



Nurturing Children in Islam: Tarbiyah Techniques



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Nurturing Children in Islam: Tarbiyah Techniques

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Abstract

Tarbiyah, the process of educating and nurturing children in Islam, is crucial for shaping their worldview and character in different stages. Guided by Quran and Hadith, it is clear that parents, family, and society have a duty to provide a proper Islamic environment for children. The Prophet Muhammad (Peace and Blessings of Allah be Upon Him) guided us on various methods of nurturing children according to Islamic values, emphasizing that their early upbringing plays a crucial role in shaping their character and worldview. . Instilling virtues such as honesty, kindness, and patience, and incorporating Islamic practices like reciting Bismillah before actions and memorizing small Surahs from the Quran, helps in developing a strong Islamic identity rooted in faith. Focusing on children's mental well-being and self-esteem is essential for their holistic development. Providing attention and instilling good habits are key to helping children enjoy their experiences and manage stress, in accordance with Islamic principles. Teaching children Islamic etiquettes according to the Quran and Hadith, encouraging them to recite the Quran, and explaining its virtues are essential for their moral and spiritual development. Through these practices, parents prepare their children to adhere to their faith and values throughout their lives.

Keywords: Tarbiyah, Children, Quran, Hadith, Islamic books

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Introduction

In Islam, Tarbiyah is very important for children. Tarbiyah is an Arabic word. Al-Tarbiyah is the process of developing, maintaining, guarding, handling, delivering, knowledge, giving guidance, guidance, enhancement, and feeling of belonging to the students of body, mind, soul, talent, potential, feeling continuously, gradually, lovingly, attentive, gentle, pleasant, wise, easy to accept, so as to shape the perfection of human nature, pleasure, glory, independent life, to achieve Allah's pleasure.³

Tarbiyah is a process of guidance for every human being, but in children it is an obligatory duty for parents, family and society to give them a proper Islamic environment.

Children are highly impressionable, and their worldview formed during their early years. Training them in Islam help shape their understanding of the world guiding them to view everything through the lens of Faith. This ensure that they develop a strong Islamic identity, grounded in the belief in Allah. Seerah Teachings emphasis on character development, Tarbiyah the children in Islamic value and manners helps instill essential virtues such as honesty, kindness, patience, gratitude and compassion. By teaching them the Sunnah of the Prophet Muhammad(SAW), parents or trainers can guide their children to cultivate excellent moral conduct and allowing them to become individuals of exemplary character to bring them up.

So we should guide our children in the way of Islamic Teachings. There are many methods in Islam which we can adopt and apply in our daily life for the Tarbiyah of our children.

1) Upbringing of a child

In Islam the upbringing of a child is highly emphasized. It

³ Muhammad Abdurrahman and Dedeng Rosyidin, Concept of Tarbiyah (Education) in Al Quran, Accessed on 03 August, <https://www.scitepress.com>, 2017.



involves teaching them about the faith, morality, and good manners from an early age.

“The child is the master for seven years; so, if he grows into a good character within 21 years, well and good; otherwise leave him alone because you have discharged your responsibility before Allah.”⁴ Different stages of human life have also been presented in Islam. so it is the duty of parents to provide a complete Islamic training environment for their children, if it does not happen the child will be deformed. Rasulullah offered a compelling illustration of the powerful influence exerted by a strong environment, combined with hereditary predispositions. He emphasized how the home environment has the potential to shape the worldviews of children, influencing their attitudes, faith, and understanding of their existence. Through his Teachings, the Prophet underscored the significant role that the environment plays in shaping human behavior and beliefs. In early childhood stages, children learn right uses of their senses. In this age the ability of mind is a main source of children to gather knowledge about different things.

Parents are encouraged to provide a loving and supportive environment, offering both religious and worldly education. Discipline should be balanced with compassion. For this purpose, it is important for guardian and parents to guide their children in a proper Islamic way.

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " مُرُوا أَوْلَادَكُمْ بِالصَّلَاةِ وَهُمْ أَبْنَاءُ سَبْعِ سِنِينَ
وَاضْرِبُوهُمْ عَلَمًا وَهُمْ أَبْنَاءُ عَشْرِ سِنِينَ وَفَرِّقُوا بَيْنَهُمْ فِي الْمَضَاجِعِ "

“The Messenger of Allah (Peace and Blessings of Allah be Upon Him) said: Command your children to pray when they become seven years old, and beat them for it (prayer) when they become ten years old; and arrange their beds (to

⁴“Three stages of life Islam guidance”, sibstayn.com, Accessed December 03, 2023, <https://www.Sibstayn.com>.



sleep) separately.”⁵

Keep in mind the important basic factors help the parents to bring their kids up as a better member of Muslim society.

2) Importance of attention for children

Attention allow children to focus and concentrate, enabling them to absorb and process information effectively. It helps them learn new skills, acquire knowledge, and understand concepts better. Attention helps children analyze situations, identify problems and come up with creative solution. Attention is vital for children’s mental well-being. It allows them to stay present in the moment enjoy experiences fully and reduce stress level. Give careful consideration to providing the child with appropriate and healthy nutrition. Promote regular participation in sports and physical activities. Address the child’s psychological needs and ensure proper personal hygiene. Monitor closely the health conditions of the child in order to detect medical or health problems at an early stage, and attend to them with treatment.⁶

It is necessary for guardian and parents to pay full attention on different activities of children.

Parents should give full attention to their children’s education or educational activities because awareness of knowledge is spread through the Seerah Teachings. It is necessary in Muslim societies that every person gets the right knowledge of Islam.

Strive for knowledge, as acquiring it in the path of the Lord is an act of piety. Speaking of it is a form of praising the Lord, seeking it is an act of adoration towards God. Disseminating knowledge through instruction is a charitable deed, and sharing it with deserving individuals is a form of devotion to God. Knowledge empowers its possessor to discern between

⁵Abu Dawud al Sajistani, Sunan Abu Dawud, prayer (kitab al Salat), chapter, When A Boy should be ordered to offer As Salat, Hadith 495.

⁶AlAzhar University (Unicef), “children in Islam their care, upbringing and protection”, Accessed on December 07, <https://archive.org>.



what is forbidden and what is not. It lights the path to heaven, acting as a companion in solitude, a source of benefit among friends, and a shield against enemies. With knowledge the servant of God rises to the height of goodness and to a noble position.⁷

Parents or guardians have the duty to educate their children once they start getting awareness of everything. Many guidelines and standards need to be fulfilled in the early childhood. Guidelines, standards, and laws affecting early childhood education environments have been created for the purpose of protecting children and promoting quality environments for them.⁸

Only Islam is the best way to Teach our children.

3) Build good habits

Good habits play a crucial role in personal development and overall well-being. Build good habits into daily life can lead to a more fulfilling and purposeful existence in accordance with Islamic principles. Islam also focusing on children good habits. So we make sure that our children beware of bad habits. It is important that children should be prohibited from wasting things.

يَا بَنِي آدَمَ خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ
الْمُسْرِفِينَ

O children of Adam! Look to your adornment at every place of worship, and eat and drink, but be not prodigal. Lo! He loveth not the prodigals.⁹

Children at the middle stage should be encouraged to help others. During the middle stage of childhood, it is essential to foster a spirit of altruism and generosity by encouraging children to actively engage in helping others. This not only cultivates a sense of empathy and social

⁷ S.M JAFFAR, Education in Muslim India, (Delhi: Idarah-Iadbiyat, 1936), 1.

⁸ Cathie Robertson, " Safety Nutrition and Health in Early Education", Accessed on December 10, <https://www.palomar.edu>.

⁹ Al-Araf 7:31



responsibility but also instills valuable life skills and virtues. Encouraging children to contribute positively to their community and assist those in need not only benefits others but also nurtures the development of well-rounded individuals with a compassionate and considerate outlook on the world.

إِنَّمَا الْمُؤْمِنُونَ إِخْوَةٌ فَأَصْلِحُوا بَيْنَ أَخَوَيْكُمْ، وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُرْحَمُونَ

The believers are naught else then brothers. Therefore, peace between your brethren and observe your duty to Allah that haply ye obtain mercy.¹⁰

4) Learning of etiquette

Children should be taught etiquettes in early childhood stage. During the stage of upbringing of children self-esteem is very important part for them. Children between the ages of 2 to 4 typically exhibit a stage often described as "look at me," where they possess unrealistically high self-esteem and struggle to objectively assess their abilities. During this developmental phase, it is essential to bolster their self-esteem by expressing joy and approval. These young ones eagerly seek our affirmation, and providing it willingly is key. Even when correction is necessary, it can be done with gentleness by guiding them towards good behavior."¹¹

Etiquette education for children serves as an investment in their social and personal development. Offering guidance on appropriate behavior, courteous interactions, and understanding social norms equips children with the tools to navigate diverse social environments successfully. As these principles become ingrained, children gain heightened awareness of how their actions impact others, fostering empathy and cultivating a basis for strong interpersonal skills.

¹⁰ Al-Hujurat 49:10

¹¹Dr. Eileen Kennedy Moore, Raising Emotionally and socially, Healthy Kids, (Virginia: The great courses, 2014), 24.



Ultimately, the incorporation of etiquette into their learning journey significantly contributes to character development, paving the way for a more respectful and socially adept future.

5) Children should recite Bismillah and learn Dua

A child should have knowledge about to learn small surah of the Holy Quran. firstly, children should recite Bismillah before doing anything because it protects the child from shaytan. “Nabi (Peace and Blessings of Allah be Upon Him) said, when a person says bismillahir rahmanirrahim, shaytan melts like how lead melts in fire.” Therefore, the recitor of Bismillah becomes fearless just as Nabi (Peace and Blessings of Allah Upon Him) has quoted Jibril as saying, “Whoever reads Bismillah with conviction even ones, becomes fearless.” The effect of bismillah is that the fear which that person dissipates. In a hadith Nabi said, “Whoever reads bismillah on entering the house, will have blessing in his house.”¹²

It is important for childrens to learn Dua. Ibn Abbas narrated: Rasulullah (SAW) said: Whoever Allah feeds some food, then let him say: “O Allah, bless it for us, and feed us better than it, (Allāhumma bārik lanā fīhi wa aṭ`imnā khairan minhu).”¹³

6) Speaking truth

Encouraging truthfulness in children goes beyond molding their behavior; it actively contributes to shaping their character. By instilling a sense of accountability, this moral virtue serves as a guide, helping them understand the consequences of dishonesty. Moreover, establishing a solid foundation of truthfulness equips children with a resilient ethical framework, enabling them to make responsible decisions and navigate life's complexities with integrity. This investment in their moral compass ensures that they develop into individuals who consistently value and

¹² Mufti Muhammad Safi (R.A), “THE VIRTUES OF BISMILLAH”, Accessed on January 09, <https://archive.org>.

¹³ Muhammad Ibn Isa Al Tirmidhi, Sahih al Tirmidhi, Book on Supplications, chapter, Wh at one says when eatings food, Hadith 3455.



prioritize honesty, integrity, and trustworthiness throughout their lives.

It is necessary for parents or guardians to speak the truth in front of their children so that the children also develop a habit of speaking the truth with others.

Narrated by Abu Huraira

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِنَّ الصِّدْقَ يَهْدِي إِلَى الْبِرِّ وَإِنَّ الْبِرَّ يَهْدِي إِلَى الْجَنَّةِ وَإِنَّ
الرَّجُلَ لَيَصْدُقُ حَتَّى يُكْتَبَ صِدِّيقًا وَإِنَّ الْكُذِبَ يَهْدِي إِلَى الْفُجُورِ وَإِنَّ الْفُجُورَ يَهْدِي إِلَى النَّارِ
وَإِنَّ الرَّجُلَ لَيَكْذِبُ حَتَّى يُكْتَبَ كَذَّابًا

Abu-l-Qasim (the Prophet) said, "By Him in Whose Hand Muhammad's soul is, if you know that which I know, you would weep much and laugh little."¹⁴

The importance of truth is also mentioned in the following Hadith.

حَدَّثَهُ عَنْ عَبْدِ اللَّهِ بْنِ عَامِرٍ أَنَّهُ قَالَ دَعَتْنِي أُمِّي يَوْمًا وَرَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَاعِدٌ
فِي بَيْتِنَا فَقَالَتْ هَا نَعَالَ أُعْطِيكَ . فَقَالَ لَهَا رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " وَمَا أَرَدْتِ أَنْ
تُعْطِيهِ " . قَالَتْ أُعْطِيهِ تَمْرًا . فَقَالَ لَهَا رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " أَمَا إِنَّكَ لَوْ لَمْ تُعْطِيهِ
شَيْئًا كُتِبَتْ عَلَيْكَ كَذِبَةٌ " .

Narrated by Abdullah ibn Amir: "My mother called me one day when the Messenger of Allah (SAW) was sitting in our house. She said: Come here and I shall give you something. The Messenger of Allah (SAW) asked her: What did you intend to give him? She replied: I intended to give him some dates. The Messenger of Allah (SAW) said: If you were not to give him anything, a lie would be recorded against you."¹⁵

The early seven years is very important for Tarbiyah of children. The children should be encouraged to read the Kalima Tayiba. La Ilaha Illa-Allah is the foundation of Tawhid and Islam. It is complete system of life,

¹⁴Abu Dawud al Sajistani, Sunan Abu Dawood, General Behavior (kitab al adab), chapter, Stern warning regarding lying, Hadith 4991.

¹⁵Abu Dawud al Sajistani, Sunan Abu Dawood, General Behavior (kitab al adab), chapter, Stern warning regarding lying, Hadith 4991.



through which, all forms of worship (of Allah) are realized.”¹⁶

What is meant by faith education is to link the child, from when he starts to realize the principles of faith, and teach him the Pillars of Islam, and the foundations of Shariah. “When referring to the tenets of faith, we are acknowledging the belief in Allah, His Angels, His Books, His Messengers, the Last Day, and Divine predestination.”¹⁷

7) Prodigious personalities in Muslim

Parents should tell their children about the great personalities of Muslims as well as their stories so that they should consider them as a role model. In this manner, the child will develop great characteristics and take it into practice in his/her day to day living. In Medina, the Holy Prophet of Islam appealed for funds in order to finance the defensive campaign for meeting the impending danger, Hazrat Umar, who was well off, immediately seized this golden opportunity to surpass Hazrat Abu Bakr in the service of Islam. Hastening to his home, he brought a substantial portion of his wealth. The Prophet was pleased with this gesture and inquired, 'Have you left anything for your dependents?' Umar replied, 'I have set aside half of my wealth for my children.' When Hazrat Abu Bakr presented his contribution, he was asked the same question. He promptly responded, 'I have kept only Allah and His Prophet for my dependents. Deeply moved by these words, Umar said, It would never be possible for me to surpass Abu Bakr.¹⁸

In Islamic history there are many examples that we can have in front of us but it is very relevant example that fits in. The most precious of all is to have a strong faith that Allah is always there to help in all situations. This is a countless illustration of Hazrat Abu Bakar for children.

¹⁶Shaik Muhammad bin jamil Zeno, The Pillars of Islam and Iman, (Riyad: Darussalam, 2000), 19.

¹⁷ Abdullah Nasih Ulwan, Child Education in Islam, (Naser city: Darussalam, 2004), 71.

¹⁸ K.J.Amad, Hundred Great Muslims,(U.S.A: Library of Islam, 1987), 12.



8) Encourage the children to read The Holy Quran

Children must be encouraged by their parents to read the Holy Quran and do good deeds. It is important for parents to tell your children about the virtues of Holy Quran. Teaching the Quran to children is one of the principles of Islam through which they would be brought up to abide by the fitrah. Their hearts would shine with wisdom before being ruined by committing evil.”¹⁹ The virtues of he who learn the Quran and teaches it. The Messenger of Allah (SAW) said; “Recite the Quran, for on the day of resurrection it will come as intercessor for its companions.”²⁰

The best of you is he who learns the Quran and teaches it. Islam also guide us that we should give importance of reading the Quran. Importance of Quran is not hiding of everyone. Every person should recite Quran.

Conclusion

Children are blessings of Allah. Focusing on children’s mental well-being and self-esteem is crucial for their overall development. Paying attention to their needs and nurturing positive habits can help them enjoy their experiences and manage stress, in line with Islamic principles. Tarbiyah, or guidance, is essential for all individuals, but for children, it is particularly important for parents, family, and society to create a nurturing Islamic environment. Incorporating good habits into daily routines fosters a more fulfilling and purposeful life, as guided by Islamic teachings. The first seven years are especially critical for the Tarbiyah of children, and encouraging them to recite the Kalima Tayiba is an important aspect of their early development. The Quran and Hadith provide various methods for Tarbiyah, but it is essential to integrate these teachings into our children's daily lives.

¹⁹Muhammad Nur ibn Abd al Hafizh Suwayd, Raising Children Implanting the Creed, (Egy pt: Al Falah Foundation, 2005), 41

²⁰Thaanvi Center, “Virtues of Quranic Suras and Ayaas”, Accessed on November 29, <http://www.noor-book.com>.



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