

*A Gift for the New
Muslim Mother*

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Why I wrote the book...

*A*s a new mother, I felt the need for guidance from an Islamic perspective. With the ups and downs, hormonal changes and new responsibilities ahead of me, I felt quite overwhelmed. I yearned to reconnect with Islam to help me focus on my new role as a mother more effectively, but I didn't feel I had the time to sit and read through long volumes. I hope that this small book helps fill that empty void that the new mother may feel, which I initially felt too.

Muneeba
x



Physical Changes

Physically you may be feeling all sorts of aches and pains such as:

- Pain with your uterus contracting especially during breastfeeding
- Stitches
- Caesarean delivery wound pain
- Haemorrhoid irritation
- Back pain
- Soreness in breasts and nipples

For a mum-to-be all of these issues may sound quite unappetising but insha'Allah most of these will get better with time and self-care. Listen to your body and allow it to rest and recover. In the meantime, remember that a believer's sins are expiated for even the prick of a thorn (Sahih

al-Bukhari and Muslim), so the aches you experience after giving birth are all a source of reward.



Top Tip

Use rosehip oil to help soothe away those stretch marks post birth.

Also, sitting in a warm bath with a couple of drops of tea tree oil can help speed up the healing of your perineal area.



Your body needs time to heal and adjust to the dramatic changes and will respond well to rest and a nutritious diet. However, if an issue does not subside and you are concerned about it, always seek medical advice.

A very effective *du'a* that you can recite when feeling physical discomfort, whilst placing your hand on the affected area, is:

بِسْمِ اللَّهِ

Bismillah (3 times)

followed by

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ

*A'oodhu bi'izzatil-lahi waqudratihi
min sharri ma ajidu wa uhadhir
(7 times)*

In the name of Allah.

I seek refuge in the Exalted Power
and Glory of Allah from which I
feel and fear.²

Emotional Changes

Most new mothers experience a variety of emotions, particularly in the first few weeks after giving birth. You have just been through one of the biggest life changes possible, hormones are rushing around inside you, and you are taking care of a baby while sacrificing your own sleep and needs. No wonder you sometimes have moments when you start questioning yourself, having self-doubts and wondering whether you can make it to the end of the day!

