Wheel of Healthy Muslim Families

SUPPORT ONE ANOTHER'S FULL PARTICIPATION IN SOCIETY • All humans, men and women, have the responsibility to manage and participate in the society, and to protect and support • Responsibilities to maintain and protect should be based on the skills, experiences, aptitudes, time, and resources – financial and otherwise – that each family member

- - In the Qur'an ,God entrusted men and women with the equal responsibility of building human civilization (Q2:30).
 - God instructed both men and women to 'firmly stand out for justice' (Q5:8) and 'to enjoin the good and forbid the bad' (Q9:71).

- is best able to contribute.
- The Prophet and his wife Khadija together managed her business and mutually cared for and protected each other during times of hardship.
- Surah at-Tawbah 9:71 commands 'the Believers, men and women' to be 'protectors (awliya') one of another'.

EACH

OTHER'S

BODIES AND

SHARE DECISION MAKING

- Joint decision making should apply to all aspects of family life, including matters related to sexual relations, finances, and how to raise and care for children.
- The Qur'an enjoins husbands and wives to practice reciprocal consultation and mutual consent (2:233) and to 'take mutual counsel together, according to what is just and reasonable' (65:6).

COMMUNICATE WITH EACH OTHER

common good (ma'ruf) (2:228).

RESOLVE

CONFLICTS WITH

GRACIOUSNESS

conflicts can determine whether their

marriage remains healthy and whether

• The Qur'an calls couples to enact the overall

ethical principle of ihsan (kindness) when severing

• In disputes that arise from or at the time of divorce,

measures that observe justice ('adl), forgiveness

('afw) and graciousness (fadl) (2:237), and the

the Qur'an instructs spouses to take ethically-oriented

• How spouses choose to deal with

their separation is amicable.

marriage bonds (2:229).

- To build healthier and happier relationships, families must talk and listen to each other wife and husband, children and parents.
- · Families must make space for open, honest, and safe conversations.
- Everyone should be encouraged to share alternative thoughts and opinions without fearing iudament.

PARENT TOGETHER

- Fathers and mothers should share the responsibility of raising and caring for children.
- Gender equality in parenting benefits children and their fathers and mothers.
- Studies show the importance for both boys and girls of fathers being involved in terms of their school performance, social skills, etc.
- When mothers do most of the caregiving, fathers and children are deprived of close relationships with each other.

for children and family members, instead of women bearing this burden alone. • Caregiving becomes a less significant burden when everyone mutually supports one **VALUE**

another daily and in times of hardship. The Prophet used to keep himself

CARE AND WORK TOGETHER

mental burden of managing the household and caring

Both men and women should bear the physical and

- 'busy serving his family' and would 'participate in household chores' (Sahih al Bukhari). **SEXUAL RIGHTS**
- A couple is happiest when they are attuned to each other's physical and mental states.
- Many ahadith recognize both men's and women's sexual rights and needs • Surah al-Bagarah 2:187 says 'They are
- your garments and ye are their garments'. This implies intimacy and

There can be no place for spousal violence in intimate and caring relations.

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