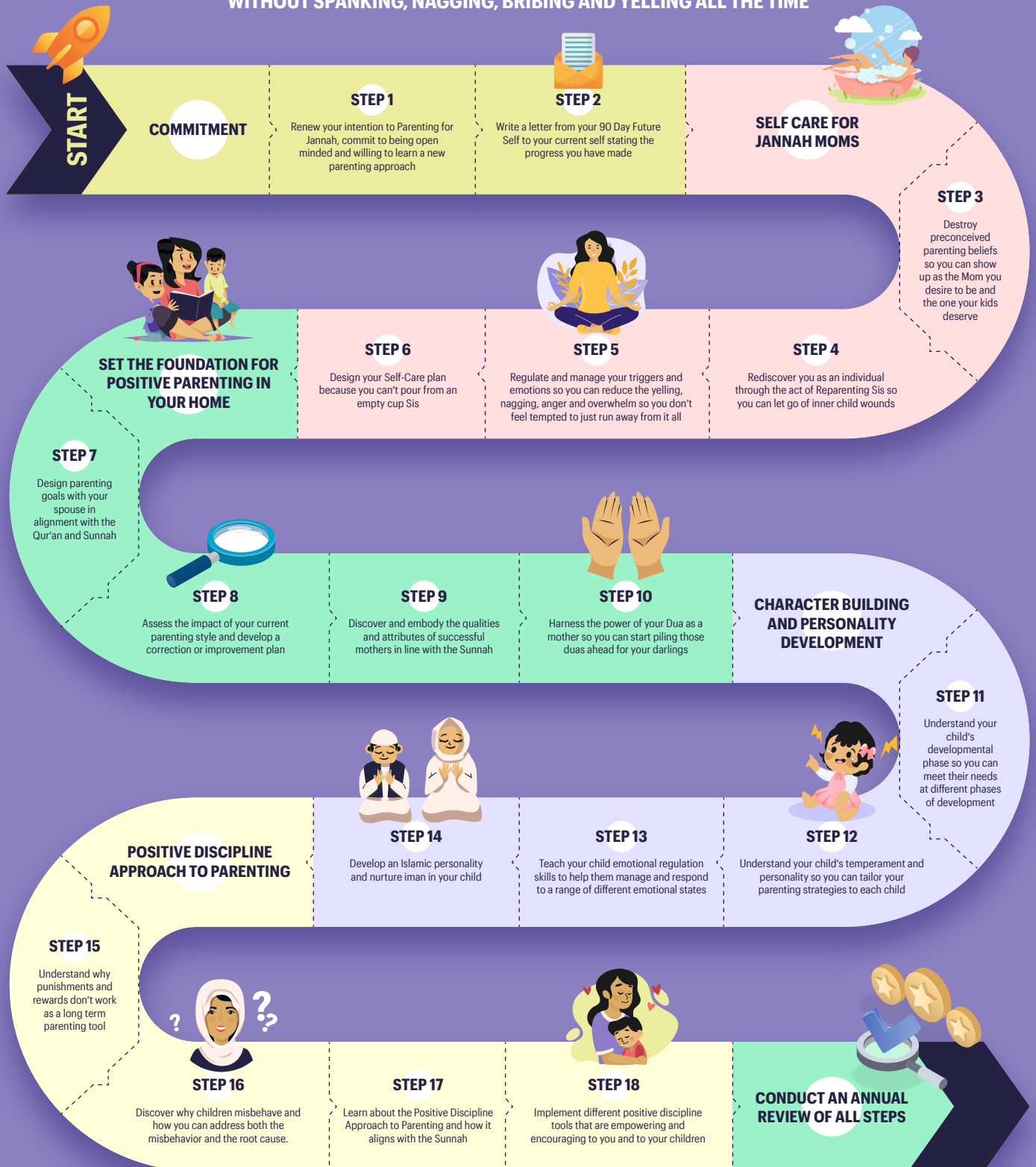


THE JANNAH MOMS ROADMAP FOR RAISING RIGHTEOUS CHILDREN IN THE 21ST CENTURY

WITHOUT SPANKING, NAGGING, BRIBING AND YELLING ALL THE TIME



Zuliat Lawal

Certified Positive Discipline Parent Educator



liamanah

Commitment

- **Step 1:** Renew your intention to Parenting for Jannah, commit to being open minded and willing to learn a new parenting approach
- **Step 2:** Write a letter from your 90 Day Future Self to your current self stating the progress you have made

Self Care for Jannah Moms

- **Step 3:** Destroy preconceived parenting beliefs so you can show up as the Mom you desire to be and the one your kids deserve
- **Step 4:** Rediscover you as an individual through the act of Reparenting Sis so you can let go of inner child wounds
- **Step 5:** Regulate and manage your triggers and emotions so you can reduce the yelling, nagging, anger and overwhelm so you don't feel tempted to just run away from it all
- **Step 6:** Design your Self-Care plan because you can't pour from an empty cup Sis

Set the Foundation for Positive Parenting in Your Home

- **Step 7:** Design parenting goals with your spouse in alignment with the Qur'an and Sunnah
- **Step 8:** Assess the impact of your current parenting style and develop a correction or improvement plan
- **Step 9:** Discover and embody the qualities and attributes of successful mothers in line with the Sunnah
- **Step 10:** Harness the power of your Dua as a mother so you can start piling those duas ahead for your darlings

Character Building and Personality Development

- **Step 11:** Understand your child's developmental phase so you can meet their needs at different phases of development
- **Step 12:** Understand your child's temperament and personality so you can tailor your parenting strategies to each child
- **Step 13:** Teach your child emotional regulation skills to help them manage and respond to a range of different emotional states
- **Step 14:** Develop an Islamic personality and nurture iman in your child

Positive Discipline Approach to Parenting

- **Step 15:** Understand why punishments and rewards don't work as a long term parenting tool
- **Step 16:** Discover why children misbehave and how you can address both the misbehavior and the root cause.
- **Step 17:** Learn about the Positive Discipline Approach to Parenting and how it aligns with the Sunnah
- **Step 18:** Implement different positive discipline tools that are empowering and encouraging to you and to your children

**PARENTING
FOR JANNAH**
Academy

