

PARENTING WITHOUT PRIDE!

The Parent Guide

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ASSALAMU ALEKUM

As Muslim families, we strive to instill strong values and provide a nurturing environment for our children. In today's diverse and ever-changing world, it is essential to address topics that may arise in our children's lives, including events like Pride Month. This guide is specifically tailored for Muslim families seeking practical tips to navigate gender ideologies while staying true to their faith and family values.

Pride Month, celebrated in many parts of the world in June, is a time when the LGBTQ+ (lesbian, gay, bisexual, transgender, queer, and other identities) community comes together to commemorate their history, promote equality, and advocate for acceptance.

While discussing topics related to gender and sexuality is challenging, it is important for parents to approach these conversations with an informed mind and a firm heart.

This guide aims to provide Muslim families with children aged 0-12 with practical advice, guidance, and age-appropriate tips to navigate Pride Month.



SALAM!

Allow me to introduce myself if we haven't crossed paths yet. I'm Eman, a devoted mother of four children under 10 and a blessed wife. With a passion for research, I am driven by a profound desire to positively transform the path of Islamic education and parenting.

Professionally, I'm a digital educator, early childhood and development professional, and former teacher.

In recent years, I have created workshops for children that focus on fostering their sense of identity through mainstream holidays. These workshops have gained popularity, with parents expressing a desire for more.

As a result, I received requests to develop programs addressing various aspects of a Muslim child's identity, ranging from gender fluidity to non-Islamic cultural practices. It became increasingly clear that there is a pressing need for resources and safe spaces to facilitate meaningful discussions between parents and children, going beyond simplistic statements like "Muslims don't do that" or "It's haram."

Our children urgently require engaging Islamic education that reflects their life experiences. This realization led to the creation of Forming Early Foundations—an online program that I dedicated years to developing.

It stands out as the sole program that combines Islamic education, analysis of Western culture, and coaching for parents, while empowering young Muslim families in today's world.

"FEF is the parenting home that I've been searching for."

BRIEF OVERVIEW

The evolution of gender ideologies throughout history has been a complex and multifaceted process. Over time, societal attitudes and beliefs about gender roles, identities, and expectations have undergone significant transformations. Here's a brief overview of the key stages in the evolution of gender ideologies:

1. **Traditional Gender Roles:** In many ancient societies, gender roles were often rigidly defined, with clear expectations for men and women. These roles were typically based on biological differences, and women were often assigned domestic and caregiving roles, while men assumed positions of power and authority.
2. **Feminism and Women's Rights Movements:** The emergence of feminism and women's rights movements, particularly in the 19th and 20th centuries, challenged traditional gender norms. These movements sought to address gender inequalities and advocate for women's rights, including suffrage, education, and opportunities for economic independence.
3. **Gender as a Social Construct:** The concept of gender as a social construct gained prominence in the latter half of the 20th century. It suggests that gender is not solely determined by biological sex but is also shaped by societal and cultural influences. This perspective recognizes a spectrum of gender identities beyond the binary understanding of male and female.
4. **LGBTQ+ Rights and Gender Identity:** The LGBTQ+ rights movement has played a crucial role in advancing understanding and acceptance of diverse gender identities. It has brought attention to transgender and non-binary individuals, highlighting the importance of recognizing and respecting their self-identified gender identities.
5. **Intersectionality and Inclusivity:** Contemporary discussions on gender ideologies emphasize intersectionality, recognizing that gender identities intersect with other aspects of identity, such as religion, race, ethnicity, class, and disability. This is when we started to see Muslim Queer communities. This intersectional approach aims to address the unique experiences and challenges faced by individuals who navigate multiple marginalized identities.
6. **Fluidity and Non-Binary Identities:** More recently, there has been an increased recognition and acceptance of gender fluidity and non-binary identities. These individuals may experience their gender identity as existing beyond the traditional male or female categories, embracing a more fluid or non-binary understanding of self.

WHAT NOW?

It's important to note that gender ideologies continue to evolve and vary across cultures and societies. Ongoing discussions, activism, and research contribute to a deeper understanding of gender, challenging and reshaping existing norms and creating more inclusive and equitable environments for individuals of all gender identities is the promised agenda.

In today's rapidly changing world, children are exposed to a wide range of perspectives and ideas, including those related to gender. By proactively addressing this topic within the context of Islamic teachings and values, parents can provide their children with a solid foundation rooted in their faith.

In this guide, we won't delve into the intricacies of gender theory and its implications in parenting. For a detailed exploration of this topic, I highly recommend Parenting without Pride, a comprehensive course for parents and workshop for kids available within [Forming Early Foundations](#). Instead, the focus of this guide will be on providing developmentally based tips to help you navigate this evolving landscape and adapt to the changes of this modern era.

Please note that this guide does not aim to endorse specific beliefs but rather offers practical insights and guidance to support Muslim families as they navigate conversations related to Pride Month. It is ultimately up to each family to determine the approach that aligns with their values and beliefs.

The term "pride" became prominent following the Stonewall riots, which took place in June 1969 in New York City. The riots were a series of spontaneous demonstrations by members of the LGBTQ+ community in response to police raids at the Stonewall Inn, a gay bar in Greenwich Village. [Excerpt from the Parenting without Pride - Parent Course]

THE WHEN

Before we delve into the tips, it's crucial to assess the timing before considering the approach we want to take. Discussing sensitive and complex topics like this requires caution and mindfulness, therefore, we need to be aware of both the how and the when when broaching these subjects with our young ones.

When should we talk to our children about gender ideologies?

The answer isn't straightforward because every child, family, and situation is unique. However, I can provide you with three elements that might help you make a well-balanced decision.

1- The internal environment refers to the conditions and factors within an individual's body, including physiological processes, emotional states, and cognitive functioning. When it comes to children, it is essential to pay close attention to their stage of development rather than the age.

Age and stage of development are related but distinct concepts. Age provides a general understanding of where a child falls within the lifespan, while stage of development refers to distinct phases in growth and maturation.

2- The external environment encompasses the surroundings, circumstances, and influences outside an individual's body that impact their development.

In our case, we are particularly interested in the third spaces where children spend time. It is important to observe if there is a significant exposure to gender and sexual ideologies in these environments. *Ex: A teacher who identifies as transgender.*

If there is, it may be time to have the conversation with your child. However, if you have control over these exposures, you can delay these discussions until your child reaches a higher level of maturity.

3- Media plays a substantial role in shaping perceptions, attitudes, and beliefs, including those related to gender. Some media content may contain explicit themes targeted at children. It is vital to be cautious about the quality of media our children are exposed to and most importantly, we need to have a keen eye on unsupervised device usage.

THE HOW

As parents, we need to recognize that there is no universal approach when it comes to addressing gender ideologies. There's no "one size fits all" solution or activity book that can guide you through this process. Rather, it requires prudent observation and becoming a trusted guide for your child. I'm here to offer ideas on how to navigate this topic in a thoughtful manner that protects the child's healthy developmental growth. At the end of the day, you are the parent and you need a certain level of creativity and perseverance to push against the current stream of gender narratives. Seek Allah for help always and source resources that can support you along the way.

In the meantime, it could be beneficial to revisit the fundamental aspects of your parenting principles and identify any existing barriers. This is precisely what I address in the complimentary webinar, "Parenting without Pride." If you haven't had the opportunity to participate already, I highly encourage you to make time for it. The webinar may provide valuable insights and it may help you refresh certain concepts that might be contributing to your sense of overwhelm and/or lack of direction. [Click here.](#)



RECOMMENDATIONS

Remember, every child is unique, and their understanding and curiosity about these topics will vary based on their age and stage of development. By equipping ourselves with knowledge and a willingness to learn our religion and current environment at a deeper level, we can guide our children with wisdom, inshallah.

Age 0-4

Supporting our children from ages 0-4 in developing a strong Islamic identity that is not influenced by gender ideologies requires a nurturing and intentional parenting approach that starts with you.

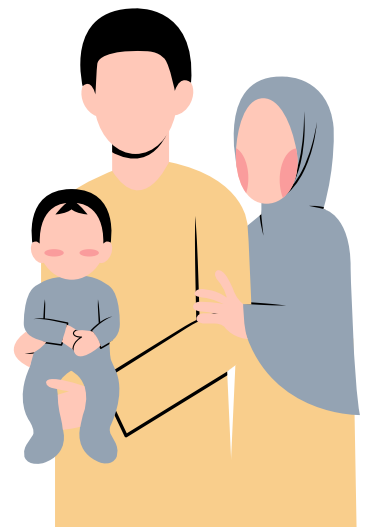
Parents can create a home environment rooted in Islamic values by incorporating regular acts of worship, such as fulfilling the rights of their children, praying together, reciting Quran, reading daily dua'as and sharing stories of prophets. Surrounding children with Islamic literature, nasheeds, and age-appropriate resources helps instill a sense of love and attachment to their faith.

Additionally, offering positive gender role models from Islamic history and engaging in activities and pretend play can ensure children understand that Islam recognizes and values the unique contributions and strengths of both males and females.

Lastly, fostering open communication and addressing questions about gender and identity in a simple and age-appropriate manner helps children build a solid Islamic foundation while being shielded from external gender ideologies that may contradict Islamic teachings.

Pro Tip:

Make intentional choices that are aligned with your Islamic values and principles because you are fulfilling your Godly obligation and your hope is for Allah to secure your child's upbringing from harmful ideologies at the same time.



Ages: 5-8

During this age development, children experience significant growth and maturation across various domains. Cognitive development sees a leap forward as they enter formal schooling. They become more adept at problem-solving, logical thinking, and acquiring new knowledge. Socially, children in this age range begin to form more complex friendships, learn about cooperation and empathy, and develop a sense of fairness. Emotionally, they become more self-aware and start to understand and regulate their emotions better. Their creativity flourishes as they engage in imaginative play, artistic expression, and exploration of various interests. Overall, this period is marked by immense curiosity, rapid learning, and the foundation of lifelong skills and abilities.

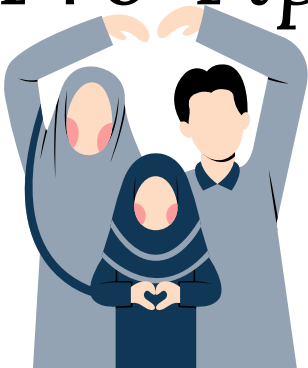
RECOMMENDATIONS

Now that you have a grasp of their overall development, it's essential to strategize how to address the topic of gender and homosexuality.

In this stage, children start engaging in reciprocal learning, and they may naturally begin asking more questions about gender theory, influenced by their exposure level (as we previously discussed). Instead of directly teaching the subject, it's advisable to take a "wait and see" approach.

Nevertheless, it remains vital to establish a solid Islamic foundation that equips them with the necessary skills to navigate and make informed judgments about this information as they grow.

Pro Tip:



Prioritize teaching fundamental subjects like Aqeedah (creed) and Salah (prayer). Keep the lessons simple yet impactful during these ages. Avoid overwhelm by either outsourcing it or getting resources to help you simplify these core Islamic subjects.

Need support with Islamic education like Aqeedah and Salah for your 5-12 year old? [Join the waitlist for The Good Child Academy coming soon.](#)

Ages: 9-12

Children's learning and thinking abilities expand, and they demonstrate improved problem-solving skills, critical thinking, and a growing capacity for abstract reasoning. Socially, friendships become more significant and complex, and they gain a deeper understanding of social norms, empathy, and cooperation which works to our advantage when discussing aspects of gender theory. They also become more self-aware and capable of understanding and managing a wider range of emotions. Creatively, their imagination flourishes, and they engage in more sophisticated forms of artistic expression and independent thinking which is why this age group is at a critical phase of becoming susceptible to gender and queer ideologies. This stage is characterized by continued curiosity, increasing independence, and the building of skills that will prepare them for the upcoming adolescent years.

RECOMMENDATIONS

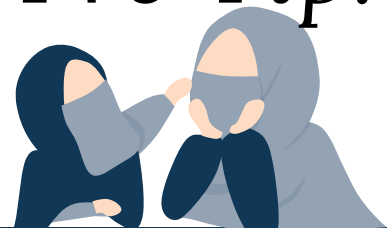
- Create a safe space for open discussions about gender, identity, and Islamic teachings within defined parameters.
- Encourage children to ask questions and provide different perspectives to promote critical thinking. Pose thoughts that are surfacing the web and discuss them in a healthy manner using the framework of Islam.

Ex: Do you think someone can be born in a different body? What do you think based what you know about Allah and Islam?

- Address any misconceptions or misunderstandings head on and provide age-appropriate explanations grounded in Islamic principles.
- Make reflections on Islamic teachings a regular family habit and talk about their application in real life scenarios.

Try to employ a scaffolded learning approach to navigate gender ideologies. Scaffolding gradually reduces support as children gain independence, fostering critical thinking and autonomy.

Pro Tip:



10 Steps to success, inshallah!

STEP 1

Seek Allah's help with this matter and make dua while renewing your intentions.

1

STEP 2

Understand what's happening in the world around you. Empower yourself with knowledge.

2

STEP 3

Gauge the age and stage development of your child, the external environment and media before diving into this topic with them.

3

STEP 4

Plan an approach that is suitable for your unique child and family situation.

4

STEP 5

Talk to your spouse and caregivers about your plan of action and learning approach regarding LGBTQ topics.

5

STEP 6

Begin with core Islamic education and knowledge to form the foundations first.

6

STEP 7

Start the conversations around the topic when appropriate using a scaffolded learning style.

7

STEP 8

Find support and resources to help you navigate this topic in a way that suits you and your family needs and personality.

8

STEP 9

Keep learning and growing. Join conversations to understand the nuances of this topic so you can guide your child through it when/if it comes up.

9

STEP 10

Never lose hope. Hold on to the rope of Allah. You got this!

10

TOOLS & RESOURCES

Dear Muslim Kids

A peer and a friend, Hiba Masood does a great job explaining gender topics to Muslim kids of all ages. She also has parent resources that takes a Q&A approach.

[Check it out here.](#)

Yaqeen Institute

Dr. Omar Sulaiman and the Yaqeen team created a curriculum for parents and teachers to use that helps Muslim High-schoolers navigate the LGBTQ topics.

[Check it out here.](#)

Noor Kids

Brother Aiman has a one hour podcast talking to Br. Mobeen Vaid, a Muslim public intellectual and writer whose current focus revolves around the modern concept of gender identity and Islamic sexual norms.

[Check it out here.](#)

Shaykh Yasir Qadhi

Shaykh YQ answers many burning questions in a workshop style with those in the field of gender studies that might be of benefit to you.

[Check it out here.](#)

For parents who are currently struggling with queer situations in their home, please seek professional help from local Imams and Muslim therapists. In addition, check out "A way beyond the rainbow." A podcast series discussing the everyday struggles of Muslims with same-sex attractions (SSA) who want to live a life true to Allah and Islam. [Click here.](#)

MY PLANNING SHEET

If we fail to plan, we plan to fail. Start jotting down some thoughts that came to you as you read this guide and draft out an outline of your plan of action moving forward.

My parenting plan to parent without pride.

0-4

5-8

9-12

12+

THANK YOU!

May Allah reward you for taking the time to learn how to best lead your children and family to His pleasure. Ameen.

Need Support Now?

If Forming Early Foundations is not financially feasible for you right now, but you want to take advantage of the Parenting without pride parent course + Pride month is not for you and me workshop for kids, email team@thegoodchild.org and we will work something out for you!

Gain rewards by sharing the this guide to fellow families who might benefit from it just like you! Please forward this following link. [Click here.](#)

[Are you Elite yet? Join us!](#)

JAZAKUM ALLAHU KHAYRAN
PLEASE REMEMBER ME AND
MY FAMILY IN YOUR DUA'AS