

PREPARING EARLY CHILDHOOD EDUCATION - THE HEALTH PERSPECTIVE

Fathiah Binti Hamzah¹
Matron Fadzilah Binti Haji Abd Hamid²

^{1,2}Rumah Solehah, Selangor, Malaysia
(e-mail: rumahsolehah@gmail.com)

Abstract: *Islam is a way of life. Moulding a practising Muslim starts as early as once the mother is confirmed pregnant. Islamic Education is from the womb to the tomb. Surah Yusuf & Surah Mariam of the holy Al-Qur'an is constantly read by the parent while the foetus is in utero. Around 120 days at the second trimester of pregnancy, the parent supplicate do'a for the coming child to be 'Soleh' or 'Solehah'. Immediately after delivery, the new-born is being Azan is being read at the ears. Good Muslim name is given. During 'Aqiqah' religious leaders of the society perform 'tahnik', putting mashed date at the palate of the new-born, cut few of the new-born's hair, chanting prayers for his/her future. During infancy, breast feeding is a must for 2 years Surah Al Baqarah verse 233. Apart from its nutritive value breastfeeding helps to meet the emotional needs of an individual using the 5 senses of sight, smell, hear, touch & taste developing a stable personality. Parent should all the time be alert giving encouragement & absolute observation to ensure proper growth & development. This will help to facilitate Early Childhood Education.*

Keywords: *Breastfeeding, New-born, Development*

Introduction:

Islam is a way of life. We are guided by the *Al Quran, hadith and ijtima' ulamak*. No other religions is comprehensive as Islam. Young children need a lot of loves and care, as well as education (*tarbiyyah*) from a loving and caring parents, who are responsible in bringing up the children within a conducive family surrounding. (Ismail & Azrul, 2020 : 14). Some health experts say, preparing a healthy individual even starts when the future mother reaches puberty. Her nutrition is well looked after. Cleanliness of the perineal area is ensured all the time to prevent infectious of the reproductive organs that can cause infertility. Hygiene is advocated to both the future mother and father. (Ministry of Health Malaysia, 1998). The definition of health is at the state of wellbeing physically, mentally, and emotional, social and spiritual, not merely the absence of abnormality. (Ministry of Health Malaysia, 1994).

Literature Review

Quranic Readings and Supplication of Prayers

Firstly, Islam guide us in preparing for a new-born, parents especially the mother is instructed to read the Qur'an particularly the Surah Yusuf and Surah Mariam. It has been proven scientifically that hearing aspect of the foetus while in the utero helps in developing the future personality. At

120 days of the second trimester of pregnancy, both future father and mother should supplicate *du'a* (prayers) for the coming child to be *Soleh* or *Solehah*. (Ministry of Health Malaysia, 1994)

The Calling to the Prayers – ‘Azan’ and ‘Iqamah’

Immediately after delivery, the new-born is being Azan on the right ear and ‘*iqamah*’ on the left ear. Good meaningful Muslim name is given as it will have an effect to the individual.

The Performance of ‘Aqiqah’ and ‘Tahnik’

During ‘*Aqiqah*’, religious people from the society will be invited to perform ‘*tahnik*’, putting mashed dates to the palate of the new-born to sensitise the sense of taste and speech. Few of the new-born’s hair is cut while chanting prayers for his or her future. Later the remaining of the hair is shaved for cleanliness.

Method:

A: Breastfeeding

Surah Al- Baqarah verses 233:

“Mothers may breastfeed their children two complete years for whoever wishes to complete the nursing (period). Upon the father is the mother’s provision and their clothing according to what is acceptable. No person is charged with more than this capacity. No mother should be harmed through their child and no father through his child.

During infancy breastfeeding is a must for two years as mentioned in Surah Al-Baqarah, by the biological or substitute mother. Apart from its nutritive value, breastfeeding helps to meet the emotional needs of an individual using all the five senses of taste, touch, sight, smell and hear to develop a stable personality.

B: Weaning

Proper weaning diet is a strong foundation for nutritional education. The introduction of a well diet as early as the age of six month old. After an exclusive breastfeeding session. Apart from ensuring healthy growth, also teaches the infant to taste various food. Vegetable which children dislikes often the result of not introducing it at suitable age. The method of proper preparation of weaning food- sieve, wash and chop helps proper growth of the teeth and suitable for digestive system of the baby.

C: Developing skills during milestones growth

At 1-4 years old the focus is teaching prevention of accident. The toddler is developing milestones- motor, adaptive, social, and cognitive. Environment should totally be clean to prevent infections. Encouragement and vigilant observation are given to ensure proper growth and development of a child.

Result and Discussion

A healthy child can learn faster especially when the APGAR score (a measure of the physical condition of a new-born infant) during the delivery is 8 to 10. All efforts should be put to ensure safe and spontaneous delivery in preparation for Early Childhood Education.

Mothers may breastfeed their children two whole complete years for whoever wishes to complete the nursing period. Upon the father is charged with more than his capacity.

If you wish to have your children nursed by a substitute mother, there’s no blame upon you if you give payment accordingly to what is acceptable. Fear Allah and know that Allah is Seeing what you do.

Conclusion

By observing all the efforts that been done before the birth of a child, the parents already shaping the child into a good human being. A healthy and well-rounded child will be able to lead a life that will be quite challenging in near future.

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