

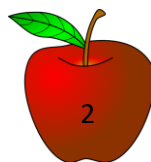
Tarbiyyat Department Lajna Ima'illah Switzerland



Naun-e-hal (1 to 7)

Tarbiyyati Nisab

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Holy Quran

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Our Lord, grant us of our wives and children the delight of our eyes and make us a model for the righteous.

(Al-Furqan:75)

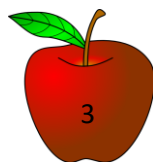
Hadith-e-Nabwi saw

عَنْ أَنَسِ بْنِ مَالِكٍ يُحَدِّثُ عَنْ رَسُولِ اللَّهِ

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ أَكْرَمُ مَوَاوِلَادِكُمْ

وَأَحْسَنُوْا دَبَّهُمْ (ابن ماجه)

Narrated by Hadhrat Anas bin Malik, said the Holy Prophet (Peace and blessings of Allah be on him), Respect your children and cultivate in them the best of manners.



Sayings of Promised Messiah Hadhrat Mirza Ghulam Ahmad^{as}

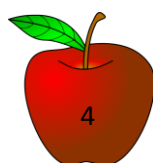


People want to have kids and they do have. But they don't care for their good pious and virtuous upbringing. Neither they pray, nor they care for their kids Training. In each and every salat (Namaz) I pray for my progeny, my wife and my friends. (Malfoozat, part 1, p. 563)

In The Holy Quran, Allah has taught us this pray: "Oh Allah make righteous for me my offsprings" (Surah Al Ahqaf 16). We should pray for our wife and kids along with ourselves. As most of the problems or disputes arise due to kids (Malfoozat, part 5, p. 456).

Founder of Ahmadiyya Jamaat has said: "reforming and raising of kids is actually in Allah's hands. In each and every aspect strictly compelling kids to do what you want and exceeding the limits in any matter of training shows that you consider yourself, capable of all type of success of your kids. This is undercover idolatry. Our Jamaat should avoid it. Hazoor also had written an order for Ahmadiyya school that any teacher who used to beat kids and don't change this habit, will be suspended. I pray for my kids and few times advice them. Everyone according to his or her potential will be benefited. (Malfoozat, part 1, p. 309)

- 1) I pray for myself that God may let me do the kind of things that would manifest His honor and Grandeur and He may make me fully resigned to His will.
- 2) I pray for my wife that He may grant me children through her, who may prove to be the coolness of my eyes and who may live their lives in perfect accordance with the will of God.
- 3) I pray for my children that God may make all of them, servants of His religion.
- 4) I pray for my friends, by naming all of them individually.
- 5) I pray for all those who are connected with this Dispensation-whether I know them personally or I do not know them. (Malfoozat, part 1, p. 309)



Pray for Children Instead of Punishing Them

When a hot-tempered person is provoked and punishes a child, he takes on the role of an enemy in the stress of his anger and imposes punishment far in excess of the wrong which has been done. An individual with self-respect and control over himself, who is also forbearing and dignified, has the right to correct a child to a certain extent as the occasion demands or seek to guide the child. But a wrathful and hot-headed person who is easily provoked is not fit to be a guardian of children. I wish that, instead of punishing children, parents would have recourse to prayer, and should make it a habit to supplicate earnestly for their children; for the supplications of parents on behalf of their children meet with special acceptance. (Malfoozat part 1, p. 308 - 309)

Sayings of Khulfa

Khalifa tul Masih First^{ra} says:

“Nurture your children in such a way so that they develop friendship with each other; stay united; be fearless; be courageous; have self-respect and become honorable and independent persons. Make them both, a human and a Muslim.” (Khutbat-e-Nur, p.75)

Khalifa tul Masih Second^{ra} says:

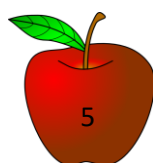
“Remember that one who does not develop good morals in his/her children is not only an enemy to the children, but also an enemy to Ahmadiyyat, an enemy to Hadhrat Muhammad (pbuh) and an enemy to God.” (Kutbat-e-Mahmood, Book 17, p. 556 - 557)

Khalifa tul Masih Third^{ra} says:

“I have seen many children who are not properly trained because of a problematic relationship between their parents. Misunderstanding between parents has a very bad impact on children. If a wife realizes that both of them are equally responsible in upbringing of children and fulfils these responsibilities rightly, not only their kids will get benefit but it also pleases Allah; If a wife performs her part at any cost and similarly a husband understands that his wife is equally responsible in the development of family values and provides her comfort. Then a wife would be able to fulfil her responsibilities with ease. It will give both of them religious as well as worldly benefits.” (Khutbat-e-Nasir, Book 10, p. 236 - 237)

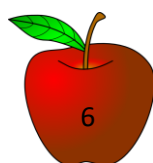
Khalifa tul Masih Fourth^{ra} says:

“Parents should raise their children with solid understanding about sinful deeds. This is specifically important in western countries. You cannot stop your children from evils of society if they do not have a strong hate of sin in their conscience. At times when they see their parents are not around and no one is watching, they become attracted towards enjoyment of sinful acts and no one can stop them.” (Khutbat-e-Tahir, Vol 7, p. 789)



Khalifa tul Masih Fifth^{aba} says:

“Parents should monitor their children not with strict rules, rather being friend with them. I have mentioned this often before that these days western societies are very much under influence of satan and evil powers because of easily available means of contacts. Parents should create a friendly environment with their children in order to fight with attacks from satan. Especially new comers to these countries are lenient in the beginning and then become very strict. They do not realize that they can become friend with their children. They must create an environment to make their children realize amongst good and bad. They should be realized about this in childhood and then in older age. After a certain age, parents become hesitant talking to children. This is wrong. In order to bring children toward religion and to establish importance of religion in their hearts, they must develop relationship with God. For this parents must make every effort alongside with prayers. This will not happen unless parents themselves are truthful.” (Khutba juma 11 June 2004)



Preface

With the help of God, Lajna Switzerland is fulfilling a decision made in Shura regarding development of syllabus for mothers of children under 7 years old. Efforts have been made to include as many resources possible in this syllabus for children from birth to school going age. These would be helpful for our children to take on the challenges of the world once they step out from the safe environment of their homes.

Our each effort is under our intentions. We should use these resources with prayers. We should regularly write letters to Huzur (aba) and ask our children to do so as well. If we are able to complete these tasks with good intentions, consistency and with prayers then future of our children will be safe, Insha'Allah.

May Allah accept our humble efforts. Ameen.

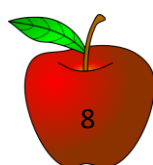
Lajna members from departments of Isha'at and Tarbiyat have also contributed in the development of this syllabus. Please remember them in your prayers.

Wassalam
Dr. Zaitoon Qazi
President Lajna Ima`illah
Switzerland



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Tips for training kids by Hadhrat Musleh Maud^{rz}

Mothers should train kids to have good morals and manners

Some people annoy kids e.g. raise their hand and say, I slap you, after a while kids learn the same and pose alike. Some silly adults abuse kids just to show their love, after ward kids also start abusing, some woman always talk harshly with their kids, so kids also become harsh while kids of a good nature, smiling mother are always nice. Mothers should always practice good manners with kids. Otherwise their bad behavior will bring insult to them throughout their lives. (orhni waliyon ke liye phool, p. 1): (Alfazal 3 September 1913)

Be pious so your kids will be pious too

Parents, who ridicule their religion in front of kids, make kids to hate their Religion and go away from religion. If parents offer prayer regularly, kids will also do so, this effort at an early age give so much benefits which are not possible in mature age by spending money. Whenever kids get something, mothers tell kids that Allah has blessed us, He is One who fulfils our needs, we must be thankful to Him.

At mealtime mothers should tell kids how much effort and changes are done during its preparation and cooking and kid has to do nothing for that, this all is Allah's blessing for them.

At night time, mothers divert their kid's attention towards sky, stars, moon and different natural scenes then tell them about magnificent Allah.

Always tell kids moral stories not the worthless, silly fantasies. If a child says something against Islam, forbid him or her to do so. Try to Input Allah's love in their hearts. Never let your kids wander aimlessly, don't let them exceed the limits in freedom. Regulate their tasks, always watch them, and don't give your kids in maid's hands as many bad habits develop by this negligence.

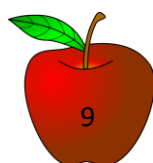
Many mothers feel happy to have free time when kids go outside; they don't know how much harm they can get, what kind of scene they may see, which will affect their whole life. Be careful a stich at time saves nine. Be worshiper of Allah so kids become so. (orhni waliyon ke liye phool, p. 1 - 2): (Alfazal 10 September 1913)

Make your kids brave and courageous

Courage and bravery is a moral above many morals, so make him or her brave.
(orhni waliyon ke liye phool, p. 132):(Alafazl 10 July 1923 p. 6 - 10)

Parents make kids coward

'To die in bravery is better than living in cowardliness' until parents understand this, they can't make their kids brave. Parents make kids afraid of darkness by saying not to go outside in dark, they stop their kids to do any hard work and make them lazy, let them go in dark to teach bravery.
(orhni waliyon ke liye phool, p. 132):(Alafazl 10 July 1923 p. 6 - 10)



Make your kids learn swimming

Those kids should not go into water who cannot swim. Experts in swimming should take such kids with themselves and teach them how to swim. This is a very important skill so one must learn it and follow their elders. (orhni waliyon ke liye phool, p. 132 - 133):(Alafazl 10 July 1923 p. 6 - 10)

Make your kids players

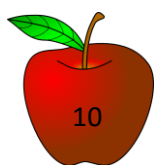
I want that our kids learn horse riding. If we have money, should keep horses and make kids perfect horse riders. Unless we have so many resources we can make our kid players, as good players have good morals. (orhni waliyon ke liye phool, p. 133):(Alafazl 10 July 1923 p. 6 - 10)

Teach morals during play

For kids play is very important. During play they can learn e.g. if someone abuses you, don't reply by abusing, then notice who abuses, forbid the abuser to do so. Help poor and needy e.g. a small child is standing and a cow came towards him, this is the duty of the big boy standing nearby to protect the younger, if the big boy didn't do so, he should be called for explanation or e.g. a cow attack a veiled woman, a boy standing nearby instead of helping, laughed at her. He should also be punished and take a promise from him not to do so again, the example of these children is like a parrot who does not know what the sweet parrot is and what is sweet. (orhni waliyon ke liye phool, p. 134):(Alafazl 10 July 1923 p. 6 - 10)

Teach morals by action

To say help the poor is not enough, tell them how to do so by telling stories or examples of helping. On the same pattern scout boys are taught, a house is set on fire, then scouts are taught to put out the fire and to save the things. This all can be taught only in a group. In the same way, in a group kids should be taught how to save a drowning person. Adults should also take part in such practices as our Holy Prophet used to do. Parents should also take part in such tasks. Teach kids to help a poor. It doesn't mean to do so with a pocket full of money, they can help a blind or help a needy in carrying luggage or help one to get up after falling. (orhni waliyon ke liye phool, p. 134 - 135):(Alafazl 10 July 1923 p. 6 - 10)



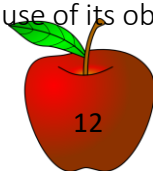
Moral Training of the Child (Minhaj-al-Talibeen)

Now a few hints on the moral education and training of the child:

1. As soon as a child is born, the first step towards its education is to proclaim Azaan into its ears. I need not elaborate this point further as I have already dealt with it in the course of this speech.
2. A child should be kept neat and tidy and, should be properly cleaned after stools. Some of you might say that this particular chore belongs to the mother. This is true. But it is equally true that the mother will perform it properly only if the father is properly orientated in this regard. It is men's duty to bring home to women the fact that an unclean child will not have a clean mind. Unfortunately, not much attention is paid to this matter. Women are sometimes guilty of grave negligence in this regard. During parties, they would let the child defecate over a rag which they do not even care to throw away. In the environs of Qadian, rustic women sometimes let a shoe perform this office and did not hesitate to foul the area by throwing away the excrement indiscriminately. How can you look after the inner cleanliness of the child if you do not look after its external cleanliness? Let the child have a clean body. Its impact on his mind will be great. As a consequence, the child will come to have a clean mind and will become immune to sins which are caused by uncleanness. Medical research bears out that a child commits its first sin because it is dirty. Dirt irritates the anal passages which the child rubs and manipulates. It finds pleasure in the process and becomes conscious of sex. It can be safeguarded against sexual eros to a very large extent if it is kept clean. This training must begin the very day it is born.
3. A child should be fed at fixed hours. This will breed the habit of self-control and save it from a number of evils. Lack of self-control occasions evils like stealing, etc. Such a child does not learn to resist temptation. The fault lies with the mother who is ever ready to feed the child anytime it cries. It is a great mistake not to inculcate regular food habits in the infant and in the grown-up child. Regular food habits will further lead to the following good habits:
 - Punctuality.
 - Self-control.
 - Good health.
 - Cooperation. Such children will not be egocentric and selfish for they will have learnt to eat with others.
 - Frugality. Such child will not suffer from the bad habit of wastefulness and extravagance. The child who is given to eating at odd hours will eat less and waste more. But if it is fed to a fixed measure and at fixed hours, it will make the best of what it gets and remain content with it without a tendency towards waste.
 - It will develop the inner strength to resist temptation. It wants to have something which catches his passing fancy in the street. If you do not get it for it, it will learn the habit of fighting temptation later in life. Similarly, if the child wants to have an eatable which is lying about in the house, like sugar cane, radishes, carrots or homemade sugar in farming families, tell him to wait till it is time for meals. This will fortify his self-control and enable him to exercise restraint.
4. A child should be helped to form the habit of relieving nature at regular hours. This is very helpful for its health. But a greater benefit is that its limbs come to acquire a sense of punctuality. Bowels become conditioned to move at fixed hours and evacuation takes place at the proper time. Some Europeans can even tell the time by the movement of their bowels for they learn to evacuate with clock-work punctuality. Regular bowels, therefore, are a must for a child. The child who learns to perform its natural functions regularly, readily forms the habits of praying and fasting. Also, he learns not to delay performing national duties. It curbs displays of ill-temper and petulance. The main cause of such tantrums is irregularity, particularly irregularity in food habits. For instance, the child is busy playing. Mother summons it to come and eat. It fails to turn up but when it does, mother wants the food to be heated for it. The child is hungry. It fumes and frets, for it is late for its meal. It is hard to stand the pangs of hunger. Hence its outburst of rage.

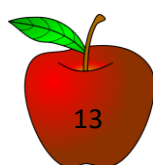


5. Food should be served according to a prescribed measure. This will teach the child contentment and discourage gluttony.
6. A child should be given a variety of foods. It should have meat, vegetables and fruit, for dietary habits affect morals and a variety of food is necessary for a variety of morals. It should have more vegetables than meat as meat excites and in childhood there should be as little excitement as possible.
7. As the child grows, it should be asked to do small tasks under the guise of play-acting. It should be asked to fetch a utensil, to replace or carry an object and do sundry other small tasks. But it should also have the time to play on its own.
8. A child should be allowed to acquire self-confidence as a matter of habit. For instance, if it wants to have an object which it has just seen, it should be told that it would get it at a certain time. Hiding the object is no solution, for it will imitate and try to hide things which will breed the habit of stealing.
9. A child should not be over-indulged. Too much petting or caressing leads to many vices. When such a child sits in society, it expect to be fondled. This results in a number of moral evils.
10. Parents should be capable of self-sacrifice. Foods which are prohibited for an ailing child should neither be brought into the house nor should they be eaten by the parents. The child should be told that they are abstaining on his account. The child will thus learn the habit of self-sacrifice.
11. Extreme vigilance is required when a child is suffering from a chronic illness. Vices like cowardice, selfishness, peevishness, lack of emotional control, etc., are the result of illness. Even grown-ups become irritable during illness. Some ask others to sit with them. Others shout at passers-by and say: Can you not see? Are you blind? In illness, the patient is allowed complete rest and full comfort which he slowly comes to regard as a right and wants to rest all the time.
12. Children should not be told tales of horror. This would make them cowards. When they grow up, they would do nothing brave. If a child exhibits a tendency towards cowardice, it should be told stories of courage and made to play with children who are brave.
13. A child should not be allowed to choose his own friends. This choice should be made by the parents. They should choose well behaved children as associates for their children. The parents too will benefit from this arrangement. They will come to know the parents of other children whom they have chosen as associates for their child. It will lead to a kind of inter-parent cooperation. Also when they choose playmates for their child, they will watch over their behaviour.
14. A child should be assigned responsible jobs suited to its age. This will help create a sense of responsibility in the child. It is said that a father had two sons. He gave one of them an apple and asked him to divide it with his brother. The father asked if he knew how to divide the apple. The child replied that he did not. The father said: He who divides should take the smaller half and give his brother the bigger half. At this the boy said that in that case the apple had better be divided by his brother. This shows that this boy had already acquired the habit of selfishness, but knew that if the responsibility fell upon him, he would have to accord priority to his brother. Game like football, etc., are a useful exercise for this purpose. But in sports too we should be ever watchful lest the child picks up bad habits. In the event of a difference of opinion in games, parents usually support their child and force the other child to accept what their child says. This leads their child to be obstinate and it always wants to have its own way.
15. Tell the child that it is nice and good. The Holy Prophet -- on him be peace-said: Do not curse a child for when you curse, angels add: Let it be like that; and like that he becomes. Incidentally, this also means that angels are responsible for the consequences of actions. When you tell a child it is bad, it draws an imaginary picture in which it figures itself out as bad and does in fact become bad. Therefore, do not abuse a child. Praise it and teach it to be good. This morning, my little girl came to me to ask me for a coin. When I wanted to give her the coin, she extended her left hand to receive it. I told her this was not right. She admitted she was wrong and promised not to repeat her mistake. She at once became conscious of her mistake when it was pointed out to her.
16. A child should not be allowed to become obstinate. If it persists in being stubborn, its attention should be diverted to something else. Later, the cause of its obstinate behaviour should be traced and removed.



17. Address a child politely and courteously, for a child is a great mimic. If you address it rudely, it will return the compliment in kind.
18. Do not lie to a child nor be peevish or arrogant with it. It will certainly imitate you. It is the parents who teach a child lying. The mother does something in the child's presence but denies having done it when asked by the father. Thus the child learns to lie. I certainly do not mean that parents are permitted to misbehave in the absence of the child. What I mean is that if they cannot help doing such things, they should try to be circumspect, at least, in the presence of children to save the younger generation from such evils.
19. Safeguard the child against all intoxicants. Intoxicants damage the nerves of the child. Consequently, it becomes a liar. An addict becomes a blind imitator also and ceases to have a will of his own. One of the relatives of Hazrat Khalifatul Masih I was a chronic addict to intoxicants and was not even remotely interested in the duties of religion. Once he brought a young companion whom, he claimed, he would shape after his own pattern. Hazrat remonstrated with him and asked him to desist from this nefarious design. But he would not listen. Hazrat summoned the boy and persuaded him to drop his company, learn some vocation and not be foolish. This made him think and he left. But after a little while, the relative brought another young man and challenged Hazrat to try to "spoil" him. To his warped mind, spoiling a young man meant his being separated from him. Hazrat did all the counselling he could. He even offered cash to him to start him in some business. But he would not listen. This surprised Hazrat who asked his relative what had he done to hold him. He said: "It is simple. I supply intoxicants to him. Now he does not have any will to leave me." In short, addiction to drugs kills initiative. Of all moral evils, lying is the worst. A child should be especially guarded against it. Lying has a variety of causes, some of them very abstruse. Given the causes, or some of them, a child is bound to contract this vice as a matter of course. A child is highly imaginative. Whatever it hears, it turns it into a kind of reality. A sister of mine when she was a child used to relate a long dream every day. We would wonder how she could manage to have a dream every day. Later, the truth came out. What happened was that to her mind, dreams meant the ideas and pictures that crossed her mind just before falling asleep. To a child every image is real. Thus gradually it picks up this habit. A child should be helped to realise the difference between fact and fiction. A child can be saved from this habit, if the nature and meaning of thinking can be brought home to it.
20. Stop children from playing in privacy.
21. Do not let them remain naked.
22. Teach them to admit their mistakes, as a matter of habit. For this the following methods would be found helpful:
 - Do not try to hide your own mistakes before a child.
 - Be sympathetic when it commits a mistake. Let it feel that the mistake is a kind of loss it has suffered. Hence so much sympathy. Also let it feel that a particular mistake has resulted in a certain loss.
 - To guard against the repetition of a mistake, talk to the child in a manner that brings home to it the trouble its mistake has occasioned to the parents. They could, for instance, pay for the loss its mistake is supposed to have caused. This will make it realise that the result of damaging things is not good. The doctrine of atonement is not valid but the method is useful for the training of a child.
 - If you want to reprimand a child, do not do it before others; do it in privacy.
23. A child should be given a little money. This will teach it three virtues:
 - Charitableness.
 - Frugality.
 - Helping relatives.

For instance, if it has three coins, let it purchase some eatable with one coin and share it with other children; with the second coin, let it buy a toy and the third it should be asked to give in charity.



24. Children should also be given common ownership of some property. For instance, they should be given a toy and they should be told that it belongs to all of them, that all should play with it and that no one should try to damage it. This would teach them to safeguard common property.
25. A child should be given constant guidance in matters of etiquette.
26. Due heed should be paid to physical exercise and stamina of a child. This would be helpful towards its moral education and progress in the world.

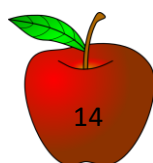
In light of the foregoing exposition of virtue and morality, only a child who possesses the following characteristics will be considered to be morally educated:

1. It should be moral itself and be able to make others moral.
2. It should be able to behave as required by the mores of the community - Jamaat.
3. It should have genuine love for God and this love should reign supreme over other kinds of love.

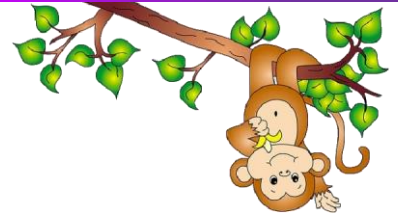
How can it be determined whether a child sizes up to the right standard in each of these characteristics:

1. The test of the first characteristic is:
 - that when it grows up, it should obey and practice the Law -- the Sharia - in word, deed and thought.
 - Its will should be strong enough to make it immune against future mischief.
 - It should be able to earn its living and protect its life.
 - It should try and be able to protect its property.
2. The test of the second characteristic is that:
 - It should set a good example in morals.
 - It should participate in the moral training and spiritual education of others.
 - It should not waste but should utilise its resources to the greatest advantage of Ahmadiyyat and Islam, the Jamaat in particular and Muslims in general.
3. The third characteristic can be judged by the following:
 - It should take good care of its health.
 - It should be a defender of the property and rights of the community.
 - It should do nothing which harms others.
 - It should be ready to accept cheerfully all rewards and punishments bestowed and imposed by the community.
4. The criteria of the fourth characteristic are as follows:
 - It should have due eagerness and respect for the word of God -- the Holy Quran.
 - The mere mention of the name of God should halt it in its stride and make it assume a respectful posture.
 - It should be in the world but not of the world.
 - It should exhibit its person the signs of its love for God.

(Minhaj-al-Talibeen, p. 57 - 64)



Swiss Vaccination plan 2016



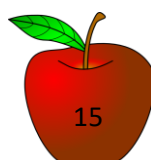
| Alter | Basisimpfungen | | | | | | | | | Ergänzende Impfungen | | |
|--------------|---------------------------|-------------|---------------|------------------------------------|----------------|---------------------------|-------------------------------------|-----------------------------------|--------|----------------------|--------------------|-------------------------------------|
| | Diphtherie Starrkrampf | Keuchhusten | Kinderlähmung | Haemophilus Influenza Type B | Hepatitis B | Masern Mumps Röteln | Humane Papilloma- viren (HPV) | Varizellen (Wilde Blattern) | Grippe | Pneumo- kokken | Meningo- kokken | Humane Papilloma- viren (HPV) |
| 2 Monate | | | | | 2 | | | | | | | |
| 4 Monate | | | | | 2 | | | | | | | |
| 6 Monate | | | | | 2 | | | | | | | |
| 12 Monate | | | | | | | | | | | | |
| 12–15 Monate | | | | | 2 | | | | | | | |
| 15–24 Monate | | | | | | | | | | | | |
| 4–7 Jahre | | | | | | | | | | | | |
| 11–15 Jahre | | | | | | | 3 | 4 | | | | 3 |
| 25–29 Jahre | | | | | | | | 4 | | | | 5 |
| 45 Jahre | | | | | | | | | | | | |
| ≥ 65 Jahre | 1 | | | | | | | | | | | |

Zur Präzisierung des Alters: 4–7 Jahre bedeutet vom 4. Geburtstag bis zum Tag vor dem 8. Geburtstag.

1. Eine Auffrischimpfung ist alle 10 Jahre empfohlen.
2. Die Hepatitis-B-Impfung kann bereits bei Säuglingen verabreicht werden.
3. Die Impfung gegen HPV ist eine Basisimpfung für Mädchen und eine ergänzende Impfung für Jungen von 11 bis 14 Jahre.
4. Empfohlen für Jugendliche und Erwachsene < 40 Jahre, die die Varizellen anamnestic nicht durchgemacht haben.
5. Die Impfung gegen HPV ist eine ergänzende Impfung für junge Frauen und Männer bis 26 Jahre (d. h. bis zum Tag vor dem 27. Geburtstag): Nach dem ersten Geschlechtsverkehr muss ein Entscheid für oder gegen eine Impfung individuell gefällt werden.

Wurde eine Impfung nicht im empfohlenen Alter durchgeführt, kann eine Nachholimpfung zu einem späteren Zeitpunkt angezeigt sein. Weitere Impfungen können je nach persönlicher Situation (z. B. Schwangerschaft, chronische Erkrankung, erhöhtes Expositions- oder Übertragungsrisiko) empfohlen werden.

If you have any questions, please contact your doctor or call the Impf-Infoline Phone 0844 448 448. (Free consultation)



Child Nutrition



Dear Parents, healthy eating in children is one of the major problems nowadays. Too much consumption of sweet and unhealthy products in children and adults is increasing. Even in the mosque, children receive a reward of chocolate instead of something healthy. If we are going out then we will pack chips, gummy bears, chocolates etc. in our diaper bags or rucksack.

As we know in Pakistani cuisine too much oil and spices are used. Dessert must be properly sweet; otherwise it is not a dessert. The meat and vegetables are overcooked, that at the end it does not contain any more nutrients.

Fast food is another way of having unhealthy food; we are so busy in other things that we have forgotten our bodies, if our body is not supplied with necessary food how can it carry out its tasks.

The promotion of health begins in childhood. At young age the foundations are set for a healthy lifestyle. In the early years of life, parents determine the food supply for their children. Children develop their tastes and preferences at this time. Not only the parents but whoever is at home is the model for a kid. It's really good if at least once in a day all the family members at home can eat together and have light discussion.

Below are some tips for a healthy life style.

Use of Water

It's very important to drink enough water every day. Usually in winter, kids drink less water, usually this habit doesn't change with changing weather. Water deficiency causes many diseases. After play, after cycling, after coming back from school and during days of flue and coughing must give children sufficient water to drink. Always advise them to recite **بسم الله**, and to breath 3 times while drinking water, from the very early childhood. The best drink is water, the colors and artificial additives in juices and pop drinks are very harmful for teeth and overall health. Practice yourself what you want your kids to do. Your kids will automatically drink water when you do so.



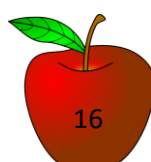
Use of Fruits and vegetable

In home, bring different kinds of fruits and vegetables, so kids are being introduced to various tastes. In start, they don't like, but buy and eat with them. For a new taste sometimes kids need to be introduced many times with a new fruit or vegetable. Vitamins present in these are essential for overall growth, e.g. citrus fruit protect and cure flu and cough.



Eat regularly

By teaching your children healthy eating habits, and modeling these behaviors in yourself, you can help your Children maintain a healthy weight and normal growth. Some of the most important aspects of healthy eating are portion control and cutting down on how much fat your child eats. Simple ways to reduce fat intake in your child's diet and promote a healthy weight include serving.



Develop the habit of eating on a time

It's important to start a day with a heavy breakfast that includes, Muesli, brown bread, any fruit, milk and milk products e.g. cheese, yogurt etc. This is very important to start a day with healthy food. Use these foods in your other meals too, during a day. Don't force kids for eating. Avoid watching tv or doing any computer activity during a meal. Try to eat with whole Family in the house, at least one time during a day. After lunch or dinner sit together and talk with kids about their daily routine, about weather, recall good old memories with a good moral lesson. Communication is a healthy way to resolve disputes and complaints.



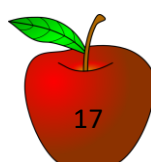
Food Pyramid



Children mainly need the same foods as adults, however as they are still growing and developing they need different amounts of certain nutrients. Their smaller size also means that children tend to need smaller servings of the same foods that adults eat.

The food pyramid arranges foods into three groups, we all need to eat most of the foods in the bottom of the pyramid and only eat a little of the foods in the top of the pyramid.

But we don't need to squeeze all of these into breakfast, lunch and dinner. Children have little stomachs and big energy needs, so they need to have two to three between-meal snacks a day. If you try to make these snacks healthy (e.g. carrot sticks, fruit, yoghurt, a glass of milk, wholegrain sandwiches), this will help your child to get a lot of their daily food group servings - often without them even realizing it.



Dental care

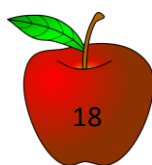


As soon as your child's teeth start erupting, use a thin smear of toothpaste or a dot the size of a grain of rice. After her third birthday, you can use a pea size amount. Be sure to follow these recommendations to avoid giving your child too much fluoride.

Twice a day, in the morning and at night after dinner, gently brush the teeth on both the inside and outside surface, as well as tongue, to dislodge bacteria that can cause bad breath. Once you think your child can manage not to swallow the toothpaste, teach her to rinse with water.

Hadhrat Khalifatul Messiah the third Hadhrat Mirza Nasir Ahmad^{ra} has said about the cleanliness of teeth;

Rinse your mouth well to clean your teeth, if possible rinse your mouth and teeth before every meal, it makes teeth very strong. You are those children of Holy Prophet who are going to embrace the whole world. We have to win the whole world with love for the sake of our prophet PBUH. The demand of this love is to go close to them and embrace them. If some Christian or atheist would be cleaner than us, he will say they disturb me with the smell of their body and mouth. So we cannot be successful in our mission without the cleanliness. (Mishal e rah vol 2 p. 118 - 119)



Story Time



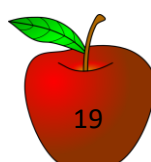
According to research, Story time at night not only develops reading habit in children but also has great impact on their mental and physical health. Reading aloud to babies and children is important in their early years, and has an impact on their development and future learning. Stories need to be simple and short because toddlers have short attention spans. Toddlers enjoy books with colorful pictures, simple rhymes and stories about things they know. Very young children often want to listen their favorite stories over and over again. This is important for them as they grow and learn. Two-year olds will often enjoy saying some of the words as they get to know their loved stories. They may even correct you if you even leave out a word. In some libraries they have arrangement for story time in which children from 9 months to 5 years can go. Stories are taught in German and they also give introduction of different books. These places can be searched with these names, Reim und Spiel, Buchstarttreff, Geschichtenzeit, Im Geschichtenzelt etc. You can take information from the library near you. This is mostly once in a month and it is free of cost.



Hadhrat Mirza Masroor Ahmed (May Allāh be his Helper) stated in his Khutba Jumma on 29 January 2016:

Regarding the Promised Messiah's relationship with his children and his concern for their learning and proper upbringing, Hadhrat Musleh Maud^{rz} said that moral training of children should be done in a relaxed manner for example when they are playing. For small children this can be done through stories. These stories do not have to be unnecessarily untrue. He said during his childhood the Promised Messiah^{as} used to tell stories of Joseph, Noah and Moses^{as} and for him as a child these true accounts were stories.

Huzoor (May Allāh be his Helper) said: Stories are the best method of teaching in early childhood. Meaningless and vulgar stories should be avoided rather it is good to tell stories which are useful, and with good moral lesson. Stories should be beneficial for future life. Then when children become a little older, games become the best means of their teaching and training. Huzoor said that some parents complained, their son plays all the time, if he is not playing games on TV and play outside then it is ok to let them play. What is taught in books is actually being taught practically through sports.



Bibliothek/Library



Through Bibliothek you can get books on rent. They have libraries in schools as well. Young children may not be able to read but you can explain them with the help of pictures. Many among you already know about it, but this is only a reminder for you.

Prices for a Pestalozzi library card in the city of Zurich are listed below. In other municipalities and cantons prices may vary. Many among you already know about it, but this is only a reminder for you.

- | | |
|--|--------|
| • Children and adolescents up to 16 (max 25 items.): | Free |
| • "Annual Pass plus" for adults (max 50 item max + 8 E-media): | CHF 90 |
| • Annual card for adults (max 25 item max + 8 E-media.): | CHF 65 |
| • Small annual ticket for adults (max 2 items.): | CHF 40 |
| • Annual card for apprentices, pupils, students, trainees, unemployed and IV pensions (max. 25 articles + max 8 E-media.): | CHF 40 |
| • Monthly ticket (max 5 items.): | CHF 15 |

Ludothek

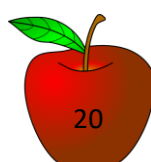
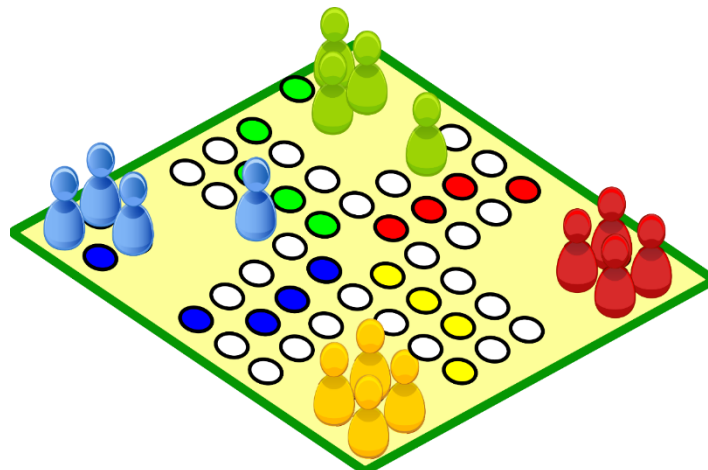
Ludothek is like a toy library. Loan of games and toys for children from 2 years and adults, schools and businesses. There you can find Game boxes for birthdays and parties. The latest as well as traditional board games. Trampoline, vehicles, unicycle, dolls toys, Play Mobil, puzzles etc.

Fees

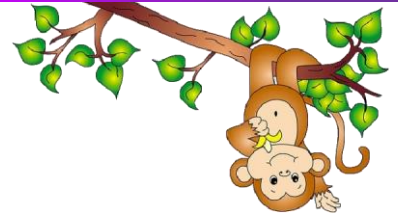
- | | | |
|--|-----------|------------------|
| • Annual subscription: | CHF 90.00 | 5 games included |
| • Half-year subscription: | CHF 50.00 | 5 games included |
| • 1 week / Single Loan (For companies, kindergartens, schools, birthdays): | CHF 30.00 | 8 games included |

You can find Ludothek in Zurich area in the link given below:

<http://www.ludothek-zuerich-nord.ch/de/ludotheken-in-zuerich/>



Coloring and Drawing

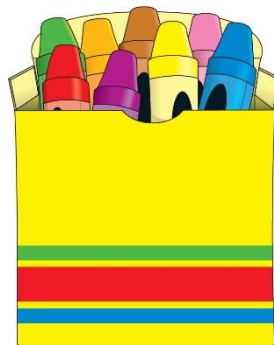
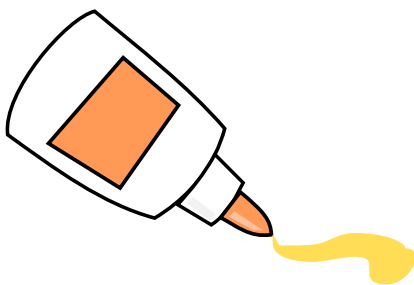


Coloring is a wonderful way for children to learn fine motor skills. Fine motor skills are the skills that help the children learn how to write, grasp objects, and fasten things such as buttons on clothing. Having weak fine motor skills affect a child's ability to eat, write legibly, and perform certain tasks such as dressing.

Developing fine motor skills is an important phase during early childhood development. Fine motor skills also goes along with hand-eye coordination so coloring and other activities focus on developing them. A great way to help your child learn fine motor skills is have them build puzzles.

Art and Craft Activity

Basteln i.e. Art and Crafts such as coloring, drawing, cutting, all require your child to use both of their hands together. This skill is important in other areas of their lives as they continue to grow, such as writing, tying shoes, typing and so much more! In order to draw shapes, cut patterns, and hand writing, your child is required to use their fine motor coordination. These skills similarly translate to other areas of their lives, such as dressing, eating, and in the academic setting. Crafts that require drying require waiting! This is a great lesson for your child to demonstrate self-control and patience. Your kids will love spending time with you and creating something together!



Cutting with Scissor

Teach your child that how to hold a scissor and cut with a scissor. Cut pictures from different newspapers and paste them with the help of glue on a big paper. Child will learn to use both hands and to keep balance and his technical capabilities tends to improve. Please don't use normal scissor for this purpose, scissors made especially for the use of children should be used under adult supervision.

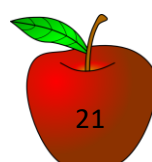


There is so much that we can find on Internet through search engines, below are some websites for your help:

<http://www.kidspot.com.au/things-to-do/collection/craft-activities>

<http://artfulparent.com/kids-arts-crafts-activities-500-fun-artful-things-kids>

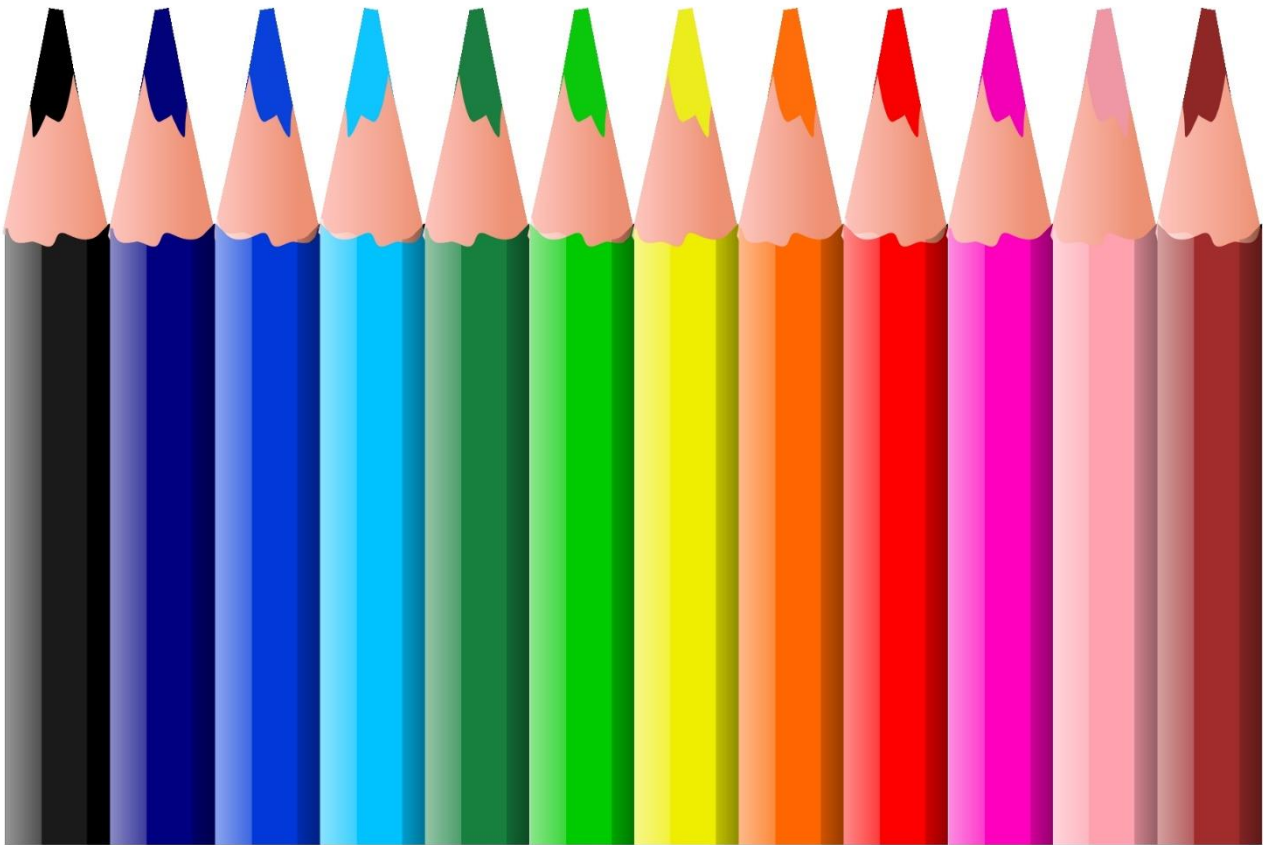
<http://www.origami-fun.com/origami-for-kids.html>



Learn painting



Mostly these courses are very expensive, 30 francs per hour. During childhood you can help kids to practice painting. It's very good if you practice painting with kids for half an hour a week. It's not necessary to make only a meaningful sketch, a Child can only draw lines or spread colours on a paper. Mostly kids start with lines, then gradually their skills develop kids learn from you easily when you draw yourself. There are various type of colours e.g. watercolor, finger paints; these are washable and do not spot clothes. It is better to wear some old shirt or Malschürze, while painting.



Importance of Sports for mental and physical health of Children



If kids are not provided with opportunities to play and with other outside activities, their proper mental upbringing cannot be achieved. Winning and losing during the game bring in life long lessons along with. Being happy after winning and becoming more determined to win after a loss is an important aspect of games, which is helpful in the development of their personalities. At this younger age, any deficiency in personalities can be overcome.

Physical upbringing

Playing outside of the house is important for physical and mental upbringing. Children remain healthy when they play outside as by movement, brain gets more nutrients.

Learning to Compete

Through games, children learn how to compete. Indoor games are more for mental upbringing and are helpful for socializing and relaxation, therefore, are not the best source of physical upbringing.

Discipline

The most important lesson that children learn through games is discipline. Waiting for their turn, learning not to cheat, learning to implement rules of the games – these are lessons which children learn through games are useful for their lives ahead.

Children learn from each other when they play games together, indoor or outdoor. They learn from strengths and weaknesses of each other and learn to help each other.

How to spend your free time with children

Develop habits in your children to walk outside in fresh air and exercise. Start training them for swimming from kindergarten. Although in most schools, children learn to swim, however, it will be very beneficial if you start it from the beginning. Most people do take these lessons privately which are available online.

Let children play in sand. By creating different toys, children learn a lot and their muscles get stronger in the process. They become physically active and learn to concentrate. When playing, in a pretended kitchen, encourage them pretend to make tea, or cake etc. which will make them think and learn at the same time along with working with other children. They learn to share when playing these kind of games together.

All those games are good for children which make them jump, walk or run. Children can play a variety of sports in Gemeinschaftszentrum. You can also rent toys and games from Ludothekn, Spielbusse and Geräteverleihe. Children love to play in water and learn a lot in the process. Let them play in swimming pools, indoors or outdoors.



Muki/Elki – Turnen (gymnastics) for small kids



Kids from 3-5 years can go with their Mother, father, grandmother or grandfather. The basic activities like crawling, running, hopping, jumping, turning, climbing, throwing, catching, etc are practiced. This is to encourage independence and self-confidence. The course fee costs between 3 CHF to 5 CHF. Per lesson.

KITU (Kinder Turnen)

It starts from the age of Kindergarten. Kids from 4 to 6 years can participate. Fee is from 50 to 80CHF just once in a year. It is once in a week for one hour. Its timing is normally from 5 to 7 in the evening. Admission is not compulsory. To get admission you can search in Gemeinde or any Gemeinde near you. On some places child can get admission just after start of Kindergarten but sometimes only those children are enrolled whose parents had submitted their names at least 4 to 6 months before.

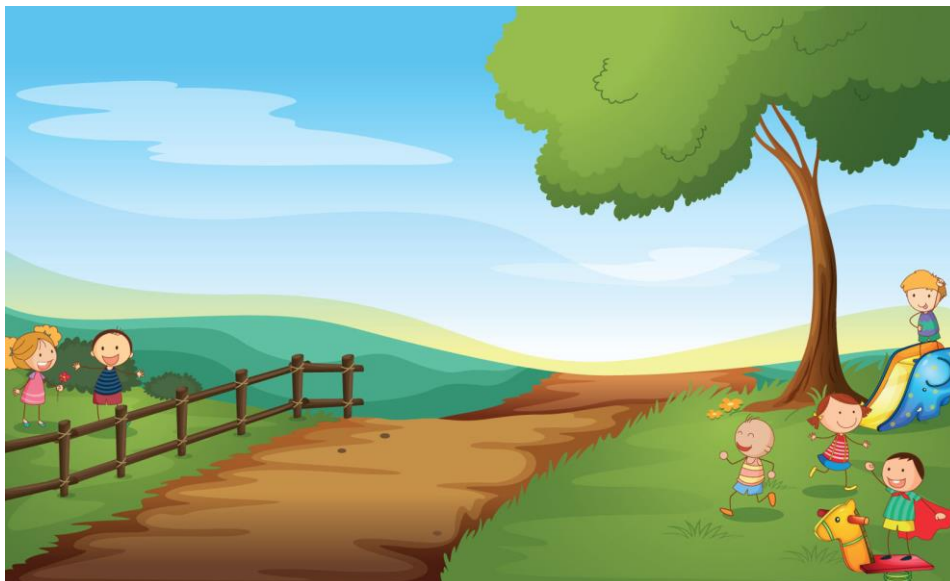
Football

Children can get training from the age of Kindergarten. You can search for football club near you through internet. Fee can vary from place to place.



Different games and outdoor walk

It is important for a healthy child to go outside of the home every day or at least every other day. Fresh air is one of the most important ingredient for a healthy brain. When you walk in a forest with children, they learn very much from the environment. They also learn how to keep themselves balanced when walking on the unpaved surface. Children love to play with branches of the trees. You can help by making different stuff with these branches. You can also cook something in the forest using wood for fire and do picnic. For children from 3 to 6, you can teach them how to catch a ball or throwing a ball at a particular object like empty boxes of yogurt etc. or throwing balls into a basket placed at a little distance.



Kindergarten



When your child gets admission in Kindergarten, you receive various types of flyers and information. One flyer provides information about how to get ready for kindergarten. These are very basic teachings which a child must know. If your child does not know that then between the times you received the information and actual classes, you get some time so that you can teach these to your child. It is important to learn about these before kindergarten so your child is not left behind. Make sure your child is ready before going to Kindergarten.

Physical preparation

Child must have developed habits for sleeping early in the night before going to Kindergarten i.e. between 7 and 8 p.m. So that child can participate actively in day activities after good night sleep of 10 to 12 hours.

- Always give healthy snack (or znüni in German). No junk food is permitted.
- Child should be able to open their lunch boxes and eat it without any help.
- Child must be capable to walk to school alone or with an elder.
- Child must be able to spend whole day actively.
- Child must be toilet trained and is not using a nappy/diaper any longer.
- Child should know basics like running, jumping, climbing on stairs, coloring, washing hands, cleaning nose, changing cloths/jackets and shoes, zip up jackets and open/close buttons etc.



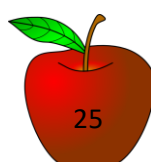
Social and Physiological preparation

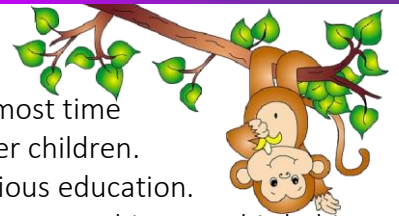
- Child must be ready to spend day with the teacher.
- Child is no longer using soothers.
- Child should try to socialize with teachers and others.
- Should be able to understand rules of the game.
- Should be able to resolve conflicts without being physical.
- Should be able to calm down during or after an issue/quarrel.

Mental preparation

- Child should be able to listen to teacher or do work with at least half an hour concentration span.
- Child should have attitude to learn new things.
- Child should be able to do physical activities; can do coloring;
- Child should know the language spoken at home and can make sentences.
- Should be able understand and complete assignments.
- Should wait for his/her turn during the game.

Now the question is how to prepare child for all this in today's busy life? When both parents are working then it becomes even more difficult. Our children have to face two different environments. At home, parents speak in Urdu, Punjabi or any other language. And in the world outside of home, people speak German and could only understand German. Child has to do homework and has to learn other religious teachings as well. Parents usually develop high expectations from their children.





Both parents participate in the upbringing of the child. However, mothers spend most time with children. In other words it is mother who is always on the run to look after her children. Some mothers are satisfied if their child goes to school and learn some basic religious education. These mothers do not bother if child spends his/her free time playing video games or watching TV. This habit is not good in the long run. Habits establish in early years. Once child enters in teen age, it is hard to change them. And it is useless at this point to try to change developed habits as it is too late at that point. As parents, it is our responsibility that a child develops into a careful and independent adult.

Children learn from us, what we do. If we involve our children in day to day work then a big part of healthy upbringing will be covered. Daily errands a child can participate include:

- In the kitchen, taking care of crockery, cleanup table, peeling cucumber or carrots, peeling boil potatoes or boiled eggs, washing dishes, washing floor etc.
- In the house, cleaning up toys, dusting, etc. When mother is cleaning washrooms, child can clean sink. In the beginning child will start playing with water, however, this is how child will learn.
- After groceries child should help to bring small items into home.
- Child should help in laundry, putting in / taking out cloths.
- While going out, child should learn to get ready by him/her self. Child will need your help in the beginning but slowly will learn. You should set aside more time as they will do slowly in the beginning. It is harmful if child is not given enough time and someone starts yelling at them. Typically, children need more time to change so they should be told 10 to 15 minutes before heading out to get ready. Give your child a rucksack so child could put in a water bottle, a toy and a snack and child should carry this.

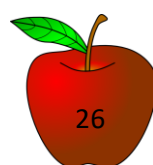
In our Pakistani culture, eldest child gets most care. Before heading out he/she gets too many layers of clothing which is often not required. Once outside, normally he/she is not allowed to get off the prom/walker so he/she does not eat something from the ground etc. It is important to be careful, but let the child play under your supervision, in the sand and on the ground. Because during this play time, they learn a lot with experiments. It is important they go out in the open and fresh air. Even with all this care, a child could get injured sometimes, and it is part of life. If child gets injured, buck him/her up.

Every child falls once a while including us when we were children. This teaches us lessons for life.

If a child could not do something, don't blame him/her. You should help your child in the beginning until the time child learns. Take your child to different places with you. Do not go to one specific place or park all the time. Explore woodlands, beaches, zoos and new parks with them.

This all is not easy alongside other responsibilities. Your house should always be tidy and clean, ready for any sudden guest all the time.

There are many responsibilities which could not be all some up here but which are very important in the healthy upbringing of child to ensure we are raising physically and religiously active children. Start from day one as it would be impossible to change habits after a certain age.



Child care



Hazrat Umar has said that he listened from Hazoor PBUH, everyone among you is a protector and a guardian, he or she is answerable. Leader is answerable for his followers, man is a protector of his family members and will be asked for his subjects, woman is answerable for her husband's home and kids. Servant will be asked for the duties towards his master as he is responsible for these. (Bukhari)

In this Hadith, four persons are addressed specially, Imam must care his subjects, husband who is a protector and guardian of his wife and children, woman who is a supervisor of her husband's home. It is her duty to watch and train her kids properly. The raising of kids should be in such a manner that strengthens children's bond with Jamaat. Children's upbringing is the responsibility of both parents; this is a reality. Parents, specially mothers, are answerable for the raising of kids. In this regard we have to keep in mind the religious teachings related to upbringing of children. Just for the sake of rest and some leisure time, don't give your kids in control of others or send outside. May we perform our duties fully. Ameen

KITA (Die Kindertagesstätte/Kinderkrippe)

This organization takes care of pre-school going children. It is mandatory that child spend at least two days during a week in KITA. It can also accommodate children for full day or for half day. KITA provides Lunch, Znuni during the day and Zveri in the afternoon.

Chinderhueti / Kinderhutedienst

Chinderhueti works on hourly basis. Children can spend time in groups. Parents can leave children for few hours here. For example during grocery shopping or during any appointment.

Chrabbelgruppe

Using Chrabbelgruppe, parents can increase their network with other parents and learn from their experiences and children can also socialize together.

Spielgruppe

Spielgruppe or in playgroup, takes care of children between 3 years old to Kindergarten eligible age. Children play in groups and take part in various activities. Some Spielgruppe can accommodate up to 2 years old children as well. In some places there is Spielgruppe plus which helps children to learn German. In Spielgruppe Wald children can spend time outdoors. Snack is parent's responsibility in Spielgruppe. Spielgruppe accommodates one to three days during the week and for one to three hours a day.

Tagesfamilie

Tagesfamilie comes to home with one or more children to take care and can be used until the time when child starts to go to school. Tagesfamilie also takes part in the upbringing of a child.

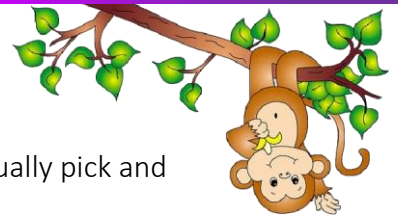
Nanny

Depending upon the agreement, Nanny can take care of the children, pick and drop and do other household activities like cleaning, cooking etc. She can also stay overnights if required.



Babysitter

Babysitter takes care of young children. Time and money can be agreed upon. Usually pick and drops are not included.



Au-Pair

Au-Pair usually come from other countries, primarily to learn language. They can also take care of children and do small house jobs for meals and some pocket money. Many hosting parents take responsibility for their school fee as well.

Mutter-Vaterberatung

Mutter-Vaterberatung is the service for the parents throughout the country. After a new birth, papers can be submitted through Hospital or Gemeinde. This service is for new-borns until four year of age. It has no fee and not mandatory. It has set timings during which you can avail this service even without registration. They can also help with common problems, like if your child is having trouble with eating or sleeping or remains sick etc. They also help to decide which sports club would be better for the child. Sometimes they are also referred as Familien Zentrum or Mutter Zentrum.

Mothers Councilor

Mother's councilor help to educate how to take care of new born. They also monitor upbringing of child with you. They help decide to choose nutritious food and its timing. You can discuss educational plan, vaccination etc. over the phone as well. Mutter and Vaterberatungsstellen or help centers for father and mother can provide information from Mondays to Fridays. After new birth, a counselor comes to your home and provides guidance related to child's upbringing in your home's atmosphere.

Beratungsstellen

Beratungsstellen or help/advise center is setup daily at various places. This is a volunteer service where you can go with or without appointments.

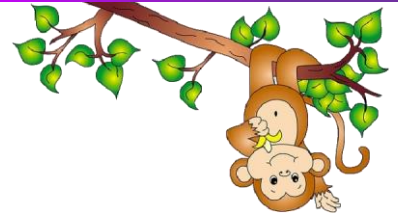
Courses

Familien Zentrum offers different type of courses. More information about timing and fees can be obtained from the website. Following website has more information about Mutter and Vaterberatungsstellen.

<http://www.sf-mvb.ch/Uebersicht-Muetter-und-Vaeterberatungsstellen/Beratungsstelle-in-Ihrer-Naehe/PGW9g/>



Activities for Kids according to age



Activities for Kids age 1 to 2

- Narrate Bismillah hiranirahim in front of child before starting any job
- Recite Holy Quran in front of child
- Give and receive things with right hand
- Ensure vaccination is up to date
- Are you doing massage daily or at least once in a week?
- Read daily photo book along with child
- Take him/her outside for a daily walk
- Promote saying Assalam o allaikum



Activities for kids age 2 to 3

- Narrate Kalima
- Tell the child that who our Creator is?
- Recite Bismillah hiranirahim in front of child before starting any work
- Narrate the incidents of Holy Prophet (PBUH) in form of stories
- Recite Dua for having food
- Go out daily for walk
- Clean teeth regularly

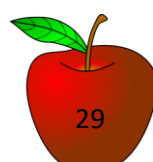
Activities for kids age 3 to 4

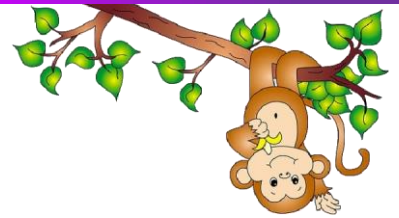
- Start Yassarn al Quran
- Who is our Creator and who has created everything?
- Clean teeth regularly.
- Go out daily for walk, to zoo, to any park
- Children can learn swimming in this age and they can also take admission in MuKi Turnen



Activities for kids age 4 to 5

- To complete Yassarn al Quran
- Memorize names of Salat and time
- Memorize the dua to sleep and to wake up
- Make the habit of cleaning teeth regularly
- Teach manners for eating and to drink water
- Coloring and painting; and use of scissors in your presence
- Kids should join you in Namaz



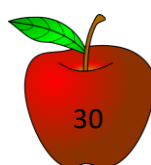


Activities for kids age 5 to 6

- Complete Yassarn al Quran and start Holy Quran
- Memorize small Hadiths
- Memorize dua to sleep and to wake up, to go inside and come out of the mosque, to gain knowledge and dua for parents.
- Child should be able to recognize pictures of Hadhrat Masih Maud (as) and Khulfa – e- Ahmadiyyat
- Make child memorize small poems. For Example:
 - Hum Ahmadi bachay hain
 - kabhi nusrat nahi milti
 - Ho fazl tera yarab
- Encourage child to take notice of various signs, things and activities around during daily walk.
- Kids should join you in Namaz

Activities for kids age 6 to 7

- Make the habit of recitation of Holy Quran
- Continue to ensure that child is able to recognize pictures of Hadhrat Masih Maud (as) and Khulfa-e-Ahmadiyyat
- Develop habit to work and play with others in a team
- Memorize the home address, names of parents, grandfather and grandmother
- Advise kids to give charity with their own hands
- Kids should join you in Namaz. In the seventh year of age they should start to offer prayers punctually.



End Note



In order to provide proper training to children, a very important step is taken by Lajna Ima'illah Switzerland. Along with this please keep praying for your child as a first priority. Please keep environment in home full of love and respect. This is the most basic ingredient in the personality development of child. Husband must respect his wife and wife must respect his husband. And do Namaz on time. Child will learn from your acts much more than your advice. Tell your child that Allah has given us everything and we should be thankful to Allah always.

It is very important that a child gets religiously acquainted in an environment which is non religious.it will be beneficial if we read following books.

1. Minhaj ul Talibin
2. Bachon ki tarbiat kar na kar
3. Hadhrat Rasool e kareem or bachay
4. Payaray Rasool ki payari batain
5. Konpal
6. Ghuncha
7. Gul
8. Guldasta
9. Kamyabi ki rahaen part 1
10. Hikayat e Shireen
11. Waqiat e Shireen
12. Hayat Noor ud Din
13. Meray bachpan ke din

May Allah help us to fulfill our responsibilities in the best possible way. May He help us to train our future generations in such a way that they become a source of pride for us and not a reason to be ashamed of. Ameen

