will develop her perception skills. Real perception can only be lived.

Development of Conceptualisation:

The ability to find similarities between objects and events, put them together and picture them in the mind, is conceptualisation. Like development in perception, this can only be done through watching carefully and noticing details.

Development of Problem Solving:

Problem solving is about getting rid of the obstacles that stand in the way of one's ambitions, using the right tools and choosing the proper action. No doubt, a person who faces problems regularly would have developed his problem solving skills much better than a person who does not regularly face problems. Thus, the more experience, the more problems a person can solve. When teaching a child how tie up his shoe laces, we have to show him first then it is necessary to wait for him to try on his own. If the mother keeps tying up the laces for the child, the child may grow up to be someone who cannot even tie up his own laces.

Production:

Being able to find new solutions to old problems and making developments makes up the essence of production. The developments of productive people are beneficial to others. With their original ideas, they open up new horizons for others. What is needed to enhance this skill is to introduce the child to different materials and give the ideal settings for the child to work in. If a child wants to make a sand tower and has the capability to do so, then a bit of sand and a shovel should be provided for the child. No new conception could be made without materials. The idea could be designed in the mind, however it cannot become a reality just like that, for humans cannot create from nothing. That is why, we call this special skill that we have been given 'production' rather than 'creation'.

The development of the constituents listed above make up the mental development of a healthy child. Now, let's have a look at how the development of cognition until the age of six.

0 – 1 Years:

He can stretch towards a moving hoop. He can look from one object to another. He looks in the direction of a disappearing spoon. He can move an object from one hand to another. He can lift up a cup placed upside down. He can move a cover that is inhibiting his view. He can place a few objects in a container. He can find an object hidden in a container.

1 – 2 Years:

He can place one object into another. He can take out 6 objects from a container by himself. He looks at picture books. He can show three parts of his or another baby's body. From 6 known objects, he can show two to three objects. He can repeat two out of four words. He can find two objects that have been hidden in different places.

2 – 3 Years:

When asked to show a chair or the legs of a chair, he shows it correctly. He can repeat four out of four words. He can distinguish a longer line. He can repeat two or three numbers. He knows how three out of six objects are used. He can repeat three numbers. He can complete a two piece puzzle. He can match two materials that are made of the same material. When asked what certain sounds are such as, 'woof', 'tut' etc. he can answer correctly. He can name jobs. He can place five hoops on a stick.

3 - 4 Years:

He can show and identify six parts of the body on a picture of a baby. He can match four coloured cups accordingly. He can match animal pictures. He can match three out of sixteen shadow pictures. He can complete a three piece puzzle. He can understand singular concepts such as, hungry, tired, cold etc. He can answer correctly to questions such as, 'what do you do when you're hungry?' What do you do when you're cold?' 'What do you do when you're tired?' He can say opposites. He can show the smaller of two squares. He can group buttons such as ten black buttons and ten white buttons. He knows the three key colours, blue, red and yellow. He usually says 'red' and 'yellow' correctly but mixes up blue with green. He can answer correctly questions such as, 'why do we bathe?' 'Why do we warm up' and 'what do we do when we're thirsty?' When shown two circles and asked how many there are, he can answer correctly. When asked, he can show his teeth, chin, hand, foot or fingers. When asked, 'what happens next?' about a simple story that has been repeated often, he can give the correct answer. He can repeat a variety of finger games that are verbal and have movement.

4 - 5 Years:

He can identify four shadow pictures. He can identify what objects are made of. He can show his tongue, neck, arms, knees and fingers. He can name one out of three objects shown in a picture. He can repeat four numbers. He can repeat sentences such as, 'I'm enjoying playing with my friend' and 'I'm going to the corner store to buy bread, oil and milk'. He knows the number that comes after the number eight. He can complete a seven piece puzzle. When shown objects that vary in weight, he can identify the heaviest. He can find similarities and differences in pictures. He can give logical answers to questions such as, 'why do we have hands, books, clocks, eyes and ears?' When shown

three circles and asked how many there are, he can give the correct answer. He can count four objects and say how many there are. He can correctly place three straws of different lengths in order.

5 - 6 Years:

By looking at a model, he can make a rectangle out of a triangle. He can identify an object when given clues. For example when asked, 'what do we put on our feet?' He would say, 'shoes'. He can name five letters of the alphabet. He can say the alphabet from 'A to Z' in the correct order. He can match big and small letters. He can count from one to twenty and show the numbers. When shown a model of equal sides, he can draw a square. He can complete a simple labyrinth. He can say the names of the week in order. He can add up to three. He can give the date of his birth giving the day and month together. He can read twelve words. He can predict what happens next, for example, what comes after lathering soap on our hands…..washing off the soap. He can show half and full objects. He can count from one to one hundred by memorisation. He can place one to ten in the right order. He can group objects according to their width and length. He uses concepts such as wide, narrow, long and short. When shown an object that is cut in half, he can say how many pieces it is. He can say his full address correctly. He knows about ten colours and can match twelve pictures. He can match twelve shadow pictures. He can complete a puzzle made up of ten pieces. He distinguishes between his right and left. He can name the four primary colours. He can answer questions such as, 'what's bigger, a cat or a mouse?' When asked, 'how many' he can count up to six objects. He can complete the seventh piece of a human picture. He can place straws of different lengths in the correct order.

f- Sexual Development

Every healthy baby comes into this world as a girl or boy. The sexual organ is the most important physical sign that gives the person his sexual identity and maps out his roles. If there is a physical impairment, then treatment must be sought. Under normal circumstances, it is important to bring children up with roles that go in harmony with their sexual identity. Girls should wear girl's clothes and boys should wear boy's clothes. If a girl behaves like a boy, she should not be applauded and encouraged.

0 – 1 Years:

Babies usually discover their sexual organs in the first year. This discovery is mostly achieved whilst having the nappies changed, or being washed. Boys may notice their sexual organs earlier because they can be seen.

2 – 3 Years:

The development of muscles and movement develop quickly in this age group. The child begins to see what's around her mother's arms. In this group, girls are generally closer to their fathers and boys; to their mothers. Boys may propose to their mothers while girls may propose to their fathers. They begin to experience shyness. Children begin to discover their bodies in this period. Some girls may begin to develop feelings for boys.

3 – 4 Years:

In this period, the children should be informed about their sexual identity. This information should not be about their organs, but rather, about the differences in their looks. It is important to discuss the uniqueness of each sex; their clothing, hair styles, walk, talk and other differences. After the age of three, the child should not sleep in the same room as her parents. By around the age of three, the child realises that she cannot marry her parents. She should not hear passionate words. Using words such as, 'honey', 'sweetie' and 'darling' suffice. Children begin to ask about relationships between girls and boys at this stage. They may ask where they came from. Some children may persist in knowing how they came into this world. In such a case, if postponing and changing the subject does not work, the child should be given an appropriate answer. For example, "I married your father and we asked Allah for a child and He gave you as a gift to us." Or, "Allah Ta'ala created the ideal conditions for the baby to grow in the mother's womb. You grew there and with the help of doctors you came out." With such explanations, her questions could be answered. Children who do not get answers from their parents may stop speaking or get their answers somewhere else with too much detail that can confuse the child.

Children between the ages of three and four can identify which sex they are. When asked questions such us, 'are you a girl or a boy?' They answer correctly. Moreover, mature family members and relatives, will help in laying out the ideal roles for the children.

4 – 6 Years:

Children at this age play role games in which they are the mother or father. Their sexual identity has completely settled in. The games they play help them in fully understanding the different roles. At this age, it is not ideal to wash the child completely naked. If she gets used to being naked, she may lean towards wanting to see other people naked. It is important to be reminded here that this leniency has nothing to do with perving. It is only a normal and temporary feature. It is essential to dress conveniently around the child. At this age, girls become even closer to their fathers and boys closer to

their mothers. The child's curiosity about her sexual identity is at its peak before schooling. This will then continue after adolescence.

In the stage before school, the child may look to another child as a 'girlfriend' or 'boyfriend'. What is relevant here is that the child is reducing his dependency on his parents.

If a child says, "I love Aisha!" It is useless to say, "be quiet, that's rude!". Rather, one should discuss how important the feeling of love is, and how a person gains a lot of beautiful attributes by loving others. For example, 'loving does not make people bad, it makes people generous. It is not harmful, rather, people who love each other protect each other. Allah Ta'ala loves his prophets. Love is a very big blessing, how lucky are you to have a loving heart that loves Aisha.'

Sexual development increases in adolescence were it is accompanied by biological changes. By this age, the young child is ready to take on her sexual role. Throughout adolescence, it is important to teach teenagers haram and halal[16] and to discuss the relationship between girlfriends and boyfriends in a reasonable manner so as to help the teenager avoid making big mistakes in her adolescent years.

16. Haram implies what is forbidden while halal implies what is permissible in Islam.

Short Story

THE LESSON I LEARNT FROM A CHILD

Two years ago, I really needed a car, although I was very hard pressed for money and I could not imagine having one…not even in my dreams. We had recently moved into our new house and my husband had a very big loan to pay.

We are human, sometimes we forget the difficult times we are in and drift into fantasies. One part of this fantasy was when we would look into car catalogues on the internet and check out second hand automobiles and spend days talking about how necessary they are.

I needed to travel by public transport for my lessons and I had reached the point of losing my mind when it came to travelling by bus. Years of exhaustion meant that whenever I rode on a bus or a ferry, I would come back home sick. This is because I spent too many hours on the road which made me tired and really pushed me to the edge. This was in addition to having to suit the full programs of friends who owned cars.

We had no other choice but to turn our house into a pre-school. Our little students began their education, yet from time to time, I found myself discussing the issue around the children. I asked my loved ones, my friends and family to make dua[17] and I also consistently prayed to Allah Ta'ala. In short, not owning a car was a focus in my daily life, but our means of living were obvious.

It was around this time when one morning, Zeynep Nur approached me and said, "Miss, take this and add it to your car payment." Zeynep Nur was a 6 year old student in our school….She had composed her sentence with utmost purity. She stretched out her tiny clean hand and waited. At first, I did not get what she meant. When it clicked, I did not really know how to respond, it was so unexpected. So I asked her, "what is this?" She opened her hand and there was a five lira note in it.

When I said that I could not accept the money, she surprised me even more by the tears that began flowing down her cheeks. She started crying and persisted that I take the money.

In front of me was standing a six year old child. Until that day, none of the adults had shown the sacrifice, assistance and sincerity that this child was now showing. I was deeply astonished.

17. Dua literally meaning invocation, is an act of supplication.

When I asked her if her mother knew that she was giving the money, she cried, "yes". "OK" I said. I took the money and thanked her. She was so incredibly pleased that she stopped crying and gave a grateful smile, then joined her friends.

This five liras, the one that belongs to our red, (we called the car, 'our red' :) because of its red colour) was the first money we put aside for the car. In the evening, I told my late husband the story. He said, "darling, you said we do not have money. Now we have five liras. How much is left? We only need another seventeen thousand nine hundred and fifty liras." This sweet joke showed both happiness and hope.

Can a child give an adult hope? Boy she can…..After that, a charitable person who wanted to help us with our loan gave us money. We used part of the money to pay the loan and we bought a car. My Lord Ta'ala then opened blissful doors for us where we were able to pay both the house and car loans.

Whenever I go to my lessons with the car, or I be of assistance to others by using the car, I am very thankful to those who made dua, those who helped me spiritually and by giving money. But most of all, the tiny hand that brought the five liras, Zeynep Nur comes to my mind….That little sweet soul gave me the following lesson:

"Pessimism is not permissible for us. We are responsible for what we are able to do and if we help, we should not belittle the charity no matter how little it may be. For, a little sincerity goes along way. We should want to give from our inner soul and give the message to the one we are giving that if they do not accept our offering, we would be very upset. If need be, we must persist. No matter what our age or situation is, we should be aware and sensitive to those around us and we should desire to be the giving hand from our inner heart.

They say that the mind; reason and intelligence, is not in the age but in the head. However, the mind is not in the age or head. In contrast, the mind is a feeling of responsibility and love that should burn in our deepest soul… Sometimes, this strong sensation is found in a five year old, rather than a fifty year old.

Therefore, the generosity found in our little one, shyness, purity, love, compassion, good intentions and other beautiful qualities should not be hindered. Rather, these special traits should be encouraged with support and we should be there for them to help them develop these traits in every way.

At this point, I would like to thank the wonderful parents of my lovely student Zeynep Nur. I have such a loan that I would ransom my soul for it.

RESEARCH TOPICS

- Research children in your area who are different physically but are in the same age range. Think about why these children have different physical appearances despite their ages being the same.
- Research the answers you could give to a persistent five year old child who keeps asking, "Where did I come from?"
- Prepare a report on how to help a child who has speech impairment.

DEBATE

- What affects development more, the environment or heredity. Debate.

ACTIVITY

Get two pot plants. Talk to one of these plants in a beautiful manner, say beautiful words, let it hear the Quran and prayers upon the Prophet p.u As for the other plant, say bad and degrading words and place it in a noisy environment with terrible music. After one week, place the two plants side by side and compare them to each other. Note and see how important the environment, love and compassion are in development.

Questions from Unit 4

1) **Which of the following describes 'development' better?**

   a) Love and Compassion

   b) Heredity

   c) Experience

   d) Climate and Seasons

2) **Which of the following is an affective factor of development?**

   a) Internal glands

   b) Nutrition

   c) Need for freedom

   d) Heredity

3) **What is the biggest need for the development of a child who keeps being pulled up by his mother every time he falls?**

   a) Sleep

   b) Cleanliness

   c) Space for freedom

   d) Compassion

4) **What is the most important environmental factor for the development of a child?**

   a) Sleep

   b) Nutrition

   c) Clothing

   d) Living conditions and experience

5) **What is the gland that secretes thyroxin, and its deficiency affects mental and physical development?**

   a) Thyroid

   b) Adrenal Gland

   c) Parathyroid

   d) Sexual Gland

6) **Which of the following is correct?**

   a) 'Climate and season conditions have nothing to do with development.'

   b) A fat child is a healthy child.'

   c) 'Sleep is medicine at any given time.'

   d) 'Illnesses and accidents have a negative effect on development.'

7) **The immune system has been created with the strength to deal with.....**

a) Illnesses

b) Medicines

c) Nutrition

d) Neglect

8) **Which of the following sentences is wrong?**

a) Development is a whole in one.

b) Development does not just imply the growth of organs but also, their ability to function.

c) Development can be inhibited by psychological setbacks.

d) The development of one feature is sufficient.

9) **What is the average height of a new born baby?**

a) 48 – 50 cm.

b) 50 – 54 cm.

c) 52 – 53 cm.

d) 45 – 48 cm.

10) **Which of the following is correct?**

a) The increase in children's weight is linked to the average of their age.

b) Girls are stronger than boys.

c) Health increases with the incree ase in weight.

d) A four year old child weighs an average of 16 kg.

11) **Which of the following is not a constituent of physical development?**

a) Muscles

b) Bones

c) Systems and Organs

d) Talent

12) **What is the average heart-beat of a new born baby?**

a) 100 - 110 b) 110 - 120

c) 120 - 140 d) 140 - 180

13) **When does the first controlled movement of a baby begin?**

a) At the end of the second month.

b) At the beginning of the fourth month.

c) In the middle of the third month.

d) At the end of the first month.

14) In social development, what is the baby's most basic and indispensable element?

a) The mother

b) The family

c) Television

d) Relatives

15) What is the main cause of stuttering?

a) Anatomical

b) Stress and Pressure

c) Joy

d) Sadness

16) To which development field does problem solving belong?

a) Physical development

b) Speech development

c) Mental development

d) Sexual development

17) When do children distinguish their sex as girls or boys?

a) 5 – 6 years

b) 3 – 4 years

c) 7 – 8 years

d) After 12 years

18) Which of the following is related to the ability of the person to solve problems?

a) Physical development

b) Mental development

c) Speech development

d) Emotion development

19) Which of the following sentences is correct?

a) There is no need to go into depth with social development.

b) Healthy sexual development requires the healthy development in all other domains.

c) Muscles are strong in themselves, so we do not need to worry about the development of movement.

d) All fields of development are important, and we must do our best to support each domain.

UNIT 5

BABIES AND ILLNESSES

In this unit, we will look into illnesses that babies may experience and the precautions that should be taken. We will also learn about first aid methods. Let's start with the sub-titles:

CONTENTS

FEVER

SEIZURES

PNEUMONIA

TUBERCULOSIS

POLIO

JAUNDICE

ALLERGIES

IMMUNISATION

FIRST AID

MAJOR ILLNESSES

1. FEVER

What is a fever?

The normal body temperature measured under the arm is between 36.1 and 37.2. When the temperature is taken from the rectum, it is one degree higher. Any number that is higher than this range is called 'a fever'.

Why does the Temperature go up?

Temperature is part of the body's protection system. It helps the immune system by killing microbes. That is why temperature is in fact a sign of a healthy body and shows the body's attempt to rid the body of microbes.

Microbe illnesses and all microbes can cause fevers. Illnesses such as malaria can be diagnosed by the temperature's progress during the day.

A high temperature in one's environment can also be confused with a fever. Especially with little children whose temperature control mechanisms have not yet fully developed. That is why when children are over-dressed or are in a hot environment, their increase in temperature may be misinterpreted as a fever.

Not receiving enough liquids could also raise one's temperature. In such cases, one begins with replenishing the liquid lost by the child.

When are Fevers Dangerous?

If fevers lead to seizures, then they become dangerous. When the temperature goes up, the body should be protected with cool compression. Fevers that last over 24 hours are also dangerous.

How does one Reduce Fevers?

- By taking off extra clothing.
- By taking a warm (closer to cold) shower after every fever.
- A cloth soaked in vinegar can be placed under the arm, thighs, forehead etc.
- The child should not be forced to eat.
- If the temperature continues despite doing all the above, then paracetamol should be given as a last resort (syrup or suppository).
- If the temperature still continues, then the child should be taken to hospital.

2. SEIZURES

What is a Seizure?

Due to a problem in the nervous system, the muscles make sudden and irregular contractions, and the person may lose consciousness for a while. Out of every hundred children, about five experience seizures. If a child has a family with a history of seizures, then his chances of experiencing the seizure is higher. It can happen more than once. However, it does not cause intellectual disabilities or similar neurological problems. Nevertheless, someone who has experienced a seizure is at a greater risk of having epilepsy.

Why do Seizures Occur?

Seizures can be offset by illnesses that cause fevers. Traumas that are connected to the brain, infections or some neurological illnesses can also cause seizures. A seizure experienced at the ages between 6 months and 5 years can cause a rapid rise or fall in temperatures.

How does One Diagnose a Seizure?

A person who is experiencing a seizure loses consciousness. Sometimes it is over in ten seconds. Rarely, it can go on for up to thirty minutes. Successive involuntary con-

tractions of the arms and legs, a locked chin, saliva running from the mouth, lazy eye, urine and stool accidents are all symptoms of seizures.

What things to be Done?

Urgent intervention:

– The patient should be laid down on his back on a flat surface. He should be away from the danger of falling or colliding.

– His breathing and heart beat should be checked.

– The muscle spasms usually finish on their own in one to two minutes.

– If respiration or heart need intervention and a professional is close by, then an emergency intervention should be under taken.

– Besides the above, the child should be taken to a health care centre.

– During this time, there is no need to splash cold water on the child or to try to open the chin by force.

– If seizures occur continuously with a child, then doctor's help is needed.

3. PNEUMONIA

What is Pneumonia?

Pneumonia is an illness that generally develops with microbes in the lungs which reach the lungs through the respiratory tract.

Who gets Pneumonia?

A child at any age could contract this illness. The younger the child, the more dangerous the illness and the higher the risk of death is. Children who have bad diets and growing-development disabilities are also at a bigger risk of getting the disease. After diarrhoea, it is the second most common cause of death.

What are its Symptoms?

Fever, cough, breathing trouble, fatigue and a generally bad state, are symptoms of pneumonia. The simple cold and flu should be watched carefully to see whether it may be the beginning of pneumonia, especially if the temperature does not reduce with regular medicine and if the patient has trouble breathing. The easy way to determine the illness is by checking how many times the patient breathes in a minute. I will give you

some practical advice while we're at the topic, the stomach's rise and fall is counted as one breath. The breath count for a child under the age of one month is 50 in one minute. For babies from one month to one year, it is 40 and for children one to six, it's 30. If the count is higher than the given ratios, then there is a problem in the respiratory tract.

How is One Protected from Pneumonia?

Protection can be achieved by general cleanliness and good nutrition habits. Keeping oneself away from sick people, especially those who are coughing and sneezing, is also crucial. One other precaution is to completely stay away from smoking areas.

Treatment

Oral antibiotic injections are used according to the severity of the illness.

Young children and patients of general ill health should be kept in the hospital for supervision and medication.

4. TUBERCULOSIS

What is Tuberculosis?

Tuberculosis, which is caused by bacillary called "mycobacterium tuberculosis", is a contagious and infectious disease.

How is it Spread?

Tuberculosis spreads from the respiratory and phlegm tract. The bacillus goes to the lungs first then through the blood, it spreads to the other organs. Those who have pulmonary tuberculosis have a higher risk of contracting the disease to others. This is because, there is a scar in their lungs and the ratio of microbes in the phlegm is higher.

What are The Symptoms?

These are the general symptoms of tuberculosis, depending on the spread of the disease in the lungs.

-Despite medication, the coughing lasts for a long time.

-Sweating at night.

-Loss of weight.

-Loss of appetite.

-Chest pains.

-Blood in the phlegm.

How is it diagnosed?

When the tuberculosis microbe inters the respiratory tract, it may not activate immediately. When the body loses its resistance for various reasons, the illness begins. In general, the illness is diagnosed by testing the microbe in the phlegm. However, the microbes may not be visible sometimes. In such a case, radiographic methods are used to check the lungs.

Who is More Likely to Contract the Disease?

-Stemming from various reasons, people with weak bodies.

-People who have taken cortisone medication for a long time.

-Women after pregnancy.

-Those who spend time with tuberculosis patients, and the health carers who take care of them, have a higher risk of contracting the disease.

5. POLIO

What is Polio?

The infantile paralysis is caused by a virus called, 'polio'. It is an infectious disease. It does not lead to death, however if left untreated, it may cripple the person for life.

How is it Spread?

This disease spreads in places that are unhygienic, have bad canalisation, sewage and fester a lot of flies and insects. Such places are ideal for the polio virus to harbour were the microbes are able to enter the body through the digestive system.

What are the Symptoms?

Polio can cause paralysis in many muscles. Symptoms such as fever, vomit, diarrhoea, weakness in the body, shivering, nasal discharge and coughing are all signs of this disease. Problems in both the digestive symptom and respiratory system can be seen. That is why it can easily be mistaken for a simple respiratory illness or many other illnesses. Due to stiffness in the back of the neck and leaning of the chin towards the chest, it can also be mistaken for meningitis.

6. JAUNDICE

What is Jaundice?

Jaundice is yellowness on the baby's body, usually seen after the birth for ten days. This should not be confused with the jaundice found in adults. The jaundice is new born babies is not contagious. It does not form because of its microbes, nor does it spread to others.

What are the Causes?

The bilirubin substance in the blood rises. The blood concentration of a new born is more than that of an adult. As the days pass, these blood cells decline and the bilirubin substance surfaces. The liver of a new born baby is not mature enough to rid the body of this substance, so the bilirubin amount rises in the body exposing a yellowish colour in the skin and eyes.

Who is at Risk of Jaundice?

When the blood type of the mother and baby are different, there is a higher risk of having this illness. This is also the case with babies that have brothers and sisters who experienced jaundice. Because the 'brain blood barrier' matures in ten days, it stops the undesired substances in the blood from reaching the brain. Therefore, after this date, the illness presents practically no danger for the brain.

What are its Symptoms and Complaints?

The whiteness in the eyes and skin turns yellow. The baby may not want to feed or sleep much. The critical danger is the bilirubin compiling in the brain. For, composition of bilirubin in a part of the brain can completely stop it from functioning. In such cases, the brain development is hindered and involuntary movement may occur. Years later, in the final stages, the patient would not be able to care of himself and would be considered intellectually disabled.

How could a New Born Baby be Protected from this Illness?

It is crucial to breastfeed the baby consistently. Hunger increases the amount of jaundice. If the mother's milk is not suffi-

cient, supplementary nutrition could be given, (for advise on supplementary nutrition, look at the third unit, part 2).

How is it Treated?

Around one hundred years ago, it was discovered in baby nurseries, that when the baby was placed near the window, the jaundice would disappear. Nowadays, they apply phototherapy, where the child is left in the hospital over-night using this method. Florescent lights and similar lights could be used at home to completely rid the body of the bilirubin.

7. ALLERGIES

The body has an immune system which reacts against all types of harmful elements that may encounter the body. For some people, the immune system also reacts against otherwise harmless elements such as dust, medication, pollen etc. at an abnormal level.

In such cases, symptoms such as skin blotches, rashes, a stuffy nose and a cough may occur. If one encounters such symptoms, then the cause of the allergy should be avoided. However, if these symptoms increase, then medication may be required.

8. IMMUNISATION

Immunisation has been formed in order to protect the body from the effects of serious illnesses. With the idea of strengthening the immune system, it is prepared with the microbes of the illness.

Despite its good intentions of reducing many infant illnesses, like all medications, immunisation also has side-effects. These side-effects are also accepted by the producers. For example, the combination vaccine could lead to seizures. All vaccines are followed by fevers and sometimes allergies. However, the risk of a seizer and its effects is extremely small compared to the ratio of protection the vaccine presents.

In general, the side-effects have been medically accepted. However, by using a mathematical equation considering life and health, the benefits of immunisation are much larger than its risks and therefore advised. Previously, the deaths caused by the measles were in the thousands. Nowadays, it has been almost abolished.

With those who generally support immunisation, there have also been certain assertions made. For example, it has been said that the measles vaccine increases the chance of autism. However, because the measles vaccine was doubled we cannot claim

that autism also doubled. This is because other suspicious causes such as bad nutrition, obesity, watching too much television and such have also increased. Maybe in the future, these allegations could turn out to be true, however, for today, they are not enough to ban immunisation. The ratio of autism which is one in ten thousand is better than dying two to one hundred.

There are other allegations about immunisation, such as its association with infertility. This information is very important, however before we remove vaccines from our lives we also need to look at other elements that may be causing these problems. There have been associations found in what we eat and drink in addition to the fact that there has been no rise in infertility caused by vaccines detected over the years. Rather, links have been detected to much more dangerous things such as cigarettes and mobile phones.

Immune vaccines are used in the country in which they are produced. In any case, there is currently tight control over the imported and locally made vaccines. We should not only be concerned about the harm of vaccines but also the preservatives and additives found in processed food today. Unfortunately, many of the side-effects found in vaccine supplements are also present in many foods we eat today.

Conclusion: We should be content with vaccines used with the intent of medication. The benefits and harm of vaccines should be studied. If the benefits are high and the risks are low, then it should be done. As a Muslim, one does not immediately accept everything placed in front of her. After researching the effects and contents, then a decision should be made.

Under normal circumstances, a healthy body's immune system is able to fight off sicknesses. However, this strength is weakened with too much unknown, processed, fast or stale food, not chewing enough, chemical ingredients, cosmetics, pollution, problematic psychic feelings and negative thoughts and bad hygiene. When the body's strength reduces, so does its resistance against foreign substances, thus enabling the illness to fester in the body.

If the above information is not researched, then understanding the benefits of vaccines would also be difficult. This means that one should follow the Sunnah as much as possible, and if necessity requires, then one should take the road in which the benefits out-weigh the risks.

9. FIRST AID

First aid is intervention and help in accidents, falls, collisions, burns, drowning and other unexpected events. The aim is to treat the patient and take the patient to the appropriate centre in which she can be treated. Ignorant intervention could cause more harm to the patient than good, despite good intentions.

That is why it is necessary to learn first aid and how it is done. Let's start by looking at different circumstances and what kind of help is needed.

Traffic Accidents, Falling from Heights, Collision

In such cases, there could be head injuries, broken bones and organ injuries.

If the area is ideal, the patient is placed on his back on a flat surface without movement. If he is unconscious, he cannot control his movements. If his neck is moved in wrongly, then serious nerve damage could occur.

Therefore, the head and neck area should be held stable using a neck brace if available or soft cloth such as cotton. The patient should be checked for bleeding. If the arm or leg are bleeding, then they should be stopped by pressing the finger or cloth on the wound. If the bleeding does not stop, then the injured area should be wrapped with a cloth. After every hour, the cloth should be loosened for 5 to 10 minutes.

If there is no stretcher, then the patient should be carefully placed on a board (even a door could be unscrewed in this case). This takes about three to four people to accomplish so that the patient's balance is kept and placed with utter care.

If the arm or leg is broken, they must not be moved randomly for this can cause nerve and vein damage.

The patient's mouth should be cleaned from the inside to make sure that blood or a broken tooth etc. could not enter the respiratory tract. It is useless to try to talk to, slap or shake the patient if he is half conscious.

Internal organ bleeding could cause death. If the patient is panting for breath, has cold sweat, is weak or sleepy, then he should be immediately taken to the emergency ward.

Burns

Burns are generally caused by hot water, oil or similar substances. What matters most is what substance affected the skin and how deep the effects are. As for skin that has been completely affected, the protection against microbes which is in the skin has been peeled off, so the risk of infections becomes very high. After healing, the scars of the burns may remain.

In the case of a burn, the patient should be removed from the scene immediately. For, if the fire has spread, the patient may not be able to breathe. The biggest dangers of those who have experienced fires are respiratory. Thus, the patient must immediately be taken to an area with fresh air and his clothes should be removed and he should be cooled with cold water which would remove the harmful substance. The burnt area should not be touched nor covered.

After a period of time has passed, an antibiotic rub could be used followed by wrapping the burns loosely. The same applies for burns that are caused by other than fires and smoke.

Beneath is an illustration of how to apply first aid with different burns.

Foreign Objects

If an object like a nail enters the body, then it should be removed carefully. The wound should then be cleaned with water and oxygen or a similar product. A tetanus needle should be applied if needed. With serious and unhygienic wounds, an antibiotic rub could be used or tablets could be taken.

If dust, chemicals or anything else enters the eye, the eye should be washed with plenty of water. If the substance can be seen, then it could be taken out with the hand. The eye should not be rubbed and the intervention should best be done by a health personnel.

If a substance enters the respiratory tract, the person's life could be in danger because breathing becomes difficult. The patient could lose consciousness, faint or turn purple in colour. If no intervention is done, the patient could die.

Cuts, dislocations and sprains

If there is suspicion of breaks or dislocation, that part of the body should be held stable. A wooden tablet or a hard carton can be used to keep that part of the body stable. If the break is open or a bone is showing, then no intervention could be done and an expert should be called in.

Short Story

WHEN WILL WE TELL OUR CHILDREN ABOUT THE FIGS?

A lot of parents complain about their children's day-dreaming, bad-temper and hyper-activity. Many may also find themselves in front of the psychiatrist's doors asking for medication.

Yes, some parents live through this. However, the child continues to consume sugar, gum, chocolate, ice-cream, chips, coke, long-life milk etc. as nutrition, and sometimes even as a reward!

Children take with them to school poisonous products that we call 'nutrition'. Whenever I see processed juice and coke bottles, I go crazy. For, a lot of the behaviour we complain about is caused by the preservatives, colours, flavours and additives found in these products. These substances can cause serious harm to the brain and affect manners and understanding in a very negative way. Nevertheless, despite everybody's knowledge of these dangers, no serious measures are taken.

At a meeting a while ago, I was with a seven year old girl whom I had warned about these foods. In her little hand, she had a pink box with mini lollies inside. With utmost innocence, she offered some to me. I said, "Ok, but let's see what is in them first." However, I was surprised to see how small the print was on the box and how difficult it was to read. In that little 'innocent looking' box, there were six flavours and one of them was 'aspartam'. They were also successful in putting in a variety of aromas and colours. In short, the food the girl was eating, and that she had offered to me, was no more than a chemical deposit. In addition, it had this sentence written on it, "too much consummation can have laxative effects!" For God's sake, which child finds a box of lollies and does not finish it?!

These harmful substances were contained in more than twenty lollies. If you look carefully, it has the warning, "chewing gum, cannot be swallowed!" How many children do not swallow their gum?!

Children are consuming too many harmful products. Some are not even acquainted with healthy food. Figs, dates and grapes are not consumed because the child does not like them! We as adults, have led them to advertisements of the wrong products. The child leans more and more towards those active, fancy advertisements which enforce harmful substances, behaviours and thinking.

Did you ever consider why children do not love the fruit of heaven, the fig? Did you ever think what a calamity that is? Allah the Almighty praises and reveres the fruit, while the children say, 'yuk'. Think of what this could lead to…

It's time to change your rewards and gifts from sugar to dates for example you can say,"Look, this is the Prophet (pbuh)'s favourite fruit." Discuss its benefits.

There is no time. We're too late to be meticulous about what we love and what our children love to eat. In order to have children with heavenly characters, let's feed them from heaven's fruits. For generations, our older ones spoke about 'halal food'. What did they mean by that? Let's put everything on the table and think about what they meant, not to put the thought to sleep but to bring it to life…

RESEARCH TOPICS

- Look at your surroundings and research the most common causes of illness that is affecting the children.
- What type of ingredients are found in foods containing additives, and how harmful are these ingredients to people's health? Research.

DEBATE

- There are two schools of thought when it comes to immunisation. The first is that vaccines are harmful and that they ruin the immune system. The second school of thought is that vaccines are necessary. Research both points of view and debate in two groups.

ACTIVITY

Prepare a clip board showing children's illnesses and their effects.

Questions from Unit 5

1) **Which of the following is outside normal body temperature?**

a) 36 b) 37

c) 39 d) 36.5

2) **Which of the following is not a method used to reduce fever?**

a) A cold to warm shower.

b) Going straight to the doctor.

c) Placing a soaked cloth under the arms.

d) Placing cold compression on the body.

3) **When are fevers dangerous?**

a) They are always dangerous.

b) They are dangerous when there is a risk of a seizure.

c) They are dangerous at night time.

d) If the fever is due to a microbe illness then it is dangerous.

4) **Due to a problem in the nervous system, in which illness do the muscles clench suddenly and involuntarily and the person may experience a short span of unconsciousness?**

a) Fever b) Pneumonia

c) Polio d) Seizure

5) **Which of the following is an infantile illness that affects the lungs?**

a) Seizures and fever

b) Polio and diarrhoea

c) Pneumonia and tuberculosis

d) Allergies and jaundice

6) **What is the gravest mistake that could delay an ill child's well-being?**

a) Forcing the child to eat

b) Buying everything the child wants

c) Ignoring the child, thinking that she's only being coy.

d) Showing unnecessary attention and forgiveness.

7) **Which of the following contains wrong information about new born babies and jaundice?**

a) Jaundice develops in the first ten days after birth.

b) Jaundice is contagious.

c) Jaundice occurs because of high amounts of bilirubin in the blood.

d) Jaundice is not a microbe.

8) **The aim is not treatment, the aim is to bring the patient to a place that has treatment and the ideal conditions for treatment." What is this quote about?**

a) Immunisation

b) First Aid

c) Allergies

d) Jaundice

9) **Which of the following does not ruin the child's health?**

a) Consuming processed foods.

b) Feeling cold and sweating.

c) Being exposed to chemical detergents and products.

d) Sleeping while reading.

Unit 1 Answer Key

1- A 2- C 3- B 4- D 5- A 6- B 7- C 8- C 9- D 10- D
11- D 12- D 13- B 14- C 15- C 16- A 17- A 18- D 19- D 20- C

Unit 2 Answer Key

1- D 2- A 3- C 4- D 5- B 6- B 7- C 8- C 9- D 10- D
11- D 12- C 13- B 14- A 15- C 16- B 17- B 18- D 19- D 20- D

Unit 3 Answer Key

1- D 2- C 3- D 4- D 5- C 6- C 7- D 8- D 9- B 10- D
11- A 12- D 13- A 14- D

Unit 4 Answer Key

1- C 2- B 3- C 4- D 5- A 6- D 7- D 8- D 9- A 10- D
11- D 12- C 13- D 14- A 15- B 16- C 17- B 18- B 19- D

Unit 5 Answer Key

1- C 2- B 3- B 4- D 5- C 6- A 7- B 8- B 9- D

FOR FREE IN PDF FORMAT

ISLAMIC WORKS

YOU CAN DOWNLOAD IN PDF FORMAT
1180 BOOKS IN 54 LANGUAGES FOR FREE

Islamic books in different languages are waiting for you in PDF format at the web site www.islamicpublishing.org

You can download, print, reproduce books for free and diffuse by e-mail to your beloved. You can also read them on your I Pad or IPhone.

English - French - Spanish - Russian - Italian - Portuguese - German - Albanian - Arab - Azerbaijan - Bashkir Bambara - Bengal - Bosnian - Bulgarian - Chinese - Crimean Tartar - Persian - Dutch - Georgian - Hindi Hausa - Hungarian - Indonesian - Kazakh - Kazan Tatar - Kyrgyz - Latvian - Lithuanian - Luganda - Corean Meskhetian Turkish - Malaysian - Romanian - Mongolian - Mòoré - Turkmen - Tigrinya - Swahili - Tajik Amharic - Traditional Chinese - Twi - Ukrainian - Uighur - Uzbek - Wolof - Zarma - Slovene - Urdu - Kurdish N'ko - Polish - Japanese

ERKAM PUBLICATIONS | islamicpublishing.org