

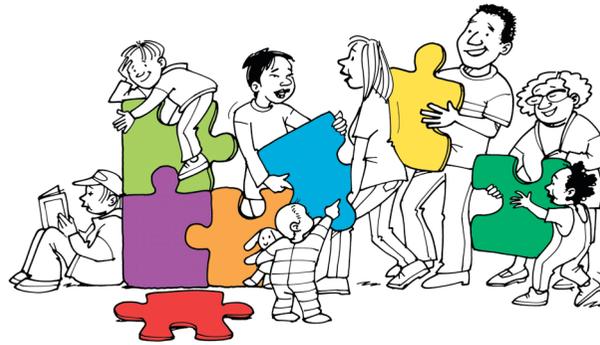
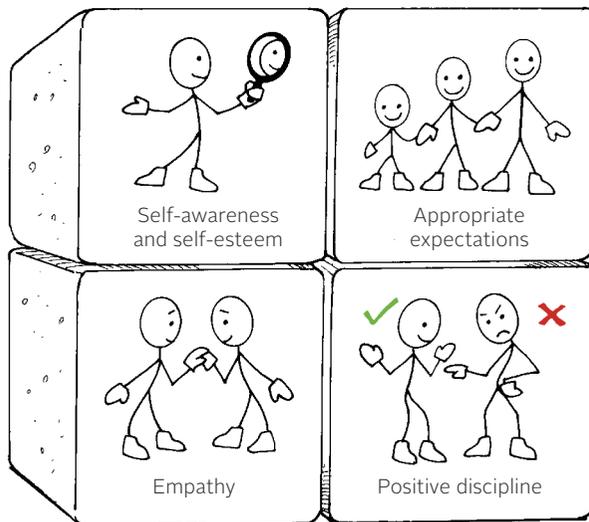
# Islamic values and the Parenting Puzzle

Islam lays great importance on family life and values both parents equally. Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. It looks at the way we raise our children in accordance with Quran and Sunnah.

The programme helps us to reflect on our Islamic beliefs and values.

## The Building Blocks of the Nurturing Programme relate to Islam



## What does it cover?

Over the 10-week Programme, you will look at lots of different topics and Hadiths which will discuss the parenting role in relation to Islamic values.

### Understanding

why children behave as they do

### Recognising

the feelings behind behaviour (ours and theirs)

### Exploring

different approaches to discipline

**Finding** ways to develop co-operation and self-discipline in children

## Practical information

The group is for women only and it's fine to come on your own or with a relative or friend

There are ten 2-hour sessions with a tea and coffee break

8-10 parents are invited and there are two Family Links trained group leaders

Some groups provide a creche; check with group leaders beforehand

you need to come to all ten sessions as they fit together like a puzzle

the best chance in life

## How the Nurturing Programme has helped Muslim Parents

"I wish this programme was around for my parents, they would have learnt so much and I would have been a different parent."

"The atmosphere is very relaxing, I feel calm and I feel like this is my second home when coming to the sessions."

"This helped me to think about myself and Islam a lot. More parents should know about this programme, it is a must for every Muslim to learn."

"What I say can affect my children's behaviour. Words of parent matter. The Islamic values helped me to reflect on my actions which is an important part of being a Muslim."



Check out [familylinks.org.uk](http://familylinks.org.uk) for more information on *The Parenting Puzzle* book and the Nurturing Programme

## The 10-week Nurturing Programme for parents and carers

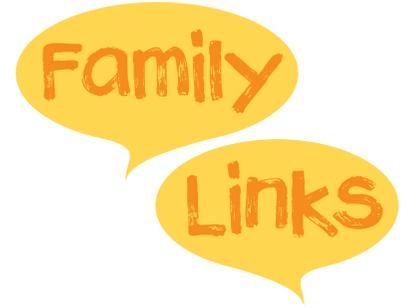
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When:

Contact details:

Family  
Links

[familylinks.org.uk](http://familylinks.org.uk)  
Registered charity 1062514



## The Nurturing Programme

Information  
for parents  
and carers

How to get the best  
out of family life

