HOW WE TREAT EACH OTHER



From Dad and Mum down to the eldest child: the older you are, the more you serve.

Our beloved Prophet ﷺ served his family, and we follow in his footsteps.

Bukhari 676

Be GENTLE in Everything

Allah is gentle, and gives for gentleness what He never gives for harshness.

Muslim 2593

GOOD WORDS or no words

A kind word is charity.

Bukhari 6018, 2989

BE EASY NOT DIFFICULT

The Prophet ﷺ said the Fire is kept from such a person. Tirmidhi 2488

Stay CALM That's real Strength

The strong one controls himself when angry.

Bukhari 6114

WALK AWAY Even when you're right

The Prophet ﷺ guaranteed a house in the grounds of Paradise for this. Abu Dawud 4800

Say SALAM first

Fallen out? The better of the two is the one who greets first. Bukhari 6077

FORGIVE before you SLEEP

Forgiving never makes you smaller. Allah increases your honour for it.

Muslim 2588

The Thursday Family Meeting

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

A poster on the wall won't change a home on its own. You need a weekly family meeting, when the family sits down together, so anything that keeps coming up gets sorted at the table, calmly and without pointing fingers.

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.



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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