

## **General Prayers of the Parents:**

Du`a for *saleh* (virtuous) offspring as prayed by Prophet Zakariah [*Zachariah*] (AS).

قَالَ رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ

(...My Lord! Bestow upon me of Your bounty goodly offspring. Lo! You are the Hearer of Prayer  
- Prophet Zakariah AS) Q 3:38

## **Preparation before the arrival of the baby:**

Do not overdo things!

Pray for a *saleh* (virtuous), healthy and good offspring. It is up to Allah to grant you a boy or a girl (Q 42:49). Hope for the best from Allah and be content with what ever Allah has in store for you. “*No one knows what the mother has in her womb*” (Q 31:34) means, not a boy or a girl, but what this baby is growing to be! So, pray for the best, give charities and ask your elders and others for prayers.

Try your best to go to a lady doctor for your check ups and delivery; if it is not possible or due to dire necessity, it is alright to see a male doctor/nurse. Note that any diagnostic tests like X rays, scanning or ultrasound to detect any abnormalities of the baby is good but have pros and cons. Consider the effects of radiation on the fetus although negligible. Go through books about care during pregnancy; take care of your nutrition; talk to older mothers about care of the baby before hand.

Always be ready with your kit to take to the hospital. Be always health conscious. Plan for breast feeding and check out Quranic Verse 2:233.

Baby Showers are Western tradition. Nothing wrong with it but do **not** be too fanatic about it. Mothers of many pious successful people used to recite Quran often when they were expecting. They continued this tradition through out their child’s growth. Children start learning things from day one and very fast up to the age of about four.

Let me caution you about travel. Your doctor may say OK to travel at certain time, but many have experienced very hard time. If it is a foreign land it could be double trouble due to excitement or exhaustion. Travel health insurance companies are smarter than what you think!

Soon after the delivery, *Azaan* is chanted at the right ear and *Iqama* is chanted at the left ear of the baby.

It can be done by any Muslim, even the mother herself if she is the only Muslim/Muslima there.

It was the tradition of Prophet Muhammad (PBUH) to make the baby lick a little honey and chewed date (*Tahneek*). Make sure that this honey is pasteurized one. Honey could carry some pollen which could be allergic to the baby. You may even want to avoid this all together. Beware of botulism poisoning!

Select good names. Names do have some effect on the baby’s personality in future! Try to select a name that is not too long. Let it be easily pronounced without distorting it by the ignorant. Family name is written in the last segment in Western tradition. Remember that the first name is the one that is used to address a person informally. It is advantageous to give a middle name. Nick names could be occasionally problematic.

Name the baby ASAP and make sure that you apply for birth certificate and connected records.

It is nice to take baby pictures. But note that camera light flashes on the little baby’s eyes which could be damaging the eyes?

It is interesting to buy the daily new paper of the day the baby is born and one for the next day. This will amuse the child when he/she grows old to note what had happened in the world that day and those days!

Some times it is hard to get pediatrician for your baby. If you get one, grab and be happy.

## **It’s a Girl!!!**

It is indeed a blessing to have a daughter and to raise her to be a good Muslimah. Such are the parents who will be in Heaven with The Prophet (PBUH). There is a warning in Qur’an

(Q 16:58) for those who feel desperate to the news of a baby girl. Generally, it is daughters who are more concerned to their parents when they are old. Birth control is prohibited (Q 17:31) unless it is a necessity. You will be glad in future that you have more children.

Ear piercing can be done at a very early age. Make sure that it is hygienically done. Gold is the best metal for this jewel.

## **It’s a Boy!!!**

***Aqeeqa***: Shaving of the head is a *sunnah*. Traditionally, an equivalent weight of shaved hair in silver (value in cash) is given away as *sadaqah* charity. *Aqeeqa* can be done any time preferably after a week. *Sadaqa* however small, should be given. Traditionally, two sheep are sacrificed for a boy and one sheep for the girl. Friends and relatives are invited for this feast.

Circumcision is a *sunnah*. It may be done anytime after 7th day, or at any time before puberty. It has to be done by a physician/surgeon only. Muslim or non-Muslim doctor can attend. Get the doctor’s appointment as soon as the baby boy’s birth.

Please note that these days, there is no more government assistance for doing circumcision.

Get it done in the first week. It costs about \$200 for the procedure (year 2008). If you delay, it goes up to \$800 and still up for grown up boys.

Clinical manifestations of urethritis (not arthritis!), warts or genital ulcers might go undetected much longer in uncircumcised men. United Nations (2006) have proved that circumcised men carry minimum risk of AIDS, and in general, the sexually transmitted diseases. It is still better if one practices the Islamic hygiene seriously.

## **Suggestion of gifts to the expectant & the new born:**

- Fresh dates to the expectant: {Mary, mother of Jesus (AS) was directed by Allah to eat fresh dates when she was expecting}
- ‘Baby & Childcare’ Book written by Benjamin Spec or any good one.
- Islamic books, videos & CDs for children
- List or book of Islamic names
- Children’s prayer mat, a tiny Hijab.
- Open a savings account or invest in child’s future education.
- Offer occasional baby sitting in advance.

### **General Information:**

Placenta: It is alright to leave it to the hospital staff for disposal.

Abortion: Allowed for any good reason before 4 months and 10 days.

Miscarriage or Still birth: Fetus is buried without any religious traditions. Some people take pictures of fetus. This is not right.

Post partum depression: It is natural for the new mothers to feel depressed temporarily in the beginning. Make sure that you have adequate support by the husband, elderly ladies and family members. It is very important to talk to your doctor if necessary.

### **Useful Info & telephone numbers:**

Baby's expected date of arrival .....

Doctor (pediatrician) .....

Doctor .....

Masjid .....

Baby sitter .....

Poison control .....

Emergency info Nurse .....

### **One Important thought:**

Imagine how happy both of you are today about the birth of your beautiful gift of Allah! It was the same when you were born to your parents. They still love you and also need you. Are you justifying? Make *Du`a* for them and take care of them. (Q 17:24)

### **Some appropriate Addu`a:**

“My Lord! Make me to establish proper worship, and some of my posterity (also); our Lord! And accept the prayer.

Our Lord! Forgive me & my parents & believers on the day when the account is cast” Q 14:40-41

“... My Lord! Have mercy on them both (Parents) as they did care for me when I was little” Q 17:24

“Our Lord! Vouchsafe us comfort of our wives & of our offspring, and make us patterns for (all) those who ward off (evil)” Q 25:74

...Also refer to Quran 46:15 & 42: 49-50

### **Azaan** (To be chanted in the baby's right ear)

*Allahu Akbar* (four times)

*Ash-hadu-allaa-ilaha il-lal-laah.* (two times)

*Ash-hadu anna Muhammadar-rasoolul-laah.* (two times).

*Hyya alas-salaa.* (two times); *Hyya alal falaah* (two times).

*Allahu Akbar* (two times); *Laa ilaha illal-laah.* (once)

### **Iqama** (To be chanted in the baby's left ear)

*Allahu Akbar* (four times)

*Ash-hadu-allaa-ilaha il-lal-laah.* (two times)

*Ash-hadu anna Muhammadar-rasoolul-laah.* (two times).

*Hyya alas-salaa.* (two times); *Hyya alal falaah* (two times).

*Qad qaama-tis-salaa* (two times).

*Allahu Akbar* (two times); *Laa ilaha illal-laah.* (once)

### **Day & date of birth:**

Islamic calendar .....

Gregorian calendar .....

Time of birth .....

Weight at birth .....

Height at birth .....

Doctor's name .....

Nurse/midwife's name .....

Place of birth (City & Hospital/Home).....

### **Names (in full):**

Baby .....

Mother .....

Father .....

Maternal grand father.....

Maternal grand mother .....

Paternal grand father .....

Paternal grand mother .....

Person who said *Azaan* .....

### **Your Notes : Collect Photos!**

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### **Brochures and Publication of ISNA:**

- Welcome New Baby!
- Coping with Sickness
- RU4 Surgery?
- Palliative Care
- Islamic Funeral Information
- Islam at a Glance
- Islamic Perspectives on Prayers & Coping with Sickness (Book published by ISNA)



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*Bismillah ar-Rahman ar-Raheem*

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- Prophet Zachariah AS) Q 3:38

# *Welcome New Baby!*

**(Info for the Parents 'To be')**



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