



Family Guide *Mawaddah*

KELANTAN STATE

*A Happy Family
is a Haven*



Kelantan State Mawaddah Family Guide

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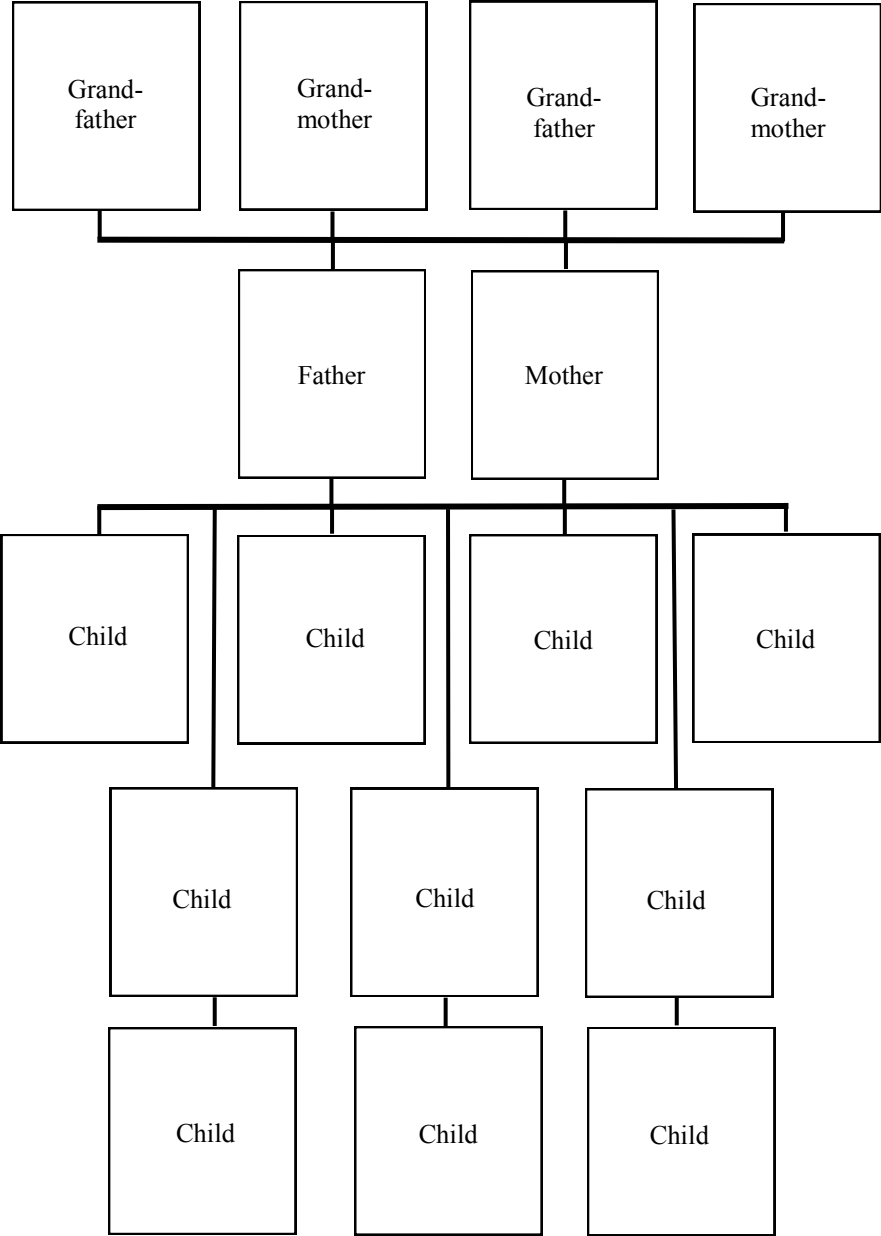
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- **Family Law Administration Division (JAHEAIK) | 09-7443633**
- **Kelantan State Legal Aid Bureau | 09-748 2548**
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- **Kelantan State Royal Malaysian Police | 09-741 9666**
- **Counselling Unit (UPWKK) | 013-983 5912 | 09-747 6568**

Kelantan State Mawaddah Family Guide

MY BELOVED FAMILY



NOTES

49. Ask for advice, views and feedback from the spouse
50. Always be enthusiastic – on waking up, going to work, returning from work, etc.
51. Strike a balance in the relationship in terms of:
 - Mental, education and knowledge
 - Emotional
 - Physical and economic
 - Social
 - Spiritual
52. Do not be apart too long (except when necessary)
53. Do not be too restrictive
54. Do not act alone
55. Allow for differences in:
 - Opinions and views
 - Hobbies
 - Interests
 - Food
 - Taste
 - Choice of colours, etc.
56. Make jokes from time to time
57. Ask for assistance to break the negative cycle
58. Be visionary and forward-looking (not ensnared in problems)
59. Do not make unreasonable demands
60. Establish rules in the household
61. Look for exceptions and positive change
62. Avoid abusing the spouse in any way
63. Be pleased with, grateful to, and trust in Allah the Almighty

Source: Dr Fadzilah Kamsah

IMPORTANT FAMILY RECORD

Wedding Date: _____

Family Members

FAMILY MEMBER	FULL NAME	DATE OF BIRTH
Father		
Mother		
Child 1		
Child 2		
Child 3		
Child 4		
Child 5		
Child 6		
Child 7		
Child 8		
Child 9		
Child 10		
Grandmother		
Grandfather		
Grandmother		
Grandfather		



Message

YAB USTAZ DATO' HAJI AHMAD BIN YAKOB
Menteri Besar Negeri Kelantan

In the name of Allah, Most Gracious, Most Merciful

The Qur'an says:

"And of His signs is that He created you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy. Indeed in that there are signs for a people who give thought." – Surah Ar-Rum, verse 21

All praise is to Allah the Almighty, God that creates, owns and governs the universe. Peace and blessings be upon Prophet Muhammad (pbuh), model of all time, his family, companions as well as all religious crusaders and those who emulate him until the end of time.

The responsibility to make this earth prosper not only lies with the community leaders, but should start with leaders of the important small institution, the heads of the family. For Allah so loved mankind, the Qur'an was revealed and the Messenger was sent to guide people to the way that pleases Him.

Thus, in carrying out all state administrative affairs, the Kelantan State Government is concerned with the efforts to produce Jilul Islam (Islamic generation), and has even approved the formulation of the Mawaddah Family Policy to realise this vision.

Congratulations on the publication of this book, Kelantan State Mawaddah Family Guide, which has been specially compiled as an easy reference for the assimilation of Islam in the family. Indeed, thorough planning will reap good results.

May the vision and mission to create a mawaddah family for all the people of Kelantan be achieved and that the objective of producing this book succeed. Hopefully, all these sincere efforts are accepted by Allah the Almighty as good deeds and are considered as investments for the hereafter.

Wassalam.

'ISLAM IS PRACTISED, THE KING IS OBEYED, THE PEOPLE ARE PROTECTED'
'FLOURISH WITH ISLAM – KELANTAN SPEARHEADING CHANGE'

Yours faithfully,

USTAZ DATO' HAJI AHMAD BIN YAKOB
Menteri Besar Kelantan

23. Have healthy and approved intimacy
24. Respect the differences in the spouse
25. Always forgive each other before bedtime
26. Always be positive about the future
27. Grant entitlement to the spouse
28. Not be subservient to the spouse
29. Change gradually to increase happiness
30. Control anger. Make promises
31. Find a solution to obtain a 'win-win' outcome
32. Evaluate the relationship to find the source of a problem
33. Respect the spouse's character
34. Understand the role of the spouse
35. Emotionally connect with the spouse
36. Do not harbour discontent, sadness, anger or hatred
37. Create love signals that only the two of you know
38. Deliberately plan to improve marital relationship
39. Seven praises for every reprimand
40. Say 'I love you' frequently
41. Banter with each other more frequently and bond
42. Always be honest
43. Give time for change to happen – be patient
44. Avoid arguing to find out the truth
45. Avoid finding fault with the spouse
46. Find common ground
47. Settle today's problem today
48. Give more than receive

GOOD PRACTICES

1. Constant prayer
2. Obey religious teachings
3. Be generous with praise
4. Be generous with service
5. Be generous with love and affection
6. Be generous with touch
7. Discern the virtues of the spouse
8. Find time to communicate, converse or banter
9. Perceive the positive aspects of every argument and seek to better oneself
10. Respect the limits, boundaries or private matters of the spouse
11. Assess the self from the perspective of the spouse
12. Be open-minded – able to give and receive constructive criticism
13. Dare to take emotional risks – criticise/change/separate temporarily
14. Assess and prioritise in life
15. Compromise
16. Respect and take into account a woman's intuitions
17. Do not pursue material things for their own sake
18. Be aware that at times clashes cannot be avoided
19. Change the self to stimulate changes in the spouse
20. Be willing to make sacrifices for the spouse
21. Respect the spouse
22. Appreciate the spouse (and declare it)



Words of Welcome

YB HAJAH MUMTAZ MD NAWI
Chairperson
Women, Family and Welfare Development Committee
Kelantan State Government

In the name of Allah, Most Gracious, Most Merciful

The Qur'an says:

"It is that of which Allah gives good tidings to His servants who believe and do righteous deeds. Say, [O Muhammad], 'I do not ask you for this message any payment [but] only goodwill through kinship.' And whoever commits a good deed – We will increase for him good therein. Indeed Allah is Forgiving and Appreciative." – Surah Ash-Shuraa: Verse 23

Alhamdulillah, thanks to Allah with His guidance and blessings, the Kelantan State Mawaddah Family Guide, has been successfully distributed to families throughout the state. Peace and blessings be upon the beloved Prophet Muhammad (pbuh), his family members, companions, followers and all the religious crusaders of Allah the Almighty.

Islam's tribute to the role of the family is evident through the pronouncement of greetings and blessings on the Prophet Muhammad (pbuh) because it is accompanied by the prayer for his family. The practices and attitudes of a family will result in the success or failure of an individual and will shape the culture of the society that determines the well-being of the state and the nation. Respect and ethics in the family are duties that foster unity in society. A daily routine that is simple, economic, convenient and natural concerns all people in society. It has to be done and measured with affection rather than currency and the law. There must be, among family members, mutual understanding in their economic, social and political practices in line with current developments and technology.

Thus, the state government advocates that every family pursues a whole family life in accordance with Islam and the culture of well-being outlined in the Mawaddah Family Policy. May this book be a general guide and checklist for building a family institution towards creating a mawaddah family, a peaceful society thus actualising **"baldatun tayyibatun wa rabbun ghafur"**.

May the noble purpose and intent of this Mawaddah Family Guidebook be achieved. Immeasurable thanks to all those involved for their hard work in producing this concise book. Only Allah will be able to reward you. *Siirualabarakatillah*.

'FLOURISH WITH ISLAM'
'ISLAM IS PRACTISED, THE KING IS OBEYED, THE PEOPLE ARE PROTECTED'

Yours faithfully,

HAJAH MUMTAZ BINTI MD NAWI
Chairperson
Women, Family and Welfare Development Committee
Kelantan State Government

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MAHRAM

Mahram is a person to whom one is eternally forbidden to marry.

List of female *mahram* for a man:

1. Kinship:
 - a) Mother and grandmother (paternal and maternal) and above
 - b) Child and grandchild and below
 - c) Sister
 - d) Maternal aunt
 - e) Paternal aunt
 - f) Daughter of male sibling
 - g) Daughter of female sibling
2. Suckling:
 - a) The mother who suckled him
 - b) Female who suckled from the same mother
3. Four People Because of Marriage Ties:
 - a) His mother-in-law, including the wife's paternal/maternal grand mother
 - b) Stepdaughter whose mother he was intimate with
 - c) His daughter-in-law or granddaughter-in-law; after the death or divorce of his son or his grandson
 - d) Sister-in-law, for as long as his wife is living or he and his wife are still married

c) Order of Priority of a Guardian (Order of Guardians)

1. Birth father
2. Paternal grandfather
3. Full brother
4. Paternal half-brother
5. Full brother's son
6. Paternal half-brother's son
7. Father's full brother
8. Father's paternal half-brother
9. The son of the father's full brother (cousin)
10. The son of the father's paternal half-brother (cousin)
11. The full brother of the father's father (grand uncle)
12. The paternal brother of the father's father (grand uncle)
13. The son of the full brother of the father's father (cousin's father)
14. The son of the paternal brother of the father's father (cousin's father)
15. The full brother of the father's grandfather (great grand uncle)
16. The paternal brother of the father's grandfather (great grand uncle)
17. The son of the full brother of the father's grandfather and below
18. The son of the paternal brother of the father's grandfather and below
19. Sultan (King Guardian)

MAWADDAH FAMILY GUIDE

The order of guardians stated above is according to priority. In the event the father is deceased, or is disqualified as the guardian, then the guardianship of the child falls on her grandfather, and so on.

Source: Kelantan Department of Islamic Affairs

INTRODUCTION

The Kelantan Mawaddah Family Policy was formulated on 11 December 2009. Hence, serious effort must be made to build and strengthen the family. The Kelantan state mawaddah family criteria were drawn up as a guide and reference for the people in Kelantan in order to mould the desired family institution.

OBJECTIVES

The Mawaddah Family Guide was formulated to achieve the following objectives:

1. To determine the level of achievement of the mawaddah family characteristics by families in Kelantan
2. To identify the level of preparation and implementation of training needs, courses, family development programmes by agencies concerned
3. To determine family policies and development strategies that should be improved in line with developments and challenges

a) Responsibilities of a Guardian in Marriage

- 1) To be the guardian in the marriage of his dependant
- 2) Magistrate Guardian or Regent

Reasons for Guardianship through Magistrate Guardian

- 1) There is no guardian by kinship
- 2) Illegitimate child or adopted child
- 3) Guardian is disqualified
- 4) The close guardian is performing hajj or umrah
- 5) Guardian refuses to marry off the child
- 6) Guardian is away or missing

b) Responsibilities of a Guardian in General

- 1) To guide all his dependants to be good in this world and in the hereafter
- 2) To provide for his dependants adequately according to his ability

GUARDIAN

A guardian is an individual authorised by Islamic laws responsible for the well-being of the persons in his charge over the affairs of someone. His role is to take care of the interests and needs of those under his supervision, such as orphans, the disabled, the mentally incapacitated, virgin etc.

Requirements of a Guardian

1. Is a Muslim
2. Is a male
3. Is physically mature
4. At his own discretion and willingness, not by compulsion
5. Not in 'ihram' for hajj or umrah
6. Not a sinner (fasiq)
7. Not a defect of minds

Responsibilities of a Guardian

In general, the guardian's responsibilities can be divided into two main parts:

FOR WHOM?

This guidebook is a reference document and a checklist for those involved in building the family institution.

Especially:

1. All Family Members
 - To evaluate the achievements of the self and family members
 - To measure and to identify one's own strengths and weaknesses and those of the family in the process of building a better family
2. Family Development Agencies
 - To identify the family development needs in Kelantan
 - To prepare the training and module in accordance with the requirements of the Kelantan Mawaddah Family Policy
 - To assess the programme and training provided to ensure they are consistent with the desired criteria of a family

DEFINITION OF FAMILY

A family is founded on a valid marriage in which all the roles and responsibilities of the family members are in accordance with the requirements of the Qur'an and Sunnah, and all the family members receive love and compassion to make them feel safe, secure, at peace and happy.

MAWADDAH FAMILY MEMBERS

A Mawaddah family consists of the husband, the wife, the mother, the father and the children. It also includes the grandfather, the grandmother, other relatives and includes the domestic help.

MAWADDAH FAMILY DEVELOPMENT

This book contains the following seven aspects:

1. Worship and spirituality
2. Economics and finances
3. Health and safety
4. Family management and administration
5. Education and knowledge culture
6. Society and welfare
7. Family practices and culture

APPENDICES

SOCIETY AND WELFARE



Goal: Family members who have a good relationship and role in society

Level 1:

- ☐ Has good relations with relatives and visits them
- ☐ Has a good relations with the neighbours and visits them as a matter of course
- ☐ Engages in community programmes

Level 2:

- ☐ Is a good neighbour according to Islam
- ☐ Knows the neighbours well
- ☐ Actively participates in community activities especially those held by the *surau* and mosque activities

Level 3:

- ☐ Actively helps and contributes to society
- ☐ Actively involved in organisations
- ☐ Actively involved in the Islamic and dakwah movements
- ☐ Family members are community leaders




GUIDE TO USING THIS BOOK

This guidebook consists of three (3) levels.
Description of each level:

Level 1: Good

Level 2: Better

Level 3: Best

The user must tick the appropriate boxes according to the individual aspects and levels. 

This book is to be filled in by heads of the household. Nevertheless, other members of the family too can use it as a guide.

- May it be beneficial to all -

FAMILY GOAL

MAWADDAH FAMILY MEMBERS

FAMILY VISION

“Flourish with Islam”

FAMILY PRACTICES AND CULTURE



Goal: A family that is amiable and cultured

Level 1:

- ☐ Gives the Islamic greeting (*salam*)
- ☐ Clasps hands in greeting family members
- ☐ Practises good and positive communication
- ☐ Is decently dressed in clothes that cover the private parts (*aurat*)
- ☐ Eats together
- ☐ Has beneficial interests and hobbies
- ☐ Refers to family members by good names

Level 2:

- ☐ Welcomes guests
- ☐ Has open discussions and respects other people's views
- ☐ Reflects and reprimands family members
- ☐ Shows love and affection among family members
- ☐ Practises gift giving among family members
- ☐ Is considerate towards the young and respects the elderly in all matters

Level 3:

- ☐ Practises Islamic ethics and culture
- ☐ Has quality time with the family members
- ☐ The family culture is a model to the surrounding community
- ☐ Holds a family day or goes on a family holiday



EDUCATION AND KNOWLEDGE CULTURE



Goal: A family that is educated and cherishes knowledge

Level 1:

- ☐ Ensures a complete basic religious education (*Fardhu Ain*) for each family member
- ☐ Requires that all the children are schooled until form five
- ☐ Has a study space for the children

Level 2:

- ☐ Has a family reading corner
- ☐ Has an education fund for the children
- ☐ Cultivates the reading habit among family members
- ☐ The children proceed to higher educational institutions
- ☐ The parents always assist in their children's learning
- ☐ Beneficial reading materials are available for the family
- ☐ Attends educational events such as lectures, talks and forums

Level 3:

- ☐ Has an education plan for every family member
- ☐ Has a family library
- ☐ Practises lifelong learning to increase knowledge and skills
- ☐ Assists in propagating knowledge in the community
- ☐ Cultivates the habit of writing



FAMILY MEMBERS



Goal : A happy family brings blessings

- ☐ Know their roles and responsibilities
- ☐ Carry out their roles and responsibilities towards their charges
- ☐ Are concerned with the progress of all family members
- ☐ Maintain good relations among family members
- ☐ Frequently visit family members
- ☐ Give support and assistance to family members who are in need
- ☐ The paternal and maternal relatives are fully responsible for the children after the death or divorce of the parents. (Please refer to appendix A)
- ☐ The paternal relatives of a woman are fully responsible for her after the death of her husband or after her divorce. (Please refer to appendix A)
- ☐ Accompany and ensure the safety of family members
- ☐ Manage the welfare of the woman and children



HUSBAND AS HEAD OF FAMILY



Goal: The husband is the pillar of a happy family

- ☐ Knows and carries out the roles, rights and responsibilities as a husband and a father to the wife and children respectively and to others under his care
- ☐ Is able to guide the establishment of the family life goals
- ☐ Is able to lead the prayers and to shape the morals of family members
- ☐ Protects the family from all forms of intrusions and threats
- ☐ Makes the home a safe haven for family members
- ☐ Ensures the source of income is permissible (halal)
- ☐ Provides adequate allowances to all family members within his means
- ☐ Is fair to all family members
- ☐ Emphasises religious knowledge and education for his wife and children
- ☐ Gives and shows his love and respect for his wife and children
- ☐ Is always ready to listen to problems faced by each family member and tries to help resolve them
- ☐ Respects both parents and in-laws and has a good relationship with them
- ☐ Cooperates and helps the wife and children in household matters and in their lives
- ☐ Does not abuse the wife



MANAGEMENT AND ADMINISTRATION



Goal: Systematic, Planned and Efficient Family Management

Level 1:

- ☐ Good relationship among family members
- ☐ Is able to manage conflicts and family problems well
- ☐ Keep safe important certificates and documents of the family (identity cards, birth certificates, land titles, and others)

Level 2:

- ☐ Holds discussions before making major decisions concerning the family
- ☐ All family members are involved in managing household chores
- ☐ Keeps personal files for individual family members containing important documents

Level 3:

- ☐ Has a clear family goal that is shared with the whole family
- ☐ Has family plans and targets in writing to be achieved annually
- ☐ Holds family meetings regularly to ensure the success of all plans
- ☐ Give assessment on goals and plans

HEALTH AND SAFETY



Goal: A Family that is healthy, safe, happy and calm

Level 1:

- ☐ Consumes lawful (*halal*) and nutritious food
- ☐ Prompt treatment when a family member is sick
- ☐ Family members are free from any forms of harassment and abuse
- ☐ Family is harmonious, good and loving towards one another

Level 2:

- ☐ Consumes lawful (*halal*), balanced and nutritious food
- ☐ Carries out suitable recreation according to ability
- ☐ Feels happy and satisfied with the condition of the family
- ☐ Owns a home that is clean and pleasant
- ☐ No family member smokes

Level 3:

- ☐ Has periodic health checks
- ☐ Plans and executes recreational activities with family members
- ☐ Has a clean and cheerful home environment



FATHER



Goal: An affectionate father

- ☐ Knows and performs the roles, rights and responsibilities as parents to wards the charges
- ☐ Is a role model to his children
- ☐ Always prays for the success of his children in the world and in the hereafter
- ☐ Gives and shows his love within the family
- ☐ Loves his children equally
- ☐ Ensures that the children receive sound religious education (fardhu ain)
- ☐ Knows who his children are socialising with
- ☐ Monitors his children's activities
- ☐ Does not quarrel and argue with his spouse in front of the children
- ☐ Is concerned about the children's prospective spouses
- ☐ Always keeps in touch and monitors the children's lives even when they are already married
- ☐ Keeps up with current developments, for example, ICT
- ☐ Strikes a balance between career, family and the community
- ☐ Encourages his children to develop their potential and talents
- ☐ Brings up and punishes the children without abusing them
- ☐ Separates sleeping arrangements between sons and daughters before they reach puberty

SPIRITUALITY OF FATHER



Goal: Worship is the essence of good moral character

Level 1:

- ☐ Performs the five obligatory prayers on time every day
- ☐ Fasts in the month of Ramadan
- ☐ Is able to read the Qur'an
- ☐ Has completed reading the Qur'an
- ☐ Covers the private parts (*aurat*) properly
- ☐ Abstains from major sins (fornication, liquor, drugs, gambling, polytheism, magic, superstitions, and others)

Level 2:

- ☐ Performs prayers in congregation
- ☐ Performs optional prayers
- ☐ Performs optional fasting
- ☐ Reads the Qur'an consistently
- ☐ Understands the meaning of the Qur'an
- ☐ Memorises some chapters of the Qur'an
- ☐ Gives alms and assistance within means
- ☐ Abstains from minor sins

Level 3:

- ☐ Performs prayers at the beginning time
- ☐ Holds *Qiamullail* with family members
- ☐ Is able to read the Qur'an with proper pronunciation (*tajweed*)
- ☐ Completes reading the Qur'an at least once a year
- ☐ Completes reading the Qur'an more than once a year
- ☐ Habitually performs optional acts of worship
- ☐ Practises certain *zikr* such as the '*Maathurat*'

FAMILY ECONOMIES AND FINANCES



Goal: A family with strong economies that is grateful and patient

Level 1:

- ☐ Family income fulfils basic needs (*dhoruriyat*)
- ☐ Expenditure does not exceed income
- ☐ Has family savings

Level 2:

- ☐ Family income commensurate with needs (desires)
- ☐ Saves money on a regular basis, especially for pilgrimage (*haji*)
- ☐ Has savings comparable to a month's income
- ☐ Gives alms

Level 3:

- ☐ Owns a home
- ☐ Owns a vehicle
- ☐ Has Takaful Protection Scheme
- ☐ Practises family financial management
- ☐ Has savings to support family life as planned
- ☐ Pays Islamic tithe (*zakat*)
- ☐ Performs *haji*
- ☐ Gives endowment (*waqaf*) and charity (*jariah*)



CHILDREN

Goal: Comfort to the Family

Goal: Source of Family's Calm

Goal: Righteous Children, Provisions for the Hereafter



- ☐ Know their roles, rights and responsibilities
- ☐ Obey parents so long as it does not conflict with Islamic law
- ☐ Respect parents at all times and are courteous to them
- ☐ Mutually respect and love their siblings
- ☐ Always pray for the parents whether living or deceased
- ☐ Are responsible for the parents and care for elderly or enfeebled parents
- ☐ Concerned about siblings' development
- ☐ Eager to learn and constantly strive to succeed
- ☐ Always cooperate in family matters

WIFE

Goal: Become a righteous wife



- ☐ Knows the roles, rights and responsibilities of a wife and a mother
- ☐ Performs the roles and responsibilities on her charges
- ☐ Is submissive, obedient and respectful to the husband so long as it does not conflict with Islamic law
- ☐ Acts as household manager and helps the husband in household matters and their children's education
- ☐ Always gives cooperation to the husband in household matters
- ☐ Is responsible in looking after the husband's property and honour when he is away
- ☐ Respects both her parents and parents-in-law
- ☐ Respects husband's family and establishes friendly relations with them
- ☐ Is loving to her children and communicates well with them
- ☐ Strikes a balance between outdoor activities and family's needs
- ☐ Maintains own and the family's dignity, especially when outside the home
- ☐ Instils obedience of her children to their parents



MOTHER

Goal: Source of Family's Calm



- ☐ Knows and performs the roles, rights and responsibilities as parents towards the charges
- ☐ Is a role model to her children
- ☐ Always prays for the success of her children in the world and in the hereafter
- ☐ Gives and shows love within the family
- ☐ Loves her children equally
- ☐ Ensures that her children receive sound religious education (*fardhu ain*)
- ☐ Knows who her children are socialising with
- ☐ Monitors her children's activities
- ☐ Does not quarrel and argue with her spouse in front of the children
- ☐ Is concerned about her children's prospective spouses
- ☐ Always keeps in touch and monitors her children's lives even when they are already married
- ☐ Keeps up with current developments, for example, ICT
- ☐ Strikes a balance between career, family and the community
- ☐ Encourages her children to develop their potential and talents
- ☐ Brings up and punishes her children without abusing them
- ☐ Separates sleeping arrangements between sons and daughters before they reach puberty
- ☐ Ensures that family life on the whole is in accordance with Islamic law

SPIRITUALITY OF WIFE/MOTHER

Goal: Worship is the essence of good moral



Level 1:

- ☐ Performs the five obligatory prayers on time every day
- ☐ Fasts in the month of Ramadan
- ☐ Is able to read the Qur'an
- ☐ Has completed reading the Qur'an
- ☐ Covers the private parts (*aurat*) properly
- ☐ Abstains from major sins (fornication, liquor, drugs, gambling, polytheism, magic, superstitions, and others)

Level 2:

- ☐ Performs prayers in congregation
- ☐ Performs optional prayers
- ☐ Performs optional fasting
- ☐ Reads the Qur'an consistently
- ☐ Understands the meaning of the Qur'an
- ☐ Memorises some chapters of the Qur'an
- ☐ Gives alms and assistance within her means
- ☐ Abstains from minor sins

Level 3:

- ☐ Performs prayers at the beginning time
- ☐ Holds *Qiamullail* with family members
- ☐ Is able to read the Qur'an with proper pronunciation (*tajweed*)
- ☐ Completes reading the Qur'an at least once a year
- ☐ Completes reading the Qur'an more than once a year
- ☐ Habitually performs optional acts of worship
- ☐ Practises certain *zikr* such as the '*Maathurat*'
- ☐ Is able to lead a congregational prayer

Practical Chapters for Pregnant Women

**SURAH
AL FATIHAH**

For pure heart and strong memory

**SURAH
LUQMAN**

To have a child clever of mind
and soul

**SURAH
AL HUJURAT**

To increase milk

**SURAH
AL TAUBAH**

To cleanse the soul and protect
oneself from vices



CHILDREN'S CHECKLIST

To ease childbirth and obtain a righteous child

**SURAH
MARYAM**

For a child who is beautiful in looks and character

**SURAH
YUSUF**

For peace of mind and children born far apart

**SURAH
YASIN**

To bear a disciplined child

**SURAH
AN NAHL**

A black silhouette of a family consisting of a man, a woman, and two children walking together. The man is in the center, holding the hands of a small child on his left and a woman on his right. The woman is holding the hand of another small child on her right. They are all walking towards the right.

Meaning: “My Lord, grant me from Yourself a good offspring. Indeed, You are the Hearer of supplication.” (Surah Ali ‘Imran: Verse 38)

[illegible]