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# e-Lingua

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*Connecting Cultures  
One Word at a Time*

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Apa Khabar?

Bonjour

Hello

مرحبًا

Hallo

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# Parenting Like Muhammad: A Book Review

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As a mother of one, I often find myself pausing and asking a simple but weighty question: Am I raising my child the right way? In a world filled with parenting books, advice columns, and social media “experts,” it is easy to feel overwhelmed, guilty, or unsure. Reading *Parenting Like Muhammad*, I felt like I was being gently reminded that the best model of parenting has always been right in front of us: the Prophet Muhammad.

This book does not present parenting as a rigid set of rules or a checklist to perfect children. Instead, it presents parenting as an act of mercy, patience, presence, and sincere love, values embodied beautifully by Rasulullah in his interactions with children. What touched me the most was how the Prophet treated children not as “small adults to be controlled,” but as human beings worthy of respect, attention, and affection. As a mother, I sometimes rush: rushing through meals, rushing through chores, and rushing through emotions. This book reminded me that the Prophet slowed down for children. He listened to them, carried them, played with them, and never made them feel like a burden.

One narration mentioned in the book that deeply resonated with me is how the Prophet prolonged his sujood because his grandchild was climbing on his back. As a mother, this moment felt incredibly powerful. It shows that spiritual devotion and compassion for children are not in conflict. Instead of scolding or pushing the child away, the Prophet chose patience and understanding. This made me reflect on how often I react quickly to my child's interruptions, forgetting that their needs are also a form of amanah from Allah.

Another powerful lesson from the book is the Prophet's use of gentleness over harshness. He never humiliated children, never labelled them as "naughty," and never broke their spirit. In today's parenting culture, it is easy to raise our voices when we feel tired or stressed. This book reminded me that the Prophet corrected with wisdom and kindness, understanding that character is shaped through love, not fear.

As a mother of one, I am especially conscious of how my words and reactions leave lasting impressions. Parenting Like Muhammad helped me realise that every small interaction matters: the tone I use, the patience I show, and the way I respond to mistakes. The Prophet focused on nurturing hearts, not just controlling behaviour. This shift in perspective feels deeply liberating.

**The book also highlights how the Prophet showed emotional intelligence long before the term existed. He acknowledged children's feelings, validated their sadness, and comforted them openly. Reading this made me reflect on how often children are told, "Don't cry," or "It's not a big deal." The Prophet showed us that emotions are not weaknesses; they are part of being human. What I appreciate most about Parenting Like Muhammad is that it does not make mothers feel inadequate. Instead, it gently invites us to do better, not by being perfect, but by being intentional. It reminds us that parenting is ibadah, and even the smallest acts of kindness toward our children are rewarded by Allah. As a mother, this book gave me reassurance. It reminded me that I do not need to follow every trend or compare myself to others. I only need to return to the Sunnah to raise my child with mercy, patience, and love, just as the Prophet did.**

**In a time when parenting feels increasingly complicated, Parenting Like Muhammad brings us back to simplicity: love your child, respect them, guide them gently, and trust Allah with the results. I believe this book is not only for parents but also for anyone who interacts with children, teachers, caregivers, and future parents. It is a beautiful reminder that the Prophet Muhammad was not only the best leader and teacher, but also the best role model in parenting.**

**May Allah help us raise our children with hearts connected to Him, following the example of His beloved Messenger. Ameen.**

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