



Building Strong Families with ARIF:

From Pregnancy to Early Childhood -
what you do today shapes your
child's tomorrow

Sunday, 5 July 2026

2:00 PM – 4:00 PM



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Gynaecology
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**Ms Siti
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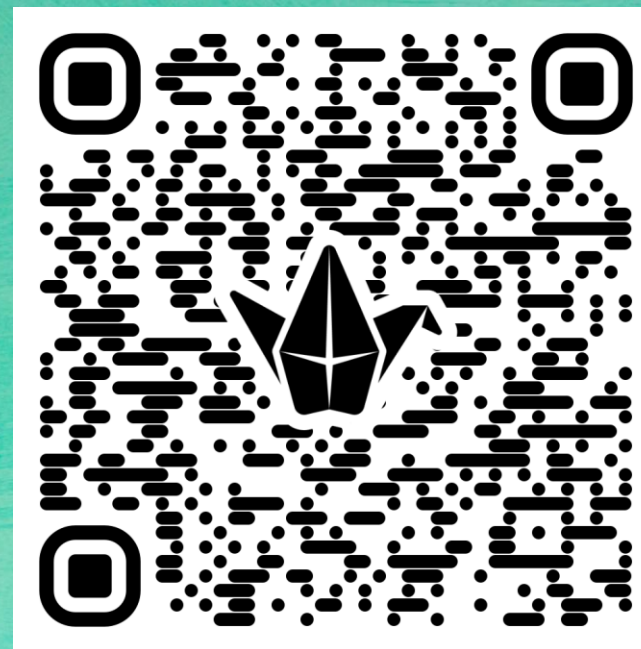


Ms Siti Munawarah

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Q&A

Send your questions
via this QR code



ARIF SUNDATA | LEARNISLAM FEST 2026

Preparing for Pregnancy

Maximising efforts and strengthening prayers

Presented by: **Mohamed Tajuddin Bin Noor**

Parenthood Begins Before Pregnancy

Nurturing a righteous Muslim generation is a proactive spiritual and physical commitment. Here is how we build the foundation:

1. INTENTION

Aligning with pure Niat to raise Allah's servants.

2. PRAYER

Invoking spiritual blessings and protections.

3. ENVIRONMENT

Establishing emotional and spiritual peace in the household.

4. BALANCE

Combining utmost healthcare with Tawakkul.



1. Begin with Sincere Niat

Spiritual Goal-Setting

Every lifelong journey in Islam begins with intention (Niat). Reflect deeply on the "why" behind your parenthood.

Aim not just to have offsprings, but to bring forth righteous, compassionate believers and dedicated servants of Allah.



- ♥
- 1. To seek the pleasure of Allah
- 2. To raise righteous servants of Allah
- 3. To build a family that brings us closer to Jannah

2. Strengthen with Dua

Invoking Divine Guidance

A child's spiritual safety is fortified by consistent prayers even before conception.

Anchor yourself with continuous prayer. Recite beautiful dua' from the Quran and Sunnah such as of Prophet Zakariyya (as) and make it an absolute habit to invoke Allah's name before intimacy to protect your family's future.



Examples of Dua'

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً ۖ إِنَّكَ سَمِيعُ الدُّعَاءِ

"My Lord! Grant me—by your grace—righteous offspring. You are certainly the Hearer of 'all' prayers."

SURAH ALI 'IMRAN : 38

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ

"Our Lord, grant us comfort of the eyes in our spouses and offspring..."

SURAH AL-FURQAN : 74



3. Establish the Environment

Nurturing Sound & Spirit

The state of the home environment deeply influences both parents and the unborn child during pregnancy.

Fill your living spaces with the peaceful recitation of the Holy Quran and frequent Zikr. Practice gentle, positive, and compassionate communication within your family.



4. Effort with Tawakkul

The Principle of Ikhtiar

Islam teaches us to tie our camel first, then trust in Allah. This is the integration of physical effort and spiritual surrender.

Maximise your wellness through proper healthcare, nutrition, physical fitness, and parenthood education—and then place your absolute faith (Tawakkul) in Allah's decree.



Takeaways: Pregnancy Prep

- ✓ **Parenthood Begins Early:** Real preparation begins long before conception, initiated by sincere and sacred goals.
- ✓ **Prophetic Duas:** Consistently make prayers to shield your family and cultivate a spiritual protective barrier.
- ✓ **Prepare Yourself First:** True nurturing starts with purifying your own heart, adab, and physical habits.





Bersamamu

Achieving Resilient and
Inspiring Families (ARIF)

Preparing for PREGNANCY

Maximising efforts & prayers



Dr Muhammad Fairuz Abdul Rahman

Consultant
Obstetrics & Gynaecology
KK Women's and Children's Hospital



إِنَّا خَلَقْنَا الْإِنْسَانَ مِنْ نُّطْفَةٍ أَمْشَاجٍ نَبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا بَصِيرًا
۲

'For' indeed, We 'alone' created humans from a drop of mixed fluids, 'in order' to test them, so We made them hear and see.

Al-Insan, Ayat #2



WHY *Preconception* MATTERS?

- Establishing optimal health prior to conception lays the ideal foundation for your future baby.
- The “first 1000 days of life” concept, starting from conception and the first 270 days in the mother’s womb to the first 2 years of life, is a critical development window, as it will lay the steps for the child’s lifelong health, intelligence and emotional well-being.
- Starting planning 3 to 6 months in advance provides ample time to address hidden conditions and get each other in shape.



Steps for a HEALTHIER PREGNANCY

1 Talk to your doctor

2 Take control of your health

3 Track your periods

4 Train well, eat well

5 Trim your waistline

6 Start folic acid

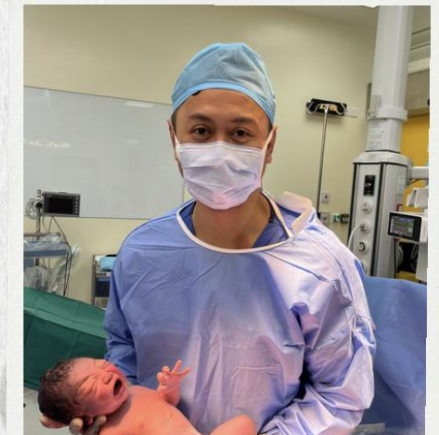
7 Stop smoking

8 Stop contraception

9 Screen for diseases

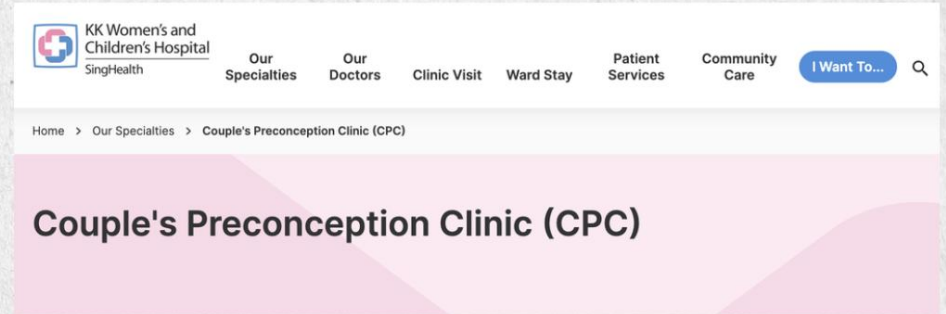
10 Start early & Save up

5T & 5S



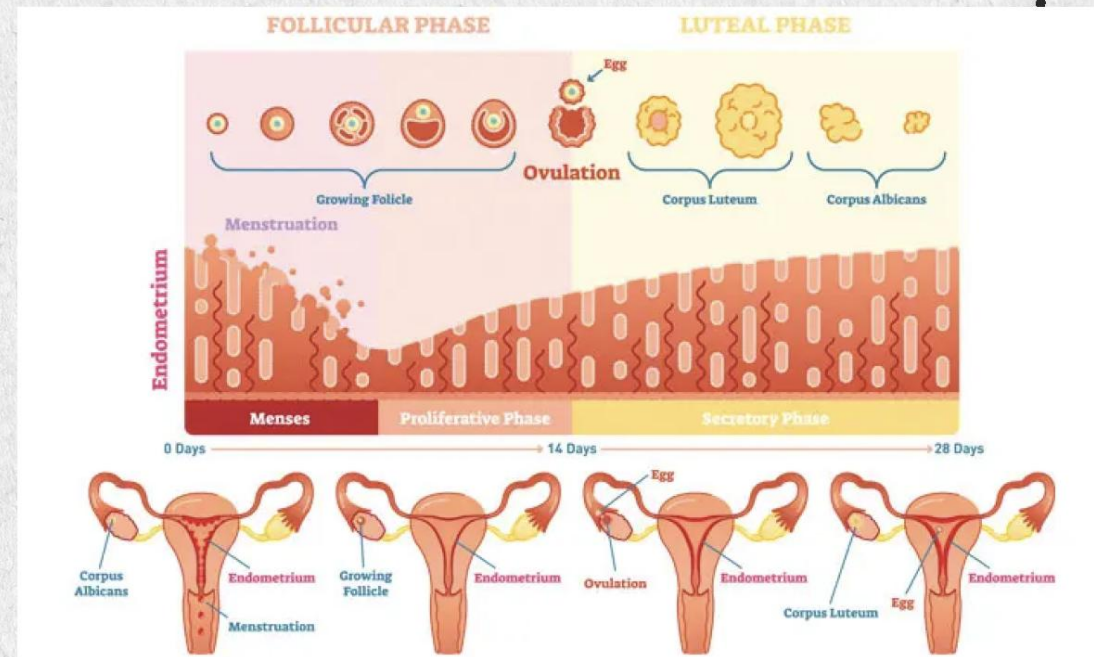
TALK TO YOUR *Doctor* *Take control* OF YOUR HEALTH

- ✓ See an OBGYN
- ✓ Any issues with previous pregnancies or fertility?
- ✓ Any family history of medical disorders
- ✓ Arrange for preconception health screening
- ✓ Current medical conditions or health issues?
- ✓ Current medications?
- ✓ Vaccinations (MMR or Rubella, Varicella/Chickenpox vaccine)



TRACK YOUR *Period*

- ✓ Helps pinpoint your ovulation window (most fertile!)
- ✓ Calculate your gestational age and EDD
- ✓ Irregular cycles can indicate an ovulation disorder



Train well EAT WELL

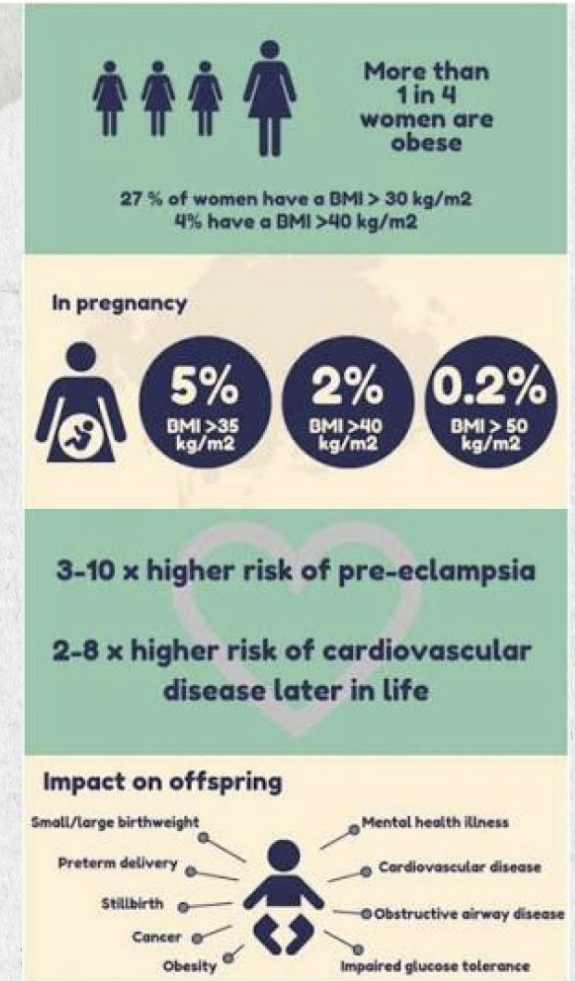
- ✓ Moderate exercise **regulates hormones** eg: insulin levels. Diets rich in whole grain and fibre help prevent insulin resistance.
- ✓ Regular exercise **reduces cortisol levels**, which otherwise can disrupt ovulation. Antioxidants (in fruits, fish, vege) reduce oxidative stress that can damage reproductive cells and DNA.
- ✓ **Boosts blood flow** to the reproductive organs, supporting a healthy environment for implantation and early pregnancy. Proper nutrition achieves and maintains a healthy BMI.



TRIM YOUR *Waistline*

Guidelines for Pregnancy Weight Gain		
BMI (Pre-pregnancy)	Recommended Weight Gain (During Pregnancy)	Recommended Weight Gain for Twin/Multiple Births
<18.5	12.7 – 18.1kg	Discuss with your obstetrician and/or dietitian
18.5 – 24.9	11.3 – 15.9kg	16.8 – 24.5kg
25.0 – 29.9	6.8 – 11.3kg	14.1 – 22.7kg
≥ 30	5.0 – 9.1kg	11.3 – 19.1kg
* Adopted from Institute of Medicine Guidelines (IOM 2009)		

- ❑ Extra fat tissue produces excess estrogen, which can **increase insulin resistance**, and affect ovulation.
- ❑ Obesity can alter the follicular fluid in the ovaries, which negatively affects **egg quality** and successful implantation.
- ❑ Women with higher BMIs often require higher doses of medications for treatments like IVF and yield fewer mature eggs.
- ❑ Entering a pregnancy with a high BMI **increases the risks of pregnancy complications** eg: miscarriage, gestational diabetes, hypertension, etc



START *Folic Acid*

- ✓ Folic acid is essential for the formation of the neural tube
- ✓ It helps the body produces new cells, DNA and blood cells, which are necessary for both mother and fetus
- ✓ At least 400 mcg/day (or 0.4 mg/day), 2-3 months before conceiving, or as soon as pregnant



Stop SMOKING

#FertilityHealth →

Why quitting matters? ...because fertility benefits start in just months

♂ **In men:**
Sperm quality improves within ~3 months of quitting
vaping/smoking

♀ **In women:**
Within about three months of quitting, your body may
start to recover, with better egg quality, healthier
ovulation, and improved chances of implantation.

SOURCE: PMC, ASRM

➕ **It's never too late**, your body can start to recover
within just a few months



CReAtē
Fertility Centre

#FertilityHealth →

Fertility naturally declines with time, but smoking accelerates the process.

Whether you're planning kids soon or later,
smoking, vaping, or even cannabis use can affect:

- How long your fertile window lasts
- Egg and sperm quality
- Time it takes to conceive
- IVF success rates
- Miscarriage risk

SOURCES: PMC, ASRM



CReAtē
Fertility Centre

*Tobacco use causes infertility
in both men and women*



*Nicotine damages
the genetic
material in eggs
and sperm*

Stop tobacco use, protect your health

World Health Organization

hrp

STOP *Contraception*

Getting Pregnant After Stopping Birth Control

Women getting off birth control have the **same chances of pregnancy** as those who have not used it. However, depending on the method, there might be a **delay in fertility** until a woman's ovulation is fully restored.



NO DELAY

Because ovulation is not affected, fertility is restored **immediately**.

Barrier methods:

- Condom
- Cervical cap
- Diaphragm
- Spermicide

SHORT DELAY

It might take between **1-3 months** for ovulation to be restored.

- Pill
- Patch
- Vaginal ring
- IUD
- Implant

LONG DELAY

Ovulation might take **up to a year** to return after birth control shots.

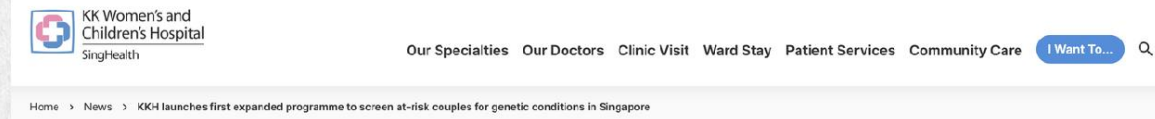
Tubal ligation is usually permanent, but some women undergo a **reversal procedure** to conceive.

www.shecares.com

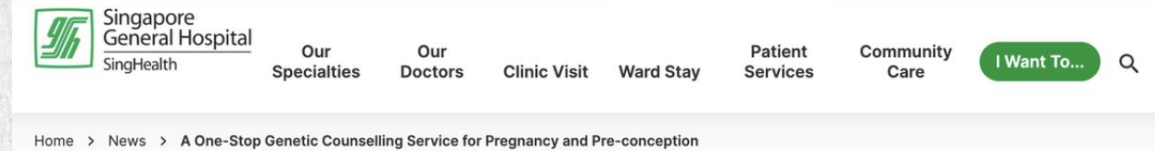
Screen FOR DISEASES

- ✓ Allows one to screen for recessive disorders common amongst Asians.
- ✓ Reduces the risks of passing on severe genetic conditions to the next generation.
- ✓ Bring other chronic medical conditions under control.

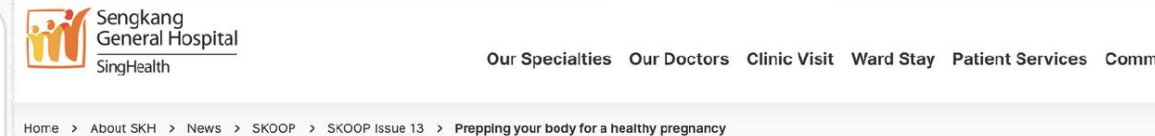
Category	Examples	Incidence of carriers in the Singapore Population ²	Estimated Yearly Treatment Costs Per Patients (SGD)
Blood Disorders	- Thalassemia - Sickle cell disease	Up to 1 in 30	100,000
Neuromuscular Disorders	- Spinal muscular atrophy - Duchenne muscular dystrophy	Up to 1 in 50	800,000
Metabolic Disorders	- Maple syrup urine disease - Gaucher disease	Up to 1 in 250	298,000 to 411,000



KKH launches first expanded programme to screen at-risk couples for genetic conditions in Singapore



A One-Stop Genetic Counselling Service for Pregnancy and Pre-conception



Preparing Your Body for a Healthy Pregnancy

START *Early* Save up!

Best Age for Pregnancy♥

Understanding Fertility Changes With Age

Fertility gradually changes with age. Knowing the safest reproductive window helps women plan pregnancy better.



20–24 Years Highest Natural Fertility

- ▶ Strong ovarian reserve
- ▶ Healthy egg quality
- ▶ Lower risk of pregnancy complications



25–29 Years Peak Fertility Window

- ▶ Highest chances of natural conception
- ▶ Healthy egg supply
- ▶ Lowest miscarriage risk



30–34 Years Fertility Still Good

- ▶ Gradual decline in egg quality begins
- ▶ Conception still common
- ▶ Healthy pregnancy possible with good care



35+ Years Advanced Maternal Age

- ▶ Reduced egg quality & ovarian reserve
- ▶ Higher risk of miscarriage
- ▶ Increased chance of pregnancy complications



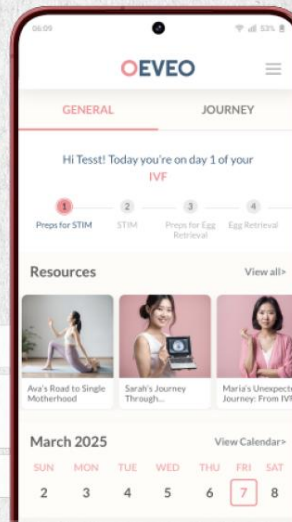
Start early, as fertility declines with age.



Seek a Fertility Specialist if couples do not conceive after 1 year of regular intercourse.



If the couple is above 35 years old, seek help after 6 months of trying.





KK Women's and
Children's Hospital
SingHealth

HEALTH CHAT with KKH



PRECONCEPTION HEALTH



Bersamamu

Achieving Resilient and
Inspiring Families (ARIF)

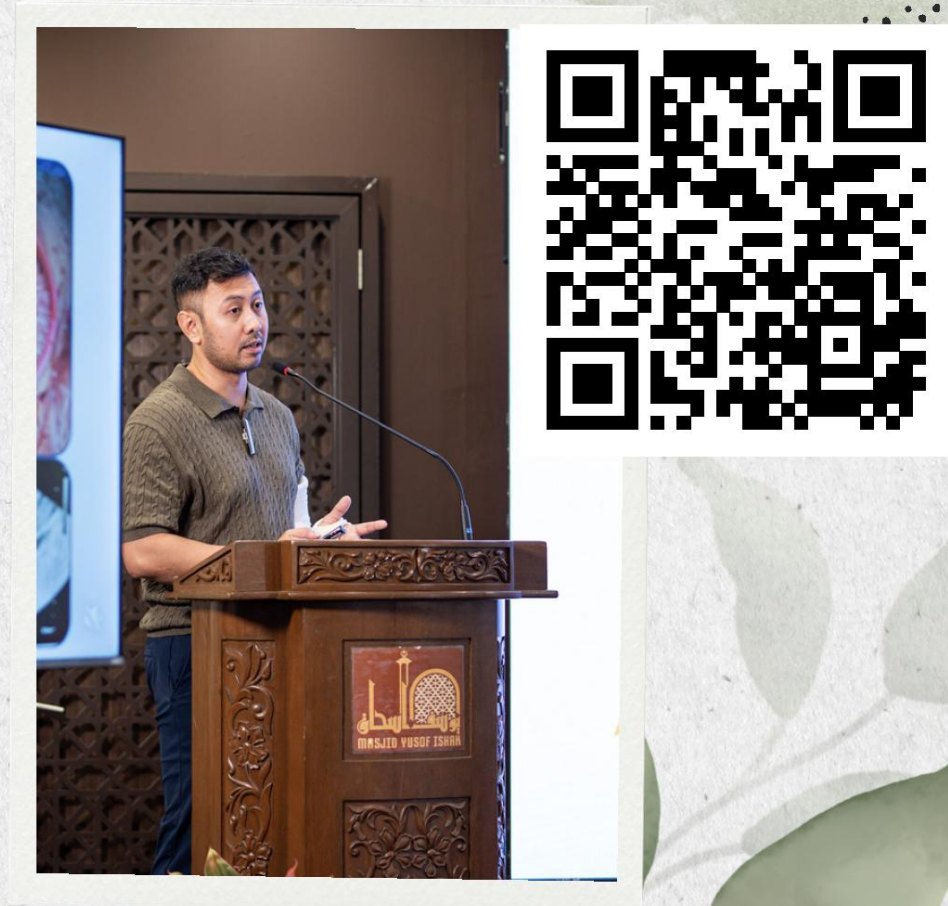
THANK YOU!

muhd.fairuz.a.r@singhealth.com.sg

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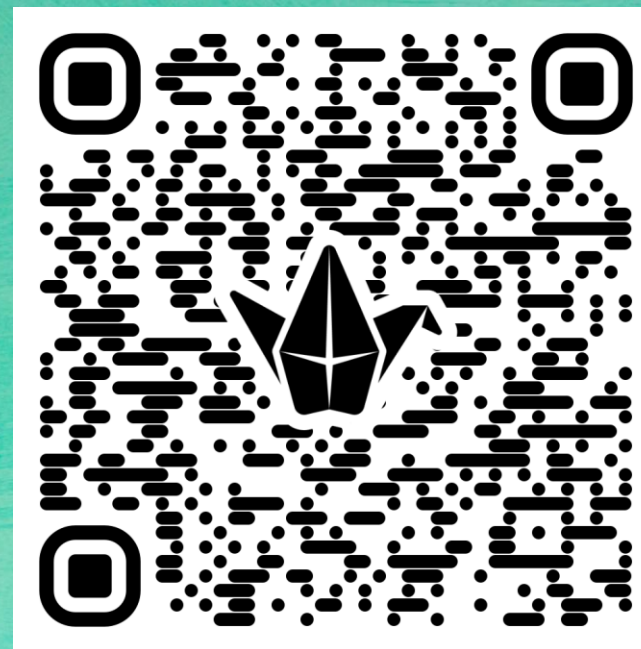
“My Lord, grant me from Yourself a good offspring. Indeed, You are the Hearer of supplication.”

[Qur'an | Surah Al-Imran | 3:38]



Q&A

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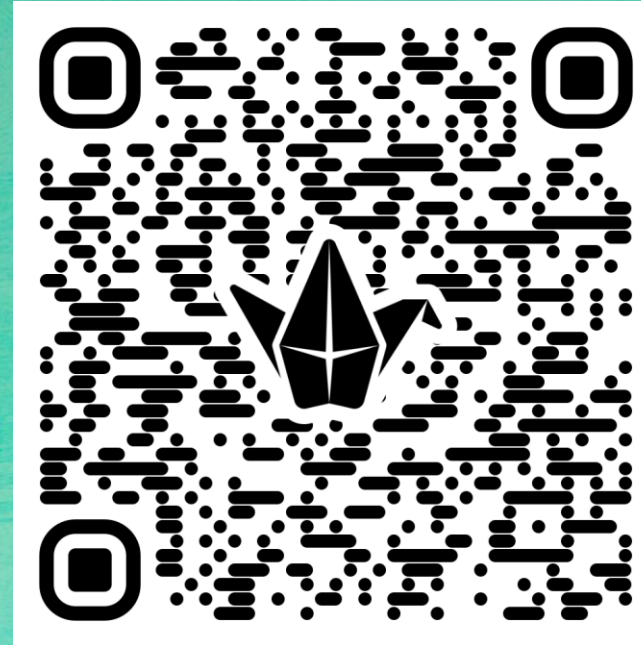


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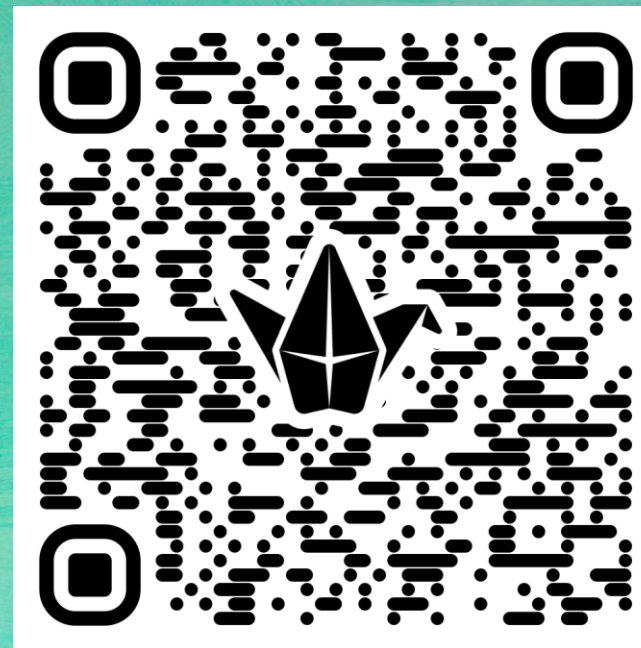
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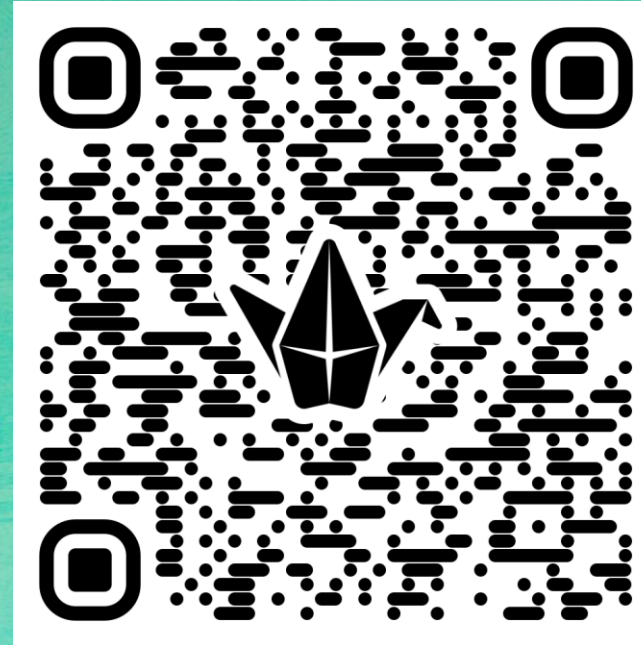


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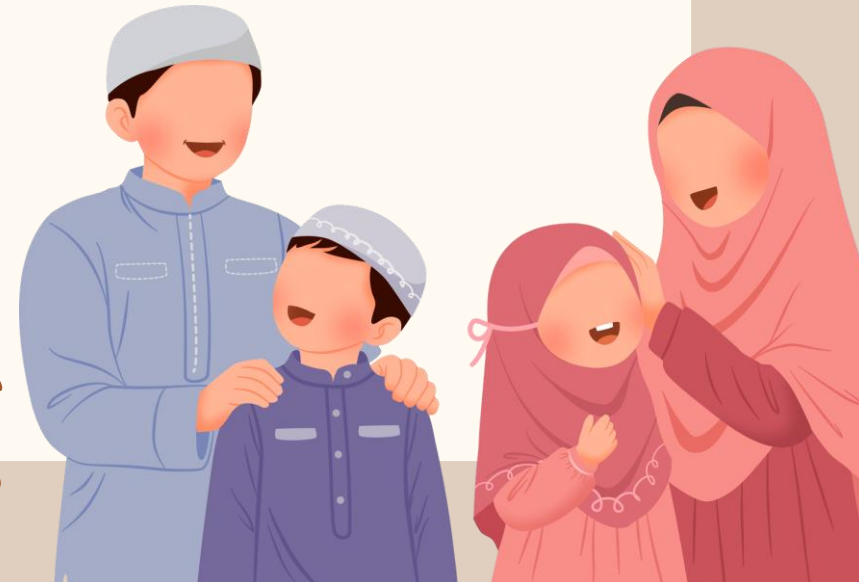
Q&A

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The first 1000 days of life -Setting the right Foundation for your child's Health & Development

**Dr Nur Adila
Nazimah Sani**



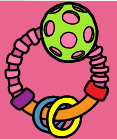
The first 1,000 days of life: Building a strong foundation.

The first 1,000 days of life, from conception until a child's second birthday, is the most critical period for growth and development. During this time, a child's brain develops rapidly, forming over a million neural connections every second. What happens during these early years can influence health, learning, and well-being throughout life.

- Key developmental milestones**
- Factors that support healthy development**
- When parents should seek help**



Stage 1: 0–6 months



**Smiles and respond
to caregivers**



**Making cooing and
babbling sounds**



**Rolls over and
reaches for objects**

Stage 2: 6-12 months

**Sits independently
and starts crawling**



**Use gestures such
as waving and
pointing**



**Responds to their
name**



May take first steps



Stage 3: 12 – 24 months



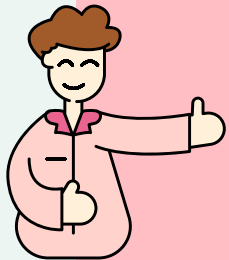
Starts walking and begins running



Use simple words followed by phrases



Enjoys pretend play and shows increasing independence



Remember , every child develops at their own pace, but milestones provide a useful guide.

Three key ingredients for healthy development

Responsive caregiving

01

- Talk, read, sing and play with your child daily
- Respond to their needs and cues.
- Positive interactions help build secure attachment and healthy brain development.

Good intake of nutrition

02

- Breastmilk or appropriate infant feeding during the first year.
- Introducing nutritious complementary foods for around 6 months.
- Offer a variety of healthy foods to support growth and development.

Safe and stimulating environment

03

- Provide opportunities for play and exploration
- Limit screen exposure for young children
- Ensure a safe environment for learning and movement



Does not smile by 3 months

01

Does not sit by around 9 months

02

Does not respond to their names by 12 months

03

When should parents seek advice?

05

Loses skills they previously had

04

Is not walking by 18 months

Early identification allows children to receive support when needed.





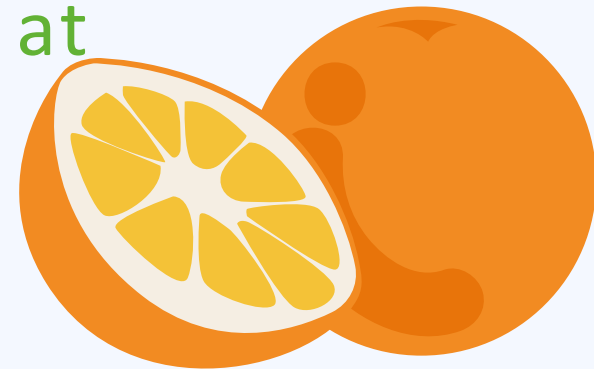
Healthy eating for toddlers

TODDLERS AGED 1-3 YEARS ARE GROWING RAPIDLY AND DEVELOPING
LIFELONG EATING HABITS. HEALTHY NUTRITION SUPPORTS THEIR

 **GROWTH, BRAIN DEVELOPMENT, IMMUNITY, AND ENERGY FOR PLAY
AND LEARNING.**



Growing healthy habits, one bite at
a time



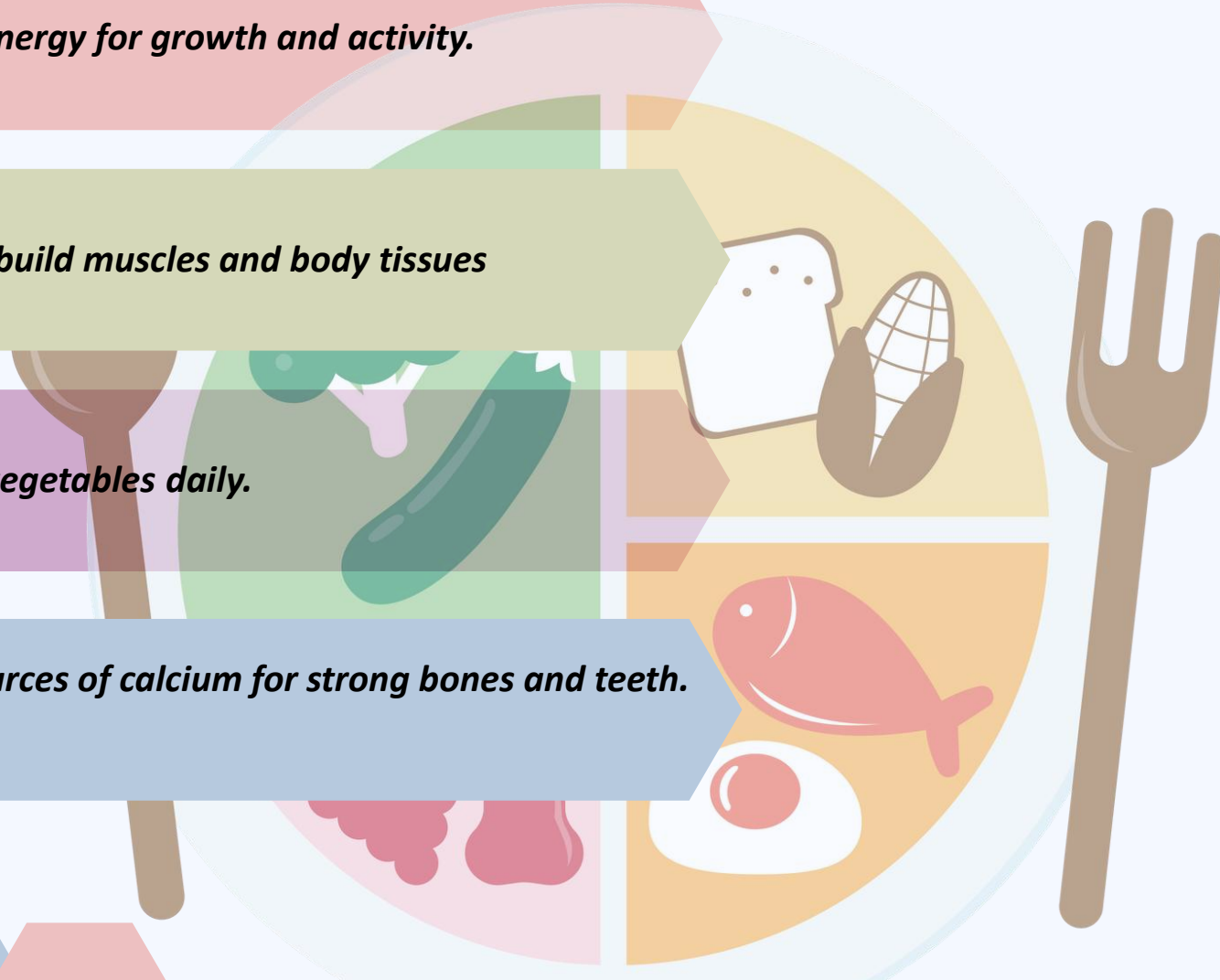
What does a healthy toddler plate look like?

•Whole grains – Rice, bread, noodles, oats. Provide energy for growth and activity.

•Protein foods – Fish chicken, egg, tofu, beans. Help build muscles and body tissues

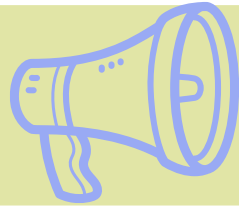
•Fruits and vegetables. Offer a variety of different vegetables daily.

•Milk and dairy – Milk, yogurt, cheese. Important sources of calcium for strong bones and teeth.



Dealing with fussy eaters: Tips for parents



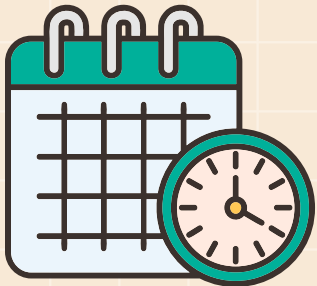


Fussy Eaters

Maintain a routine



- Offer meals and snacks at a regular time.



Keep offering new foods



- Children may need to see or try a food 10-15 times before accepting it.
- Offer small portions without pressure.



Eat together



- Family meals provide positive role modelling.
- Let children see others enjoying a variety of foods.



Fussy Eaters

Avoid
pressure



- Do not force, bribe, or punish children for eating
- Encourage tasting but respect when a child says they have enough.

Make
food fun

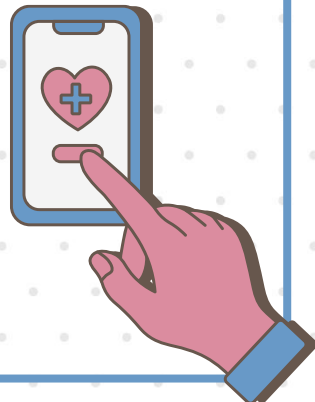


- Use colorful fruits and vegetables
- Cut foods into interesting shapes
- Involve children in shopping, preparing and serving food.

When to seek Advice ?



- Has poor weight gain or weight loss
- Avoids entire food groups
- Has difficulty chewing or swallowing
- Experience frequent vomiting or choking during meals
- Shows significant distress around eating



Managing screen time in children

Excessive screen time can affect a child's sleep, physical activity, attention, learning, social interaction and emotional well-being.



STRAITS TIMES

THE STRAITS TIMES Babies with too much screen time may become anxious teens with slower decision-making: Singapore study

Babies with too much screen time may become anxious teens with slower decision-making: Singapore study

Sign up now: Get ST's newsletters delivered to your inbox



Researchers at A*STAR's IHD said this study explains why limiting screen time in the first two years is crucial. PHOTO: ST FILE

 Judith Tan

Published Dec 30, 2025, 06:00 PM
Updated Dec 31, 2025, 03:45 PM

askST: Is all screen time harmful to children?

Sign up now: Get tips on how to help your child succeed



Many parents think that the duration of screen time matters most, but it is not that simple. PHOTO: ST FILE

 Elisha Tushara

Published Mar 01, 2026, 03:00 PM
Updated Mar 02, 2026, 09:57 PM

 Set as preferred source

“This research gives us a biological explanation for why limiting screen time in the first two years is crucial. It also highlights the importance of parental engagement, showing that parent-child activities, like reading together, can make a real difference,” said Dr Tan, who is also a clinician-scientist at the National University of Singapore (NUS).

Signs of excessive screen time



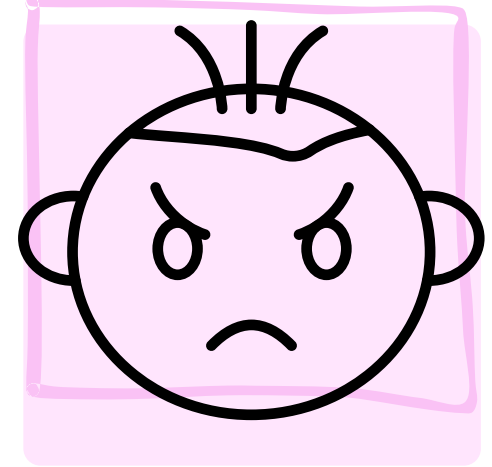
Sleep
difficulties



Reduced
physical
activity



Irritability
when
devices are
removed



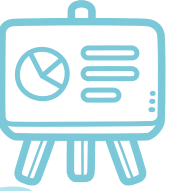
Less interest in
social
interactions

Practical tips for parents



1. Set clear boundaries

- a. Establish daily screen-time limits
- b. Create screen-free periods such as during meals and before bedtime



2. Prioritize quality over quantity

- a. Choose educational and age-appropriate content
- b. Encourage interactive rather than passive screen use.

3. Model healthy habits

- a. Children learn from adults. Limit your own recreational screen use when spending time together.

4. Encourage alternative activities

- a. Outdoor play
- b. Reading
- c. Board games and family activities



limit screen time

while technology has a role it
should not replace active play

Children learn more
from interacting with
people than from
screens.



Read together



play pretend
games



Explore
outdoors



Create arts and
crafts



“Balance screens with sleep, play, learning, and family time. Technology should support a child’s development, not replace real-world experiences.”

Smart Kids Know When to Switch Off



The Power of Play: A Pediatric Role in Enhancing Development in Young Children FREE

Michael Yogman, MD, Andrew Garner, MD, Jeffrey Hutchinson, MD, Kathy Hirsh-Pasek, PhD, Roberta Michnick Golinkoff, PhD ...

Series: Clinical Report

Pediatrics (2018) 142 (3): e20182058.

Published: September 2018

... the benefits of **play** and and to write a prescription for **play** at well visits to complement reach out and read. At a time when early childhood programs are pressured to add more didactic components and less **playful** learning, pediatricians can **play** an important role in emphasizing the role of a balanced...

[Abstract ^](#)

[View article](#)

[PDF](#)

Children need to develop a variety of skill sets to optimize their development and manage toxic stress. Research demonstrates that **developmentally appropriate play with parents and peers** is a singular opportunity to **promote the social-emotional, cognitive, language, and self-regulation skills that build executive function and a prosocial brain**. Furthermore, **play supports the formation of the safe, stable, and nurturing relationships** with all caregivers that children need to thrive.

Play is not frivolous: it enhances brain structure and function and promotes executive function (ie, the process of learning, rather than the content), which allow us to pursue goals and ignore distractions.

When play and safe, stable, nurturing relationships are missing in a child's life, toxic stress can disrupt the development of executive function and the learning of prosocial behavior; in the presence of childhood adversity, play becomes even more important. The mutual joy and shared communication and attunement (harmonious serve and return interactions) that parents and children can experience during play regulate the body's stress response. This clinical report provides pediatric providers with the information they need to promote the benefits of play and and to write a prescription for play at well visits to complement reach out and read. At a time when early childhood programs are pressured to add more didactic components and less playful learning, pediatricians can play an important role in emphasizing the role of a balanced curriculum that includes the importance of playful learning for the promotion of healthy child development.

Child-led, enjoyable, meaningful activities that promote learning and exploration

Play supports brain development, learning, relationships, and well-being



Cognitive Development

Develops problem-solving, creativity, imagination, memory, and concentration

WHY IS PLAY IMPORTANT?



Physical Development

Improves gross and fine motor skills, coordination, balance, and fitness.

Social Development

Teaches sharing, cooperation, communication, empathy, and teamwork.

Emotional Development

Builds confidence, resilience, self-regulation, and emotional expression.



TYPES OF PLAY



AGE

0–6 months



TYPE OF PLAY

Sensory Play



DESCRIPTION

Exploring the world through **senses** (touch, sight, sound, taste, smell).



EXAMPLES

Looking at contrasting patterns, listening to rattles, touching different textures.

TYPES OF PLAY



AGE

6–12
months



TYPE OF PLAY

Functional
Play

Peek-a-boo



DESCRIPTION

**Repetitive
actions** using
objects as
intended.



EXAMPLES

Rolling a ball,
banging blocks
together, pushing a
toy car.

Peek-a-boo, pat-a-cake,
imitation games.

TYPES OF PLAY



12–24
months



Functional
Play

Pretend
(Symbolic)
Play



**Continued
exploration** of
how objects
work.

Beginning to use
imagination and
represent real-life
experiences.



Stacking blocks,
filling and emptying
containers.

Feeding a doll,
pretending to talk
on a toy phone.

Advice to Parents on Play

- Be Your Child's First Play Partner
- Children learn best through interactions with their parents and caregivers.
- Talk, sing, read, and play with your child
- Follow your child's interests during play
- Focus on connection rather than teaching



KEEP PLAY SIMPLE

Children do not need expensive toys to learn.

Eg: Cardboard boxes

Plastic containers

Scarves and fabrics

Building blocks

Books



Simple toys encourage creativity and imagination

IDEAL APPROACH WITH CHILDREN

Let children take the lead.

Instead of:

✗ "Build it this way."

Try:

✓ "What would you like to build?"

Child-led play promotes:

Confidence

Independence

Problem-solving skills

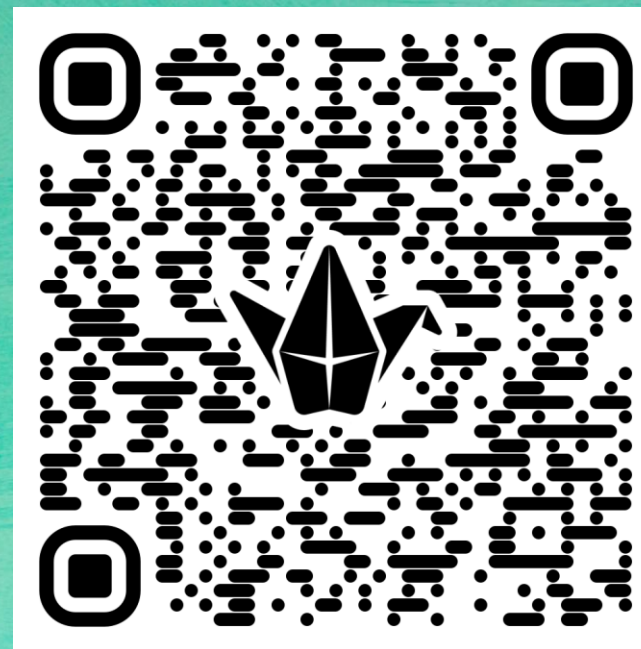


PLAY IS THE ANSWER
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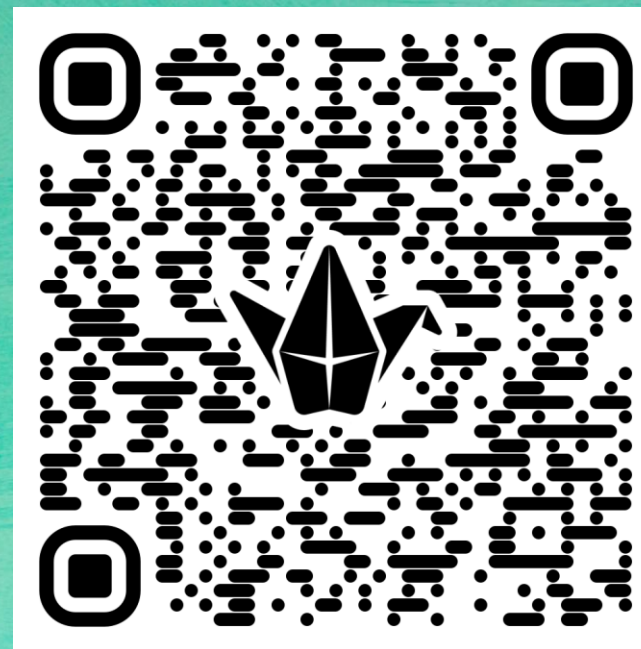


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IslamFest — 5 July 2026



Present Heart, Sacred Journey

Practicing Mindfulness on the Path to Parenthood

Shakira Khaliq
Registered Nurse & Midwife, IBCLC
KKH

Pregnancy · Labour · Breastfeeding support

Siti Munawarah
Senior Social Worker
AMP

Perinatal wellbeing & family support

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Our Journey Together

01

Mindfulness in the Islamic Context

Grounding our practice in faith

02

The Science of Staying Calm

Why mindfulness works physiologically & psychologically

03

Pregnancy

Breathing into the present moment

04

Labour

Riding the waves with awareness

05

Breastfeeding

The mindful latch — nourishing body & soul

06

Parenthood

Navigating the transition with awareness

Mindfulness in the Islamic Context

مُرَاقَبَةٌ

Muraqabah

Mindful awareness of Allah's presence at every moment

ذِكْرٌ

Dhikr

Remembrance of Allah — the original mindfulness practice

تَوَكُّلٌ

Tawakkul

Trusting Allah while taking mindful, purposeful action

"Verily, in the remembrance of Allah do hearts find rest."

The Science of Staying Calm

Why mindfulness is effective — physiologically & psychologically

Physiological Effects

- Activates the parasympathetic nervous system (rest-and-digest) ^[1]
- Lowers cortisol & adrenaline — reducing the 'fear-tension-pain' cycle ^[2]
- Increases oxytocin — the bonding and birth hormone ^[3]
- Slows heart rate & improves heart rate variability ^[1]
- Supports optimal fetal oxygenation during labour ^[2]

Psychological Effects

- Reduces fear & anxiety — replacing catastrophic thinking with presence ^[4]
- Builds confidence and self-efficacy in labour & infant feeding ^[5]
- Lowers risk of perinatal depression and anxiety ^[6]
- Promotes emotional attunement to baby during pregnancy ^[7]
- Strengthens parent-infant bonding from the earliest moments ^[7]

Calm mother → calmer hormones → smoother labour → better milk let-down → stronger bond

SECTION 02

Mindfulness in Pregnancy

Breathing into the present moment

Why it matters during pregnancy:

- Anxiety and worry about birth are common — mindfulness interrupts rumination ^[4]
- Reduces prenatal stress hormones that can affect foetal development ^[8]
- Builds a conscious, loving connection with the growing baby ^[7]
- Prepares the mind for the intensity of labour ^[5]

TECHNIQUE

Baby Bond Breath

A mindful breathing practice for pregnancy

When to practice:

- Morning upon waking
- Before sleep
- Anytime baby moves

How to practice

1

Settle

Sit or lie comfortably. Place one hand on your heart and one on your belly. Close your eyes.

2

Breathe In (4 counts)

Inhale slowly through your nose for 4 counts. Feel your belly rise into your hand.

3

Pause (2 counts)

Hold gently for 2 counts. Silently say: 'Ya Rahman' (O Most Merciful).

4

Breathe Out (6 counts)

Exhale through your mouth for 6 counts. Imagine releasing all worry with the breath.

5

Connect

With each breath, send a silent message to your baby: 'I am here. You are loved. We are safe.'

Practice 5–10 minutes daily. 4-2-6 rhythm activates the parasympathetic system.

SECTION 03

Mindfulness in Labour

Riding the waves with awareness

The fear-tension-pain cycle in labour:

FEAR



TENSION



PAIN



Mindfulness BREAKS this cycle ^[2,9]

- Contractions are surges of energy — not something happening TO you, but WITH you ^[9]
- Each wave brings you closer to meeting your baby — and to Allah's mercy
- Non-judgmental awareness softens the perception of pain ^[10]

TECHNIQUE

Surge Surfer Breath

*Riding each contraction
with mindful breath*

Mindful anchor phrases:

"This will pass"

"Ya Sabur" (O Patient One)

"Each wave brings my baby"

How to practice

1

Greet the surge

As a contraction begins, take a slow breath IN through the nose. Mentally say: 'I welcome this wave.'

2

Ride the peak

At the peak, breathe OUT slowly and fully — lips slightly parted. Let a low 'mmm' or 'ahh' sound escape if helpful.

3

Rest at the shore

Between contractions: take 2-3 normal breaths. Close eyes. Rest completely. Each gap is a gift.

4

Body scan

Notice where you are holding tension — jaw, shoulders, hands. On each exhale, consciously soften that area.

5

Partner role

Support person: breathe WITH her. Your calm breath is contagious. Place a hand on her shoulder and match her rhythm.

The sound of dhikr and low vocalisations also promote endorphin release.

Mindfulness in Breastfeeding

The mindful latch — nourishing body & soul

Why mindfulness matters for breastfeeding:

- Stress and anxiety suppress oxytocin — the hormone essential for milk let-down^[3]
- Early breastfeeding challenges can trigger anxiety spirals — mindfulness interrupts these^[11]
- Being present in the feed strengthens the mother-infant attachment bond^[12]
- The Quran describes breastfeeding as an act of deep love and devotion (2:233)

TECHNIQUE

The Mindful Feed

A mindfulness practice for every nursing session

Intentions to hold:

I nourish. I am nourished.

"Ya Wadud" (O Most Loving)

This moment will not come again.

*"Mothers shall suckle their children for two whole years"
— Quran 2:233*

How to practice

1

Prepare the space

Before you latch baby, take 3 slow breaths. Unclench your jaw and drop your shoulders. Let your body soften.

2

Set an intention

Silently say: 'Bismillah. I nourish my child with Allah's blessing.' This simple act shifts your mindset.

3

Observe with curiosity

Notice your baby's eyes, fingers, sounds. Notice the warmth of their skin. Use all your senses — be here.

4

When anxiety arises

Notice the thought (e.g. 'Is baby getting enough?'). Name it: 'That is worry.' Breathe, return to what you can observe.

5

Close with gratitude

When the feed ends, hold baby for one extra minute. Say Alhamdulillah — for the milk, the moment, the bond.

Oxytocin is released by calm, warm, present-moment awareness — which also triggers let-down.

Mindfulness in Parenthood

Navigating the transition with awareness

Why mindfulness matters in parenthood:

- Becoming a parent involves psychological, social and relational adjustment
- Identity, role and relationship changes arrive alongside sleep disruption and fatigue
- Emotional demands increase, and adaptation is an ongoing process
- Parenthood is not a single event — it is an ongoing process of adaptation

Evidence for Mindfulness

What the perinatal research suggests

What the Evidence Shows

- Reduced perceived stress
- Reduced anxiety and depressive symptoms
- Improved emotional regulation
- Greater self-compassion
- Enhanced psychological wellbeing

Putting It in Context

- Mindfulness complements rather than replaces professional support
- It supports a preventive and supportive role
- It can strengthen resilience and emotional awareness during transitions

Mindfulness in the perinatal period is associated with measurable improvements in wellbeing

Why Emotional Regulation Matters

Creating space between feeling and response

Emotional Regulation Supports

- Responsive caregiving
- Reduced emotional reactivity
- Stronger parent–infant attunement
- Secure attachment foundations

High Parental Stress Is Linked With

- Greater emotional reactivity
- Increased parenting stress
- Reduced parental sensitivity
- Challenges in parent–infant interactions

Children need caregivers who are consistently responsive and emotionally available — not perfect ones

TECHNIQUE

The STOP Technique

Managing stress and responding intentionally

Useful for:

Crying episodes

Feeding challenges

Sleep-deprived moments

Practised in under a minute — it interrupts automatic stress responses.

How to practice

1

Stop

Pause before reacting. Notice that you are about to respond on autopilot.

2

Take a breath

Take one slow, intentional breath to steady your body and mind.

3

Observe

Notice your thoughts, emotions, physical sensations and your baby's cues.

4

Proceed

Choose the next helpful, intentional response.

The STOP technique creates space between emotion and reaction, allowing an intentional response.

TECHNIQUE

The Compassionate Pause

*A self-compassion practice
for difficult moments*

A kinder inner voice:

May I be kind to myself.

I am doing my best.

This feeling will pass.

*Many parents show kindness to others but struggle to
extend it to themselves.*

How to practice

1

Acknowledge

Name the moment: 'This is a difficult moment.'

2

Normalise

Remind yourself: 'I am not alone — other parents feel this too.'

3

Offer kindness

Place a hand on your heart and speak to yourself gently.

4

One supportive action

Choose one small, kind step that would help right now.

5

Reflect

Ask: 'What would I say to a friend in this moment?'

Self-compassion builds resilience — treat yourself as you would a good friend.

The Myth of Perfect Parenting

'Good enough' is good enough

What the Research Suggests

- Perfectionism increases parental stress and distress
- Self-compassion supports resilience and wellbeing
- Children benefit from 'good enough' parenting

What Matters Most

- Responsive, not perfect, caregivers
- Repair after mistakes matters
- Presence over perfection

Children do not need perfect parents — they need presence, warmth and repair

Your Mindfulness Toolkit

One simple practice for each stage of your journey

PREGNANCY

Baby Bond Breath

4-2-6 Breathing

Hand on heart and belly.
Inhale 4, pause 'Ya
Rahman' 2, exhale 6.
Send love to your baby.

LABOUR

Surge Surfer Breath

Ride & Release

Welcome each surge.
Breathe in as it rises,
breathe out slowly as it
peaks. Rest completely
between waves.

BREASTFEEDING

The Mindful Feed

Settle, Observe, Return

3 breaths before
latching. Set bismillah
intention. Observe your
baby with full presence.
Close with gratitude.

PARENTHOOD

STOP Technique

Managing stress & responding intentionally

Stop, Take a breath,
Observe and Proceed.

THROUGHOUT THE JOURNEY

Self Compassion Pause

Building resilience

Acknowledge,
normalize, offer
kindness, one
supportive action.

The path to parenthood

is one of the greatest journeys of the heart.

You do not have to walk it in fear.

Take away today:

- Mindfulness is deeply rooted in Islamic tradition — it is Dhikr in action
- Staying calm physiologically and psychologically prepares you for every stage
- You have 5 simple techniques: Baby Bond Breath · Surge Surfer · STOP · Self compassion pause

'And We will surely test you... but give good tidings to the patient.' — Quran 2:155

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Questions & Conversation

جَزَاكُمُ اللَّهُ خَيْرًا

Jazakumullahu Khayran

May Allah reward you
with all good

Midwife & Lactation Consultant

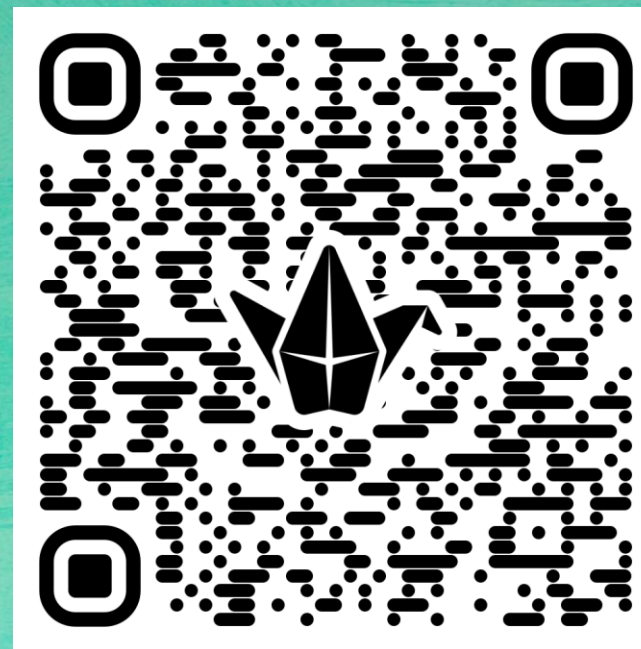
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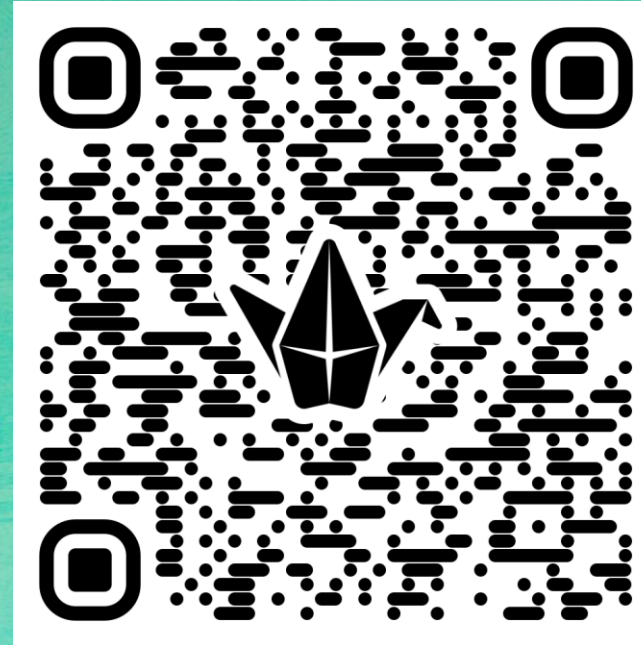


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ARIF SUNDATA | LEARNISLAM FEST 2026

Parenting with Hikmah

When guidance comes before correction

Presented by: **Mohamed Tajuddin Bin Noor**

Guidance Before Correction

أَدْعُ إِلَى سَبِيلِ رَبِّكَ بِالْحُكْمَةِ وَالْمَوْعِظَةِ الْحَسَنَةِ

"Invite to the Way of your Lord with wisdom and kind advice."

SURAH AN-NAHL : 125

Tarbiyah requires us to plant seeds of understanding and build trust first. Only when a child is guided with mercy will boundaries make intuitive sense.



Understanding Hikmah in Nurture

Prophetic wisdom (Hikmah) is the golden thread that guides discipline.

We must expand our approach into four distinct pillars:

1. WHAT IS HIKMAH?

Placing everything in its perfect place and time.

2. STAGES OF TARBIYAH

Adapting your method to the child's age & maturity.

3. GENTLE DISCIPLINE

Correcting out of pure love, respect, and adab.

4. THE FIRST MURABBI

Leading with active example before words.



What is Hikmah?

Putting things where they belong

Hikmah translates to deep knowledge, Taqwa, and righteous action. It is the ability to recognize the fitrah of each child.

Parenting with Hikmah means knowing not just **what** to say, but **how** to communicate and identifying the **right moment** to advise or discipline.



The Stages of Nurture

Sayyidina Ali's Blueprint

"Play with them for seven years, discipline them for seven years, and befriend them for seven years."

SAYYIDINA ALI (RA)

Children progress through structural shifts in psychology. Our role must morph seamlessly from playful nurturers to respectful companions.



Nurturing Stage by Stage



0 – 7 Years

Play & Connect

Lead with absolute love and living example.
Build an emotional reservoir of trust. Guide gently and correct very sparingly.



7 – 14 Years

Teach & Discipline

Introduce adab, boundaries, and clear, consistent responsibilities. Correct missteps with structured, firm kindness.



14 – 21 Years

Befriend & Mentor

Nurture dialogue, mutual respect, and safe mentorship. Advise through consultation rather than strict dictation.

Discipline in Islam

Nurturing with Respect

Islamic discipline is never punitive or vengeful. It is a tool for teaching boundaries, accountability, and mercy.

By modeling adab and guiding through positive reinforcement, we inspire children to choose obedience out of love for Allah, rather than fear of punishment.



The First Murabbi

The School of Character

The household is the very first Madrasah, and parents are the primary spiritual educators (Murabbi).

Children are visual learners who mirror actions over instructions. Your daily character, prayers, and patience are the ultimate lessons they will carry throughout life.



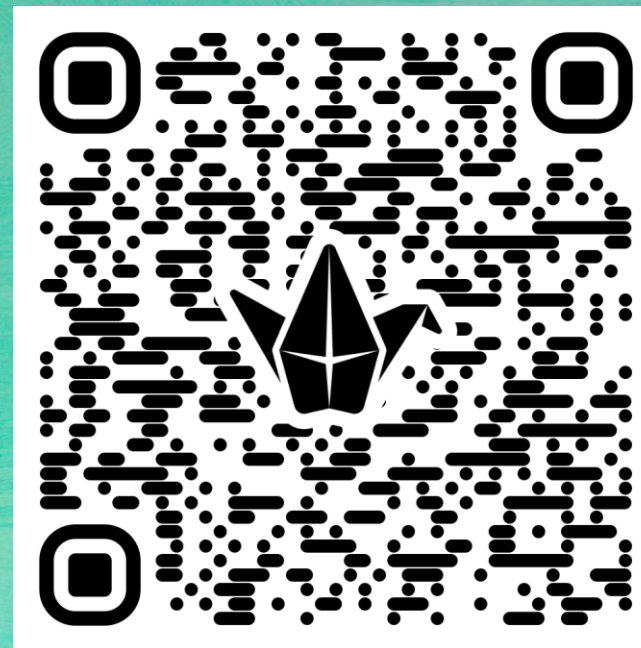
Takeaways: Parenting with Hikmah

- ✓ **Connect Before Correcting:** Soften hearts with pure love and active listening before attempting to rectify behavior.
- ✓ **Adaptability is Key:** Ensure your parenting style matures alongside your child's developmental milestones.
- ✓ **Example Over Words:** Live the exact character traits and adab that you wish to pass down to your children.



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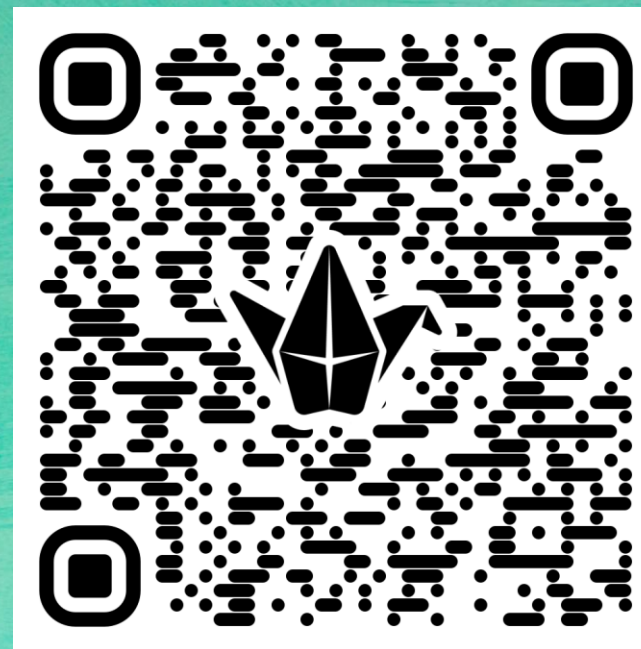


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Parenting with Hikmah

*When Guidance Comes Before
Correction*

**Hikmah is a
process —
not a
destination.**

**It is not an achievement,
and not something we
can say we simply have.**

We work on it — and we experience it while we are working on it. It lives in the process: in the trying, the pausing, the repairing, and in choosing to respond differently the next time.

Three questions to begin with

1

Why do we correct in the first place?

Because we care — we want them responsible, kind, respectful, and grounded in faith.
Correction is not wrong.

2

Why doesn't correction always work?

Because behaviour is the visible tip of something deeper — tiredness, overwhelm, hunger, or a skill not yet learned.

3

What does hikmah look like?

It begins with remembering that guidance comes before correction.
WHAT is expected?
WHY it matters?
HOW they can do them within the boundary?

Three reflections

1

Care for yourself too

It's hard to parent wisely while being exhausted. Aim to be less depleted and more present — rest, ask for support, and go for your health screening.

2

Be clear about boundaries

Not everything is a battle. Know what's negotiable and what isn't, and decide it before the moment — not in the heat of it.

3

Pause before reacting

Before “How do I stop this?”, ask “What is my child trying to tell me?”
Hold the boundary firm; keep the approach compassionate.

Negotiable vs non-negotiable

Decide these with your partner — before the moment, not during it.

	Non-negotiable	Negotiable
Playground	Playing past dinner and the family routine	Which playground, how long, which game
Vegetables	That vegetables are eaten	How much to start with; which one first
Sleep	Sleeping early — for body, brain, and emotions	The wind-down; start the routine earlier if child need more time
Screen time	Duration, timing, and impact on sleep, meals, and homework	That some screen time is allowed

WHO: no screen time for one-year-olds and no more than an hour for ages 2–4 (less is better). **AAP:** build a family media plan that fits the child’s age, needs, and routine.

When the boundary is tested

Children will still push. We hold the boundary — and soften the approach.

“

I know you're upset that screen time is over — it's hard to stop something you enjoy. But our agreement was 30 minutes. Now it's time to shower and continue your homework.

Guidance before correction:

- Names the feeling
- Holds the boundary
- Teaches responsibility
- Keeps the relationship intact

And when we slip, we repair — apologise for our tone, explain the boundary again, and try again with more calm.

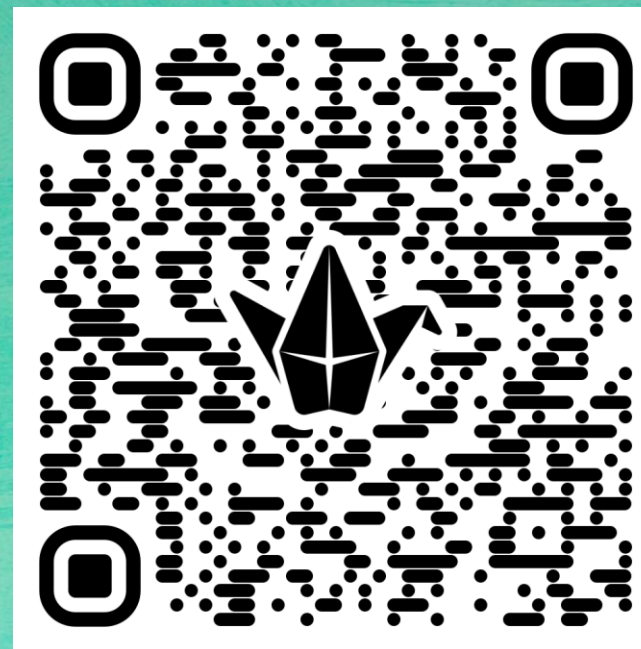
*Hikmah is not perfect parenting. It is
reflective parenting.*

*“Parenting is one of the few journeys where both the parent and the
child are growing at the same time.”*

Thank you.

Q&A

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Thank you so much for joining us!

We'd love to hear your thoughts.
Please take a moment to complete
our feedback form by scanning the
QR code.

We hope to see you again soon.
Thank you once again!

