

HARMONY IN CO-PARENTING

A GUIDE FOR MUSLIM PARENTS

Explore key insights & codes on fostering
healthy environments for children
following separation, divorce, or in
blended family dynamics

Published By:



GUIDELINE

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A Project Of Darul Ihsan Humanitarian Centre

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This document provides guiding principles and advices to parents navigating the complexities of co-parenting, following separation or divorce, or those in blended family dynamics. By embracing these guidelines, the concept of collaborative parenting is encouraged, which reflects the love and mercy encouraged within Islam's sacred teachings.

In Islam, co-parenting is emphasised as a shared responsibility between parents. Islam provides guidance on logistical support for divorced or separated spouses, indicating the importance of cooperation and mutual agreement for the wellbeing of children. Allah says, “And aid one another in good work and piety.” (S5 - V2)

“In another verse each one is called upon to fulfil one's duty and trust: “Verily Allah commands you to discharge your trust/duty to those who are rightful of it...” (S4 - V58)

The broader teachings of Islam emphasise principles of compassion, cooperation, and mutual respect that are foundational to successful co-parenting.

Nabi ﷺ said, "The merciful are shown mercy by the Most Merciful. Be merciful to those on the earth and the One in the heavens will have mercy upon you." (Sunan Abu Dawood)

Nabi ﷺ said, “Fear Allah and treat your children justly.” (Bukhari)

The following guidance should be adopted for effective co-parenting:

THE WELLBEING & BEST INTERESTS OF THE CHILD

Physical Wellbeing: Ensure the child's physical needs are met, including proper nutrition, adequate rest, and a secure living environment. Consult with one another on healthcare decisions.

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Emotional Support: Create an emotionally nurturing environment for your child, and provide reassurance during times of stress or change, fostering a sense of love and security.

Spiritual Nurturing: Integrate Islamic values into the child's life, and encourage moral development through exemplary behaviour.

COMMUNICATION

Regular Updates: Establish a routine for sharing important updates about the child's wellbeing, education, and any significant events in their life. Regular communication ensures that both parents remain informed and involved.

Respectful Dialogue: Approach discussions with respect, and appropriate boundaries. Create a space where each parent feels heard and valued, appointing the use of a third party where necessary. Avoid harsh language and instead, focus on finding common ground and shared goals for the child's benefit.

Emergency Protocols: Establish clear communication protocols in case of emergencies. Share emergency contacts, healthcare information, and any necessary details to ensure a swift and coordinated response if the need arises.

FAIR ACCESS & VISITATION

Balanced Time Allocation: Create a schedule that allows for meaningful and regular contact, acknowledging the importance of both parents in the child's life.

Flexibility: Make provisions for the parent and child to enjoy a degree of flexibility in the schedule, particularly during special occasions, holidays, and significant family events.

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Alternative Communication Methods: If physical visitation is challenging, make use of alternative means of electronic communication.

FINANCIAL RESPONSIBILITY

Islamic Responsibility: Take care to understand the Islamic rights of the child toward financial support, and your responsibility as a parent.

Child Support Commitments: Adhere to child support and maintenance agreements and commitments. Regular and timely payments are of importance.

Documentation: Document financial agreements to provide clarity and avoid misunderstandings. Written agreements on child support, any shared expenses, and financial responsibilities serve as key references.

CONSISTENCY

Predictability and Stability: Children thrive in environments that offer predictability and stability. By collaborating on consistent routines, co-parents contribute to a sense of normalcy for the child. Predictable daily schedules and consistent rules help the child feel secure and understand what to expect in each household.

Emotional Wellbeing: Consistent routines contribute to the emotional wellbeing of the child. Knowing what to expect provides a sense of security, reducing anxiety and uncertainty.

Adaptability with Flexibility: While consistency is essential, it's also important to be adaptable. Recognise that some flexibility may be necessary based on the child's evolving needs, school schedules, and extracurricular activities.

DEALING WITH CONFLICT

Prioritising the Child's Wellbeing: When conflicts arise, evaluate proposed solutions based on their impact on the child. This shared commitment to the child's best interests encourages both parents to set aside personal differences for the sake of their child's welfare.

Be Solution-Orientated: Strive to find common ground, as a collaborative approach strengthens the co-parenting relationship and fosters a sense of unity in the child's upbringing.

Forgiveness: Learn to embrace the concept of forgiveness, as harbouring resentment creates further acrimony, may impede the parent-child relationship and affect one spiritually as well.

Involvement of a Neutral Third Party: If conflicts persist, consider involving a neutral third party, such as an Aalim, mediator, mental health care worker or objective family member.

In summary the following principles should be upheld:

- ◆ Parents are encouraged to work together to provide for their children's physical, emotional, and spiritual well-being.
- ◆ Parents are expected to treat each other with respect and compassion, even if they are no longer together, for the sake of their children.
- ◆ In all decisions, the best interests of the children should be priority.
- ◆ Parents are encouraged to work together to provide religious guidance to their children, helping them develop a strong moral foundation.

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- ◆ Co-parenting in Islam requires flexibility and compromise, putting aside personal differences for the benefit of the children.
- ◆ Parents should fear their accountability to Allah Ta'ala and not use the child or children as a 'weapon' against the other.

Remember, co-parenting in Islam is built on the principles of mutual respect, cooperation, and prioritising the well-being of children. By working together, parents can lessen the impact of divorce or separation and provide a loving and supportive environment for their children to thrive.



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About Darul Ihsan

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding Philosophy

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key Objectives

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

