

Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Your Child Is NOT You...Parent Your Inner Child Before You Parent Your Child**

As I write this column, I eagerly await my daughter's return from her school camp. She's 15 this July and has been challenging me constantly to reflect on my parenting skills. If you are a parent reading this, let me just say it out loud: THIS PARENTING THING AIN'T EASY!

Few days ago when she was packing for her camp, I was incessantly bombarding her with questions...Have you labelled this? Have you packed this? Have you packed that? Why do you need headphones, can't you just look at the stars and not listen to music...It's camp, not a concert! Do you have to swim in the lake? What about crocodiles? And the bushwalk...what about the reptiles and spiders?"

She literally had to march me out of her room and say to me: "Mum, I will talk to you when you calm down and behave yourself." I thought, hang on a minute, this is what I used to say to her when she was little..."Young lady, I will talk to you when you calm down and behave yourself." Oh, how the tables have turned, I realised.

Pause for a moment and reflect on your own relationship with your child/ children. Do you ever feel that your worries are governed by your own fears and that at times you project those fears on your child?

Your child is NOT you. Your child has his/her own QADR...preordained path, bestowed upon him/her by ALLAH. No matter how much you try to impose your own fears on your child, understand one thing...your child will either absorb your fears and live life with inherited fear OR

your child will completely reject your fears, plus all the other good advice you may give, because he/she will find it easier to rebel than to conform to your fears.

So why do we impose our fears on our children? Our fears too have been inherited from other people around us.

Somewhere cocooned inside us lives a child yearning to blossom into a fearless butterfly.

When you are able to address your own fears and parent your inner child to overcome those fears, you will fearlessly fly out of that cocoon, a butterfly who surrenders to the preordained path that ALLAH has put you on. Until you parent your inner child, you will struggle with parenting your child. It's a daily practice, trust me.

How To Parent Your Inner Child

<https://www.youtube.com/watch?v=8HnOYn1CUzo>

The above link is a video by Dr Shefali Tsabary who has revolutionised the way we view parenting. Please watch it.

Below are some steps you can implement if you feel the constant need to control your child:

1. Catch yourself when you are asking your child too many questions. STOP.
2. Reflect on the questions that you are asking your child and try to understand what is prompting you to ask these questions.
3. If your questions are concerns, what are you concerned about?
4. If your questions are fear-based, what are you fearful about?
5. Identify your fears and concerns and make a list of them.
6. Sit with your child and express YOUR fears and concerns using the phrases "I am fearful that..." or "I am concerned that..." Doing so will show your child that these are your fears and concerns and not your child's.
7. Hug your child and tell him/her that you trust ALLAH to keep him/her safe and well.
8. Make wudu and pray salah to thank ALLAH for making you aware of your fears and concerns instead of imposing them on your child.

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In Shaa ALLAH, next week we will explore the topic: **Religion And Children...Why Parents Need To First Display Virtues Before Preaching Them**

If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me or visit www.muslimahmindmatters.com. If you wish to have a FREE one hour **Clarity Coaching** phone session, contact me on 0451977786



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