



GHAMIDI CENTER OF ISLAMIC LEARNING

An Initiative of Al-Mawrid U.S.

www.ghamidi.org

Being The Parents That Our Children Need

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Age Group: 16+

Language: Bilingual (Urdu, English)

Course Description:

Haim G. Ginnett, in his book, "Between Parent and Child" writes:

"No parent wakes up in the morning planning to make a child's life miserable. No mother or father says, "Today I'll yell, nag, and humiliate my child whenever possible." On the contrary, in the morning many parents resolve, "This is going to be a peaceful day. No yelling, no arguing, and no fighting." Yet, in spite of good intentions, the unwanted war breaks out again.

... We would like to believe that only a disturbed parent responds in a way that is damaging to a child. Unfortunately, even parents who are loving and well-meaning also blame, shame, accuse, ridicule, threaten, bribe, label, punish, preach, and moralize. ... The tragedy of such communication often lies not in the lack of caring but in a lack of understanding, not in a lack of intelligence, but in a lack of knowledge. ... How would any of us feel if a surgeon came into the operating room and before the anesthesiologist put us under, said, "I really don't have much training in surgery, but I love my patients and I use common sense"? We would probably panic and run for our lives. But it's not that easy for children whose parents believe that love and common sense are enough. Like surgeons, parents, too, need to learn special skills to become competent in coping with the daily demands of children. Like a trained surgeon who is careful where he cuts, parents, too, need to become skilled in the use of words. Because words are like knives. They can inflict, if not physical, many painful emotional wounds."

We can say with certainty that during the initial stages of a child's life, the parents or guardians have the biggest influence on the child. Without even a conscious effort on their part, children start speaking the language(s) spoken in their households, they start imitating the facial and bodily expressions of those with whom they spend most of their time, and sometimes even start emulating their elders in how they deal with their younger siblings. One of the best ways of finding out what our children notice the most in our actions may be to play a game of role-reversals. We might be quite surprised at what such role-reversals teach us, provided that children do not feel threatened at the mirror that they may confront us with.

This course is a multi-session program for developing reflective and conscious awareness about striving to be the parents/teachers who would likely have a positive impact on the attitudes, inclinations, and character of their children and students.

Participants who have participated in all the topics shall be awarded a certificate of completion.

Course Topics:

Following are the major topics that will be covered in this course:

- 1- Developing basic conversational skills (considering that our sessions are primarily conversation-based)
- 2- Being conscious of the limits of our role
- 3- Creating a vision for our children
- 4- Introduction to the Universal Principles
- 5- Why should we avoid a culture of obedience and compliance?

- 6- Unconditional Love – What children need the most
- 7- Our Major premises
- 8- Principles of interacting with children
- 9- Recommended action steps

Methodology

The sessions in this course are planned as a cooperative, conversation-based, and an experiential exercise for understanding and reflecting on the concepts learned, and for practicing and applying the skills introduced.

Duration

The sessions in this course will be held once a week. The duration of each session will be between 90 to 120 minutes, after which the session will be considered officially closed. However, to cater for any questions of the participants, further time may be given (while allowing other participants to leave, if they so desire). As shown in organization of the workshop above, the whole workshop is expected to be completed within a range of 18 to 28 sessions.

To fully benefit from this course, all participants should be able to spare at least 30 minutes (on the average) out of their time every day for completing the assignments and for reflecting on and practicing the concepts and tools learned.

Prerequisites

Although, the workshop will generally be bilingual (Urdu and English), the presentation slides and any handouts shall be in the English language. Therefore, all participants are expected to be sufficiently proficient in the English language to understand the presentation slides, as well as the handouts.