HOW WE TALK TO EACH OTHER

SEE and SMILE

Our face is the first answer. The Prophet ﷺ greeted Jarir with a smile, every time. Bukhari 3035

ASK Anything ANYTIME

Even the awkward stuff, and nobody laughs. That's our Prophet's ﷺ way. Bukhari 130

The truth is ALWAYS SAFE Here

Nobody asks "Why didn't you tell me sooner?"

Telling us never makes it worse.

The Prophet ﷺ said the truth brings peace of mind. Tirmidhi 2518

it stays A TRUST

The Prophet ﷺ said: "When a man tells something and then departs, it is a trust." Abu Dawud 4868

ALL EARS

We listen to the end, with no lecture after. The Prophet ﷺ stood aside with a woman until she had what she needed. Muslim 2326

How can I HELP?

The Prophet ﷺ said Allah keeps helping a person as long as they keep helping their brother or sister. Muslim 2699

Say SORRY start fresh

Grown-ups too. Adam and Hawwa owned their mistake to Allah: "Our Lord! We have wronged ourselves." Qur'an 7:23

a Home of DU'A

We make du'a for each other, sometimes out loud. The Prophet ﷺ hugged young Ibn 'Abbas and made du'a for him. Bukhari 75

The Thursday Family Meeting

Once the poster is on the wall, keep it going.

A poster on the wall won't keep a family living by it. You need a weekly family meeting, when the family sits down together, so talking openly and respectfully becomes part of every week.

WHERE MOST OF US ARE

Nobody taught us parenting, but we do our best.

We remind the kids in the car, at the door, on the way to school. But by bedtime, most of it is forgotten.

WHAT WE HOPE FOR

A home with *sakinah*: calm and contentment.

Children who feel heard, parents who keep growing, a family helping each other succeed, in this life and the hereafter.

WHAT WE GET

Everyone is busy with their own week, and there's never a moment to stop and see how the family is getting on.

So the week decides for us, and small things grow: the same argument every week, or a child who stops telling us things.

TWENTY MINUTES A WEEK

Reminders turn into habits when they have their own time.
The Thursday Family Meeting gives them one: once a week, together.

20 min



1. **Last week.** How everyone's week went, and a check on what was decided.
2. **The week ahead.** Everyone has their say, then Mum and Dad decide.
3. **To finish.** Anything else, then you're done.

Thursday evening works well: the week is nearly done, and the blessed night of Jumu'ah begins at Maghrib.

Ibn Mas'ud, the Companion, taught the people every Thursday. When a man asked for it daily, he said: *"...I hate to bore you, and no doubt I take care of you in preaching by selecting a suitable time just as the Prophet ﷺ used to do with us..."* **(al-Bukhari 70)**

Whoever is home is enough. One parent and one child is a meeting.

Your first family meeting could be

this Thursday

Download your free guide

- What to say to your family to start it
- A script for whoever leads it, so anyone can run it
- A simple one-page template for each week

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