

**The Muslim Mother's Guide To**

*A Barakah-full Vacation*

**Ideas. Advices. Resources.**

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# Why a Barakah-filled Vacation?



As Muslims we seek Barakah (divine blessings) from Allah all the time. We want Barakah in everything we have and everything we do.

One of the most precious gifts that Allah has given us is time. Our Hereafter after all depends on how we spend our time in this world.

So it makes sense that we seek Barakah in our time and our children's. And there is no better time for that than the summer vacation.

Yes, our children see vacations as a time for rest and fun. However, we should remind ourselves and our children that Muslims should spend their time wisely. It's vacation, yes, but it's still a part of our life and a part of our test. The time doesn't cease, neither do the Kiraman Kaatibeen (honorable recorders of our deeds). In this handbook, we will explore ways to make our children's vacation rich. After all, they have a big chunk of year at hand right now, we do not want them to spend it in heedlessness.

We want to design a vacation plan that will give them opportunities to sharpen their skills - whether it is academic skills, life skills or "Afterlife skills" and help them grow and nurture for the year ahead, and for life.

# *What is Barakah?*

**In simple words, Barakah is....**

Presence of divine blessings in a thing (such as time, efforts),  
Increase of the blessings (example, more people benefit from a  
seemingly little amount of something),

Increase in amount of good in something (exceeds your expectations).

# *How to get Barakah?*

Barakah is gained by obeying Allah. We can also gain Barakah by having sincere intentions (which is to please Allah Alone in all that we do), following the Sunnah, being grateful, using the blessings we have in accordance to Allah's will.

Simply teaching this to our children and helping them apply it in their lives will bring so much good.

*Strengthen their relationship with their Lord.*



Our children are slaves of Allah, we must teach them to serve Him - as perfectly as they can.

- The first most important thing to work on is their Salah. Teach them how to pray if they don't know already. And when we say teach them we mean they should know the Salah inside out. What are the pillars, obligatory parts and Sunnahs of Salah, what is sajdah as sahw - when and how to do it, how to make up for the units you missed when praying with the Imam, what is khushoo' and how to attain it and all the other rulings related to prayer. You can take help of an authentic book or listening/ watching to an authentic series.
- Since kids are at home all day encourage the older boys to attend the Masjid for all the salawaat (prayers).
- Teach them the Islamic etiquette of daily lives. Teach them the Sunnah of waking up, going out, meeting someone, speaking, eating, going to bed, and so on.

*Strengthen their relationship with their Lord.*



- Enroll your children for Tajweed or Hifdh classes at Masjid or an Islamic center. The best way to fill their lives with Barakah is to keep them engaged with the Mubarak Book, the Kalaam of Allah.
- Enroll kids at Islamic Summer camps or Islamic courses if they are available near you and are affordable. This will give them opportunity to learn Islam through fun ways and make good friends.
- Make a family routine to read, listen or watch an Islamic book or series together. They will remember this special family time for life. “Adab al Mufrad” (Collection of Prophetic etiquettes and morals by Imam al Bukhari), “The Hereafter” series by Imam Anwar al Awlaki (available at [kalamullah.com](http://kalamullah.com)) are a couple of good recommendations.

# *Watch out what they are watching*

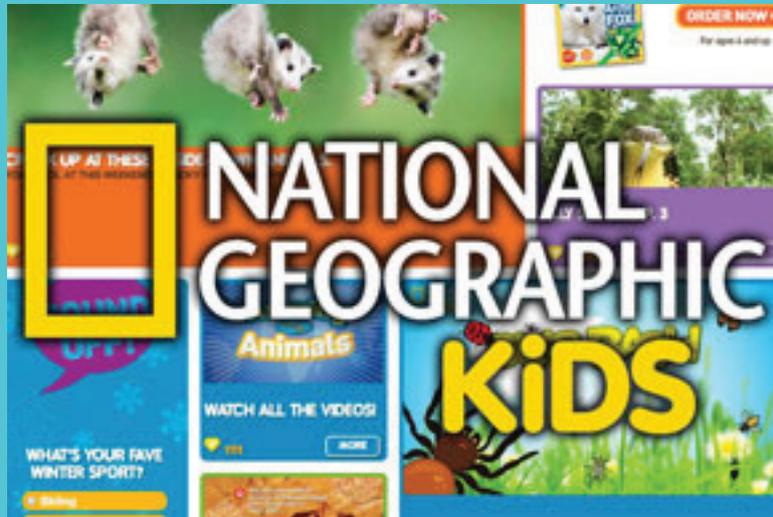


Since kids spend more time at home they spend more time on screen. You may not only set a limit on how much they watch but also keep a check on what they watch.

As Muslim parents, our concern shouldn't be only limited to inappropriate adult content on the screens. We should also warn and educate our children islamically about other damaging corruptions such as Kufr (a character having divine powers or abilities that belong only to Allah), magic, infatuation, vain pursuits (music, modeling, acting, etc) that are often the central themes of a story. What our children watch greatly influences them whether we realize it or not.

Teaching them that it is ungratefulness to Allah when we use His blessings to displease Him (such as a computer, internet, our eyes, our ears, our ability to type, and so on) will make them accountable and responsible. We don't want to take the extreme and unwise step to ban screen and internet. Rather, we need to teach them to benefit from the good something has to offer and protect ourselves from the harm and the evil it may have too.

*Keep them busy with the good things*



Here are some beneficial and interesting websites and applications to subscribe:

- National Geographic Kids (website and magazine)
- Children's newspaper (print or digital)
- The Children's Poetry Archive (a newly launched website featuring poetry for children of all ages, as well as read aloud by the poets).
- History (website)
- Oxford Owl (an educational website with a big collection of free ebooks)
- Noor Kids (Muslim Magazine and free weekly live Friday "Khutbahs" or storytime along with access to previous recordings).

# Build a little library



Reading is crucial for gaining knowledge. Our pious predecessors had immense love for reading and writing books. Almost every house was radiant with a memorizer of Quran, books of Hadith and other beneficial books. No wonder they could achieve unmatched success in this world and the next.

As Muslim parents, we should be most keen to instill love of reading good books in our children. Building a small humble library at home is a good head start.

Choose a variety of genres for your children - Islamic fictional, Ruqaya's Bookshelf has some very interesting collection.

Non-fictional (Islamic Informative books such as Seerah, battles of the Prophet, lives of the Sahabah, stories in the Quran, and so on). Darussalam and Learning Roots should be one of the best choices.

Once you give children good books you will be amazed to see how much they are interested in reading.

# Teach them life skills

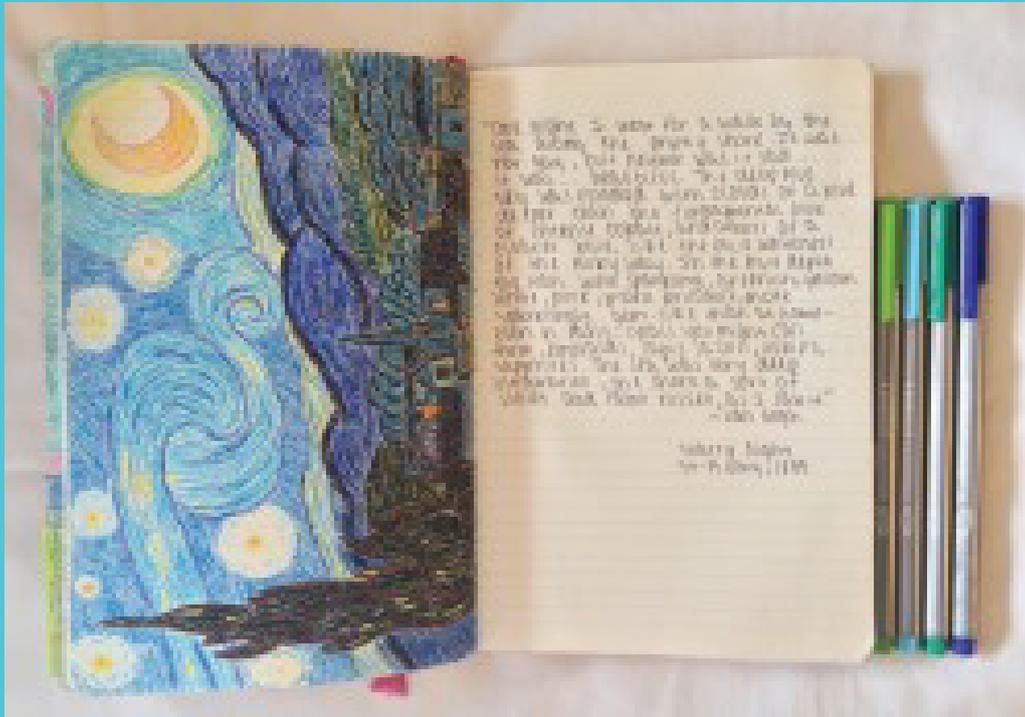


Teaching children life skills helps them grow into independent and responsible adults. It also helps them appreciate the hard work parents do every day for the family. But most importantly, teach your children that working around the house is part of being dutiful to parents which Allah has made obligatory for them (and therefore is rewardable with Allah). And let's remember to not exclude our boys. Both boys and girls should be encouraged to do the chores listed below. Our Prophet (sal-Allahu alayhi wa sallam) did household chores so what's up with our boys?

- Vacuuming
- Making simple meals
- Doing the laundry
- Changing the bedsheets
- Serving food
- Washing the dishes
- Putting away the groceries
- Throwing away the trash
- Organizing their cupboards, bookshelves and drawers

You can find age-appropriate life-skills on the internet as well as a reward chart for some motivation.

# Journaling



Journaling has many benefits. It helps children put their emotions and experiences into words, and improve children's writing skills. In the beginning to ease their way into journaling you may give them some prompts that can be easily found on the internet.

Gradually, let them write a variety of things.

- A recent Islamic lesson they learnt
- A story from Quran
- Poems
- A book review
- A fictional story
- A recent interesting experience and so on.

Soon, your children's journals will become one of the best treasure of memories.