

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

WAQF-E-NAU SCHEME

**WAQF-E-NAU SYLLABUS
SERIES No. 1 BOOK No. 4**

**GUIDELINES FOR PARENTS
UP TO 10 YEARS**

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Preface

The Vakalat Waqf-e-Nau has prepared a syllabus (Nisaab Waqf-e-Nau) in Urdu for the guidance of the Waqfeen-e-Nau. The syllabus is aimed towards the teaching of children from 1 to 10 years of age.

The urdu syllabus is divided into 4 parts, namely:

The Actual Syllabus; Etiquette's; Salaat and Guidelines for Parents.

There was a great need for the syllabus to be translated in to English and the UK Waqfe Nau team was chosen to undertake this important task.

The United Kingdom National Waqfe Nau team is very grateful to many learned members of the UK Jamaat for assisting in the exercise of translating the original urdu text thus providing the basis of publishing this much demanded book.

In order to enhance the learning process the syllabus is being published as 4 separate books. Book 1 covered the Actual Syllabus; Book 2 covered Etiquettes and Book 3 covered Salat. Book 4 is fourth in the series, which covers the Guidelines for Parents.

Publications in Series No. 2 will cover the syllabus for 10 to 13; 13 to 15; and 15 to 17 year olds.

Publications in Series No. 3 will be the Urdu and English translations of the 5 very important sermons for the Waqfeen-e-Nau delivered by Hadhrat Khalifatul Masih IV (Rh).

Further publications will be the English translated books as advised by the Vakalat Waqf-e-Nau to be read by the Waqfe Nau children.

Amongst these publications will be the 4 books titled Kaamyabee Ki Rahaen; Minhaj ut Talaybeen; Bucho Ki Parvarish; Kur Na Kur; Hadhrat Rasool-e-Kareem (saw) Aur Buchay; Piyare Rasool (saw) Ki Piyari Baatain; Ghuncha-e-Gul; Guldusta; Hakayat-e-Shirin; Waqayat-e-Shirin; Hayat-e-Noorud-Din; Mayray Buchpun Kai Din.

The readers are requested for special prayers for the publishing team that may Allah enable them to be successful in providing this important reading material for the special Waqfeen-e-Nau children.



Hadhrat Mirza Bashiruddin Mahmood Ahmad (ra)
Khalifatul Masih II

Hadhrat Mirza Bashiruddin Mahmood Ahmad (ra) was the second successor of the Promised Messiah (as). He was a distinguished Khalifa, because his birth was foretold by a number of previous prophets and saints.

The Promised Messiah (as) received a Divine Sign for the truth of Islam as a result of his forty days' prayers at Hoshiarpur (India). God Almighty told him that a pure son (Musleh Maud (R.A)) would be born to him within a period of nine years. He had already published this prophecy regarding Musleh Maud (R.A) on 20th February 1886. According to this prophecy Hazrat Musleh Maud (R.A) was born on 12th January 1889 in Qadian.

He received his primary education at a school in Qadian and then in the Ta'leemul Islam School when it started in 1898. His academic career came to an end in March 1905, when he failed in the Matriculation (Grade 10) examination.

He started learning the translation of the Holy Qur'an and the Ahadith from Hadrat Maulana Nooruddin (ra). He started an independent study of many subjects and developed into a great scholar.

When he was elected as Khalifatul Masih II (14th March 1914) there was a small but influential group of opponents, who did not take the Bai'at. They even moved to Lahore, taking most of the Jamaat Scholars with them thinking the young Khalifa could not survive without their support. But they were proven wrong by God. Their number started to decrease whereas the Khalifa's followers increased. In his Khilafat he laid the foundations for the organisations of the Jamaat.

In 1947 Huzur (ra) laid the foundation of the Jama'at's new centre in Rabwah. In 1954 during a visit to Europe there was a murderous attempt on his life. The after-effects of the deep wound added to the extremely hard work, resulted in worsening health conditions over a period of seven years.

On 8th November 1965 at 2 a.m. Hadhrat Musleh Maud (r.a.) passed away at the age of seventy seven.

In The Name of Allah,
Most Gracious, Most Merciful

Guidelines For The Parents Of Waqfeen-e-Nau

The compilation is based on two books containing the guidelines for the Waqfeen-e-Nau children. The first book, acknowledged by Dr. Shamim Ahmad, In-charge Tahrik Waqfe Nau, was written by Mrs. Khurshid Ata of Lajna Ima'Allah, Karachi, Pakistan.

The words used in the text have been based on the psychology of children and the modern methods of educating very young members of the society. The writer has ably incorporated Hadhrat Khalifatul Masih's IV's (r.h.) instructions and guidelines for bringing up those blessed children who have been offered by their parents as devotees to serve the cause of Ahmadiyyat and Islam throughout their lives.

The second part of this book is the translation into English of the Syllabus for Parents from the Urdu Nisaab (Waqfe-Nau - Up To 10 Years of Age). The syllabus provides important guidance for the parents assisting them to develop their young children and provide them with basic essentials.

The First Phase

Parental Period

(1) Before deciding to offer the child for Waqf-e-Nau, the couple will have to think again about their mutual relationship and make it pleasant and establish an atmosphere of mutual co-operation and confidence. Emotional tension and pressures of the parents leave a permanent impression on the personality of the child which might not develop to its full potential.

(2) Not only the parents but all members of the immediate family, will have to participate in this noble task and help provide the would-be mother peace and extra care.

(3) Medical facilities have to be available, especially in rural areas to enable the pregnant mothers to have regular checkups. They should be made aware by easy-to-read and easy-to-follow instructions, of the importance of balanced diet, light exercise and rest etc.

(4) Literature or cassettes that contain material for the mothers' own training and spiritual uplift to inculcate love for God, attachment to the Holy Qur'an and dedication to the Jama'at should be studied or heard. When reciting the Holy Qur'an, the mother should be asked to read it aloud as modern science has proved that the foetus picks up

good and bad signals and any messages or treatment imparted at this stage affects the child's behaviour later on.

The Second Phase

Infantile Period

(From The Day Of Birth To The First Birthday)

The infant should not be regarded as devoid of senses and too young to be taught. The newborn is extremely sensitive and responds to every stimulus in their own way. Certain qualities can be imparted to them right from day one, such as

(1) **SENCE OF TIME:** The baby almost immediately adapts to the routines for its feeds, naps and nappy-changing. Regulate the fulfillment of its needs with the help of a clock. This will stand it in good stead in later life.

(2) **CLEANLINESS:** Each time the child has passed water or a stool, it must be washed with water. Wiping with tissue paper or a piece of cloth does not do the job properly. In many cases, skin rash develops which is not only uncomfortable for the child but may aggravate into serious conditions. Use of plastic "pampers" is not desirable. Pampers give a false sense of cleanliness as the cleansing of the body is put off until the mother finds time for this job.

(3) **REGULARITY IN PHYSICAL NEEDS:** Each child has its own individual needs for feeding etc. So a feed must be provided before the child demands it by crying. Crying can become a habit of stubbornness and the child will get the message that crying brings its food.

4) **SELF CONFIDENCE:** Let the child take its first step. Do not worry about its toppling and staggering. Do not frighten it by shouting "o-ees". Do not show your concern if it encounters a fall or two.

(5) **SHOCKS AND FRIGHTS:** Children are prone to be frightened by loud and shrill sounds and bangs.

Do not clap too close to child's hearing. Do not shout or bang the door etc. A child may develop a permanent fear of loud sounds. The child should be carried and held well supported by both hands and close to the body. The sense of insecurity and fear of falling causes fright and leaves unseen scars on the child's mind. Leaving children unattended in the dark can also frighten them. Awake or asleep, the child must be within the range of sight and hearing of its mother. Darkness prevents it to see and feel its mother's company even if she is not far away.

(6) **POWER OF OBSERVATION:** Young children are very receptive and absorb all impressions just as a clean slate takes on writing without

knowing what has been inscribed on its face. Modern psychology has demonstrated that adults can recall such experiences as far back as their births. Therefore, always be thoughtful while doing anything to, or in front, of a baby. We know that a few months' old child starts recognising those around and responds to their treatment whether soft or otherwise. Thus, a child of under one year has the capacity and ability to learn:

- Sense of Time
- Feeling of cleanliness
- Regularity in physical needs
- Self-confidence
- Braving the fear
- Speak
- React to likes and dislikes
- Imitate the actions of those around

We can, therefore, start their education, moral and spiritual training right from the early age. The child can be taught to repeat simple phrases like there is one God or we are Ahmadies etc. The child will try to copy what you do .e.g. recite "Bismillah" before eating or drinking, eating with the right hand, putting on the right shoe first etc. Reciting verses from the Holy Qur'an at night before sleeping and praying loudly has its own blessings and rewards.

The child can be taught to share the toys and sweets with other children. By nature, a child is a "possessive" being and would like to have everything for himself. If a child is holding anything, no matter how dangerous it is, you should never snatch from their hand. Instead you should be tactful and persuasive so that a child will hand over the thing without any struggle.

The Third Phase

The Second Year

Each child has the ability to learn and absorb depending on the IQ level, so allow for the individual differences of the children and persevere with them. Some children start walking when they are ten months old, others take their first step after the age of 18 months. Thus, these phases are not very rigid and have been mentioned for broad guidance.

When the child starts crawling, they should be allowed to move about freely but there should always be someone watching them just in case they pick something up from the floor and put it in their mouth. When they are able to walk, never restrain them by a "WALKER". Some mothers do this to prevent their babies from getting dirty. Babies apparel can be washed out but the marks left on their tiny

mind of restricting devices like, walker, pampers, wash & wear light fitting clothes can not be wiped or washed away. Let the child play in nature's lap for some time, but of course, in front of watchful eyes.

Restriction on actions are equally harmful. This is the time when the child is exploring the environment and asking questions. So a constant 'do this' and 'don't do this' can seriously damage the development of a tiny mind. If a child insists in handling something dangerous, divert attention and remove the offensive article out of sight. Encourage the child to use and repeat pleasant words and phrases.

Show your displeasure if the child repeats a swear word. Reward the children with love and affection when they say or do something pleasant. Answer their questions with patience, keeping in mind the level of their little minds. Never tell lies or make false statement to a child. Don't threaten them with things like 'if you cry, the dog will take you away.' If you promise any reward to a child like 'read Bismillah to me and I will give you sweets.' Make sure you fulfil your promise if the child has delivered his part of the contract.

When the child is in the process of learning to talk, his mind works faster in observing and imagining things. At this stage he lives in a world of make-believe and may narrate incidents or stories which

have no meaning. Don't call the child a liar because , he is only imagining things. Encourage his imagination and right derivations by telling him short and simple stories where the moral is the victory of virtue over vice, and mention good deeds and the acts of holy men. Do not confuse the child' s mind with description of paradise and hell. Do not go into details of the agonies of hell as it may frighten the poor little soul to the extent that they develop inhibitions and unconscious fears resulting in degenerations like stuttering and stammering and lack of self-confidence and hesitation.

The Fourth Phase

Up To 4 Years Of Age

As mentioned earlier, a child will instinctively imitate what they observe and as their memory and powers of retention are very sharp, they expend their energy by constantly speaking and moving. They watch, listen and learn and store away all knowledge for the future. Thus, their first school is their home where they learn much morethan they would learn from books. Their tool is their power of observation and their subjects are their elders. It is therefore for the

elders to present themselves as an example to their child. The following suggestions will be useful for sowing the seeds of character in the fertile field of a child's mind:

(1) To eliminate jealousy amongst children treat them equally. If a Waqfe-Nau child gets special attention and preferential treatment, he will consider himself to be superior than others, plunging other brothers and sisters into an inferiority complex. An imbalance between equitable treatment of various children could lead to mutual hatred which may not be manifested but does its damage nonetheless.

(2) Neglecting the child's genuine needs makes them resentful which then could lead to stubbornness, non co-operative behavior and sometimes open revolt.

At times children become restless and cry or shout in order to gain attention. An example is a basket of fruit brought home by dad and the young child would like to eat it straight away. Explain to the child that first the fruit will be washed and wiped dry and then shared by everybody. Stick to your explanation and do not care if the child is being stubborn for this will be their first and last time.

Similarly, one can ask the child to wash the fruit himself and wait until other brothers and sisters return from their school and then all can enjoy God's bounty collectively. This creates the virtues of

patience and sense of sharing with others.

Children sometimes go into fits of anger and rage on trivial matters. It is, therefore, for the elders to avoid such situations. In the first instance, as it is almost impossible to calm an agitated person who is in full rage, talk to him softly, divert his attention perhaps by taking him away from the sin while praying.

(3) In order to encourage the child to use his initiative and be brave, we should help him to achieve his goals. For example, children are fond of climbing up steps. When a child wishes to go up the stairs, help him do so. Just watch him and be there for him in case he falls.

(4) Children wish to possess everything they fancy. This should be discouraged as it might promote greed in them. It is therefore, wise to encourage them to share and care. If a child insists upon having something against the wishes of his parents then they should draw a line and say "NO" to the child.

(5) The child has to be introduced to the elementary concepts of honesty and integrity. He has to learn that certain things which do not belong to him can be borrowed but with the consent of the owner and must be returned. A toy, for instance, should be returned to the brother or sister after the child has played with it.

(6) At this age, a child has to be taught to obey the elders and lend a helping hand. Do not submit to all demands from children. Let them know that there are certain things you would like them to do. It is desirable to ask children occasionally to do little errands for their elders as it encourages them to help and foster obedience.

The real object of these guideline is to channel the rational instincts of the children for their harmonious living in the society instead of becoming wild and irresponsible members of it.

Each child has different levels of ability, sometimes different hidden talents which should be easily detected by the caring and observing parents. They should then be developed for the better purposes.

And remember all this while, you continue to pray for yourself and for the noble cause of your most beloved child. Be regular in studying Huzur's instructions as they are based on divine guidance and wisdom.

May Allah bless you and help you in His unlimited mercy.

Part 2

English Translation From The Nisab Waqfe Nau

Whatever has been stated in the syllabus for learning should not be considered sufficient. The children should not only memorise but also inculcate them in their habits.

For example: a child should not only remember "Jazakamullah" instead it should be said at appropriate times i.e. when something is offered to the child – the child, by habit, should say "Jazakamullah." Parents should pray for their children and also teach the children to pray for themselves. Pray that Allah make the child get into a habit of praying.

Use and practice Islamic words ie Asalaamo Alaikum, Jazakamullah, Mash'Allah, Bismillah, Alhamdulillah, Insha'Allah, Inna Lillah, Sallala-Ho-Alhi-Wasalam, etc.

Make a habit of early to bed and early to rise at home.

Try to say daily prayers at the appropriate times.

Recite the Holy Qur'an in the presence of the child and get the child to develop a habit of reciting the Qur'an or Qaida themselves.

The children should attend the Waqfe Nau classes regularly. Both the parents should attend monthly Waqfe Nau meetings together with the child.

If any job is given to you in connection with Waqfe Nau, it should be

done happily, as it is a great honour.

Parents should arrange for the children to learn languages i.e. Urdu, Arabic and the local languages which are compulsory. Apart from these the children should also be encouraged to learn English, Spanish, French or whatever is available.

Encourage children to participate in financial chanda, wherever it is necessary to participate ie Tehrike-Jadid, Waqfe Jadid etc. Encourage the child to pay chanda by himself.

Take notice of the child's school education as well as their hobbies i.e. literary and games etc in school.

Keep guiding him in choosing his friends.

The parents should continue studying all Hazoors sermons; statements; announcements; particularly study "Al-Fazl" and "Tash Heez ul Azhan".

Write letters to our beloved Imam, Hadhrat Khalifatul Masih, for prayers. If possible, get the children to also write letters to Hazoor-e-Aqdas.

Tell stories to the children but be aware that stories should be constructive. If the child is in a position to read himself make sure you select the stories for him. You should know what the child is reading.

Train the child to be punctual. Also train him to eat at proper times and in the right quantities.

Teach the child to be obedient. If you have to stop him from doing

anything wrong, please be polite and loving.

Teach him to co-operate and train him for Waqare Amal. Make him in charge of a few jobs and then train him to impart with these jobs. He will thus gain the qualities of giving charities and Sadqa and will be able to give to his relatives and to the poor.

Tell him that he is a Waqfe Nau Mujahid. He is noble and good and also teach him to love his faith and his country.

Keep the child clean, so that he learns to keep his home, street, general area and atmosphere clean.

Avoid kissing him excessively because it gives birth to all kind of bad things.

Do not keep the child naked. Dress him according to the weather conditions.

The child should be encouraged to play in the presence of the parents. Hidden games should be avoided.

Get him medically examined at least once a year. Necessary injections should be given at specific times.

The child should clean his teeth twice daily.

Train him to do light exercises.

Prepare a file for the child which should contain his relevant papers i.e. Birth Certificate, B form, Medical History, Letters of approval of Waqfe Nau, history of the child's progress, reports on completion of Yassarnal Qur'an, memorised prayers, and status of school examinations. The file should be kept with the Secretary Waqfe Nau.

Keep photocopies of all the records for yourself, and also forward copies to the Centre so that their files are updated.

Be moderate in the child's education and training. Do not be too firm or too loving as this may have adverse effects on the child.

You should set an example for your child. In order for the child to develop certain qualities, you will need to develop the same qualities in your own character and then the child will learn from you.

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