

monthly

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January 2014

Children's International Film Festival in Iran

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Qatar 20.00 QR

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Germany 4.50 €
Tunisia 3.70 TD

UAE 21.00 DH
Turkey 5.50 YTL
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America 3.00 \$
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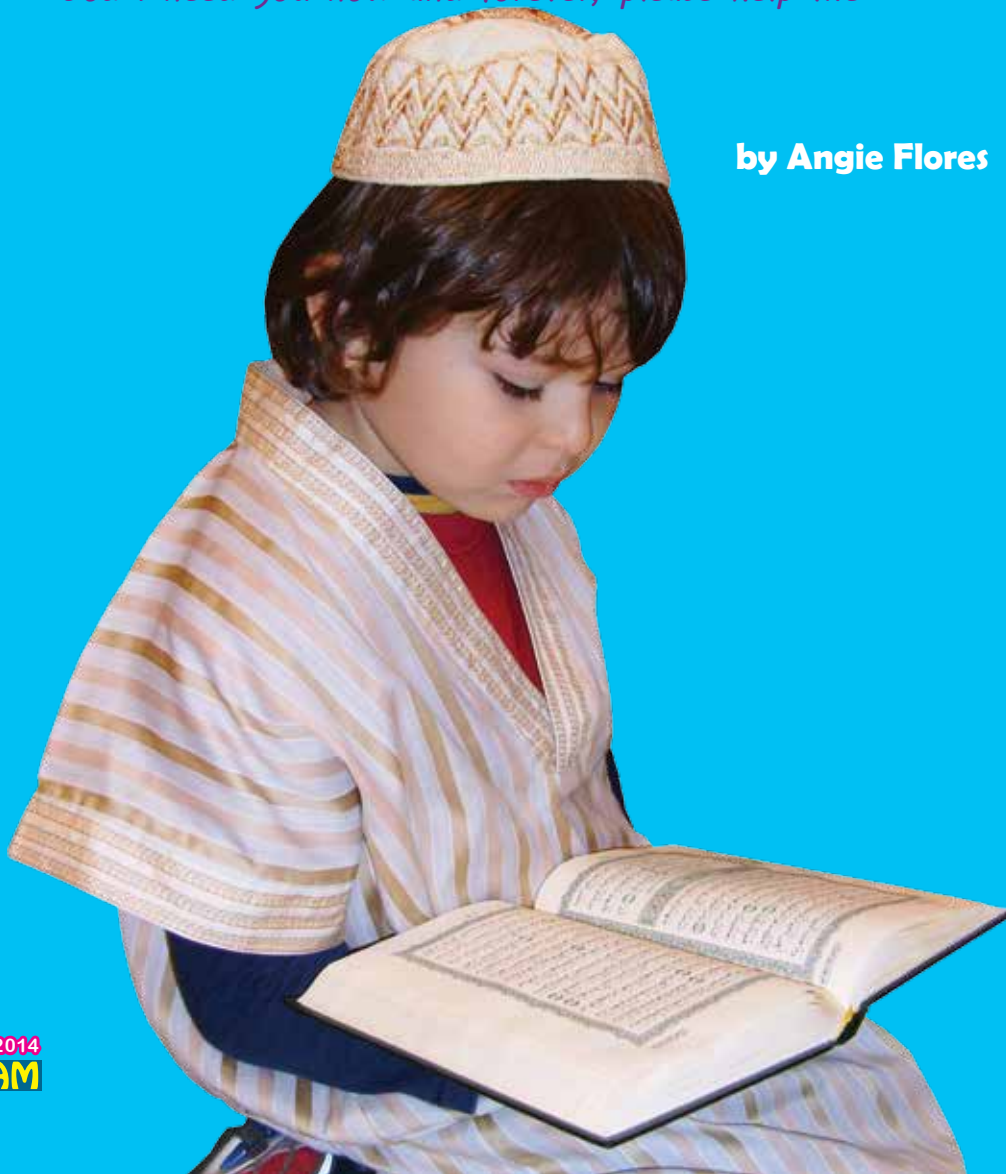
France 4.50 €
Kenya 250 KSH
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My Personal Prayer

*God grant me the strength to handle life's challenges,
In order to overcome these lifelong obstacles.
God grant me the courage to stand up for what I believe in,
In order to express my true opinions without fear.
God grant me the answers to my questions,
In order to find some understanding.
God grant me the peace of mind I so desperately need,
In order to remain sane in this inside universe.
God grant me the patience I thought I once had,
In order to with stand everything thrown to me.
God grant me the guidance to be able to succeed,
In order to be whatever it is I want to be.
God I need you now and forever, please help me*

by Angie Flores



In The Name Of God

ZAMZAM

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No see!**

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ZAMZAM MAGAZINE welcomes contributions for all sections.

Editorial Note

Long Time No



I guess in this issue I will confess that I missed everyone in the ZamZam magazine, because it had become part of my life and every single month I and my colleagues tried to offer an interesting compilation of diverse articles to the readers of this magazine. I wonder how you felt while we were absent?! I would love to know if you missed us as well.

That's the life, you never know what might happen, so let's make the most out of everything we have while we really can, otherwise we'll simply regret it later on and the chances are that this loss might not be

see!

compensated at all. All the same, this does not mean that you have to feel unsafe or be constantly too alert about what might happen. Focus on your life, the available facilities you have at hand and see what you can do. Don't try to make awkward excuses for procrastination, laziness or being passive in your life. Whether you like it or not, life goes by and you can't stop the flow of time, therefore just move on with it!

As for me, I really missed the time I devoted to ZamZam with the team of my colleagues, still I tried my best to do other things; read books I couldn't find time for, focus on other tasks and somehow try to make up for the absence of the magazine. There was nothing else I could do, I had to use the time offered to me as a precious blessing and be thank-



ful for it and this could only be done through using it as it was deserved and suitable. At least in this way I didn't feel guilty or sorrowful and I was aware that I am seeing to other issues.

I do hope that from now on we can stay together just like before, keep in touch and move on with ZamZam as a faithful companion. Let's hope for the best and see what comes up!

Good Luck!

Sh. Ghandehari



Technology and Social Values Tools to Enable Children's Voices in the World

Introduction

The landscape of childhood in the 21st century increasingly involves technology. As information and communication technologies (ICTs) become ubiquitous in homes, schools, libraries, and play spaces, children are plugged-in and online with greater frequency and

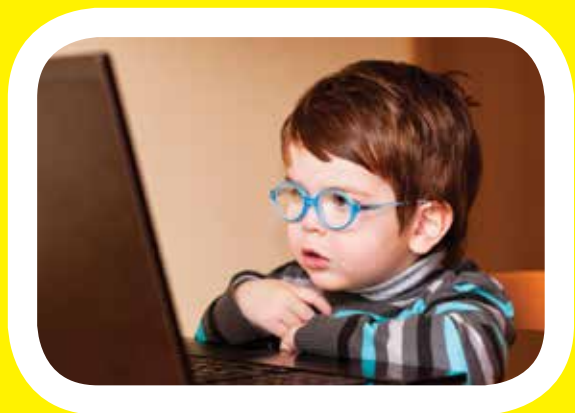
at a younger age. Parents, educators, and researchers have raised concerns about how children interact in online space, the safety and privacy of interactive technologies for children, and the difficulties of providing age-appropriate play and learning opportunities for connected youth. These include technologies

designed expressly for children, as well as adult technologies which children appropriate for academic tasks, entertainment, and communication. Concerns regarding new and emerging technologies like the immersive Internet, mobile phones, and social networking sites often lead to highly charged, emotive responses aimed at reducing the risks associated with such technologies. These reactions focus our attention on children in the role of victimized consumer, and privilege the perspective of a single stakeholder, the parent. Consequently, children and young people can become disempowered in decisions about how they use technologies, as well as how technologies are designed to meet their needs and activities. This desire to protect young technology consumers runs contrary to the increasingly participatory techniques intended to give greater voice to all users in the design and development of the very technologies they are using.

A broader, more enlightened perspective on the role of technology in the lives of children recognizes the multiple roles, stakeholders, and value propositions which affect interactions with ICTs. Rather than

casting children in the limited role of consumer of technology, participatory and value-sensitive design techniques afford children the role of tester, evaluator, appropriator, co-designer, or co-investigator.

Creating and sustaining a pluralistic society means providing sufficient opportunities for the voices of children as well as adults in the decisions that affect their lives and their futures. This panel will ground





discussion in current empirical research studies where a child's voice is actively sought as part of the design and evaluation of technologies as an opportunity to speculate about the need to go further in ensuring that children are active participants in the decision making process. The panel will invite discussion about ways that the information science community could be taking a far more active role in terms of awareness raising, advocacy and mediation among the various stakeholders to enable a stronger voice for children in society.

Background

It provides an opportunity for discussion and awareness-raising about the need to do more to bring children into conversations (politically, socially, technically) about their ac-



cess to and use of technologies. Participatory design approaches and frameworks have been employed in projects around the world to enable children's voices to be more present in the design, development and implementation of technologies like the internet, mobile phones, and social networking sites. However, there is a need to move beyond the advances made using participatory approaches to technology design. We need to begin thinking through the consequences for our communities and societies with regards to the risk landscape that is taking shape for our children. This presentation will serve to start this discussion. Panelists will share projects involving children in the design of mobile



phones in ways enabling children to have more voice in the design process whilst countering the concerns many adults have about children needing to be 'protected' from technology (such as mobile devices, social networking sites, etc).

While it is important to minimize risks, there is also a danger that the responses of adults to the new and emerging technologies essentially remove opportunities for children to develop the "risk taker's advantage" that researches would suggest children can only acquire through experience.

Giving children the risk-taker's ad-



vantage in relation to information and communication technologies begins with giving them a greater voice in the decisions surrounding their access to and use of such technologies. Two key questions for the panel and the audience are:

How are we to handle these risks and help children to handle these risks?

How can we extend existing participatory programs associated with design of technologies to designing the infrastructures, services and policies that will shape children's lives and use of technology?

Structure and Format of the Panel

The panel will integrate a series of case examples involving the application of participatory and value-sensitive approaches to the design, evaluation, and use of youth-centered technologies. By illustrating these approaches with empirical work, we ground our philosophical discussion in real-world research and design practice. The panel presenters will elaborate on how they bring the child's perspective into the

investigative and design processes with philosophical discussions of the values that are and/or should be informing work with children's technologies. Each project will present questions designed to foster discussion with the audience and among panelists about the implications that work in the spirit and form of that presented may hold for software developers, interaction designers, youth service providers, and researchers. The panel presentations will close by inviting the audience to discuss the implications of current trends for various sectors of the community (e.g., policy makers, parents, teachers, AND designers) that will have an impact on the future of children.



**Theresa Anderson
and Allison Druin**

Key Tips for Common Health Problems

If you learn some of these old and traditional home remedies, then next time when you experience an unexpected pain or an unpleasant feeling, you don't have to rush to a pharmacy or visit a doctor. These tips have proved to be quite useful and healing in several instances.

Headache and Migraine

Rub some **peppermint** or **lavender oil** on your temples and the base of your neck; remember that sniffing these oils may also be helpful.

Rub a fresh cut **lemon** or **lime** on your forehead. **Feverfew** is a good herbal remedy for headaches.

Have a little caffeine by drinking a cup of **green tea**, and make sure you use an ice pack for 20 minutes to dull the throbbing.



Indigestion and Heartburn

It almost goes without saying – but consider why you're getting heartburn in the first place. Did you eat too much, or are you used to greasy or spicy food? Do you usually eat late at night? Figure out the cause and try to stop this before it happens. Then, put down the antacids. The belching, bloat, and heartburn caused by indigestion come about because you don't have enough stomach acid to do the job right. A spoonful or two of **apple cider vinegar** will help break down the excess food that is causing you trouble and provide balance back to your stomach.



Constipation

First, drink more water and eat more fruit and salads. You're backed up for a reason and taking lots of laxatives is not the answer. Meanwhile, drinking **a few teaspoons of olive oil mixed with a bit of orange or (diluted) lemon juice** can help things get moving.

Another surefire remedy is **1/4 teaspoon of Epsom salt drunk in 1/2 a glass of water**. Sometimes calorie restriction or avoidance of healthy fats (such as the good fats found in fish, nuts, and avocados) can worsen constipation.

And though it's counterintuitive, some people relieve their constipation by actually cutting back on grain consumption! True, grains



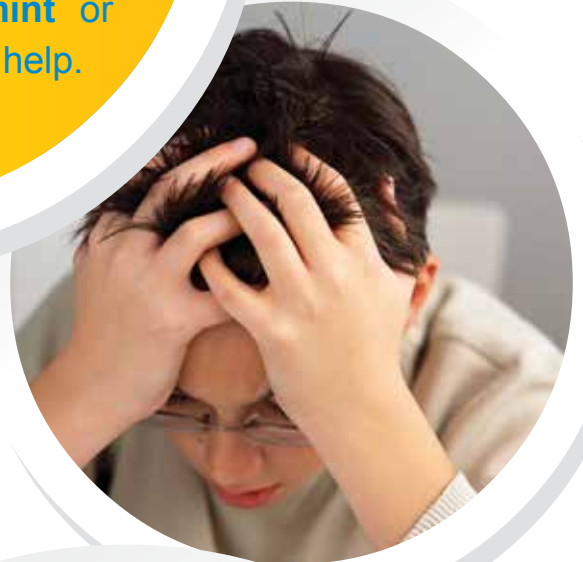
Nausea

The classic cure for nausea or carsickness is **ginger tea** or **candied ginger**. You can chew on the stuff raw, if you like, but it's so spicy and strong it might just make you feel worse.

Sniffing real **peppermint** or **lavender** oil can also help.

Sore Throat

Sore, scratchy throats are usually a sign of a cold or flu coming on, so don't ignore this symptom, but relieve the pain by **gargling with warm salt water** a few times a day and then drink a soothing **honey-lemon tea**.



Burns

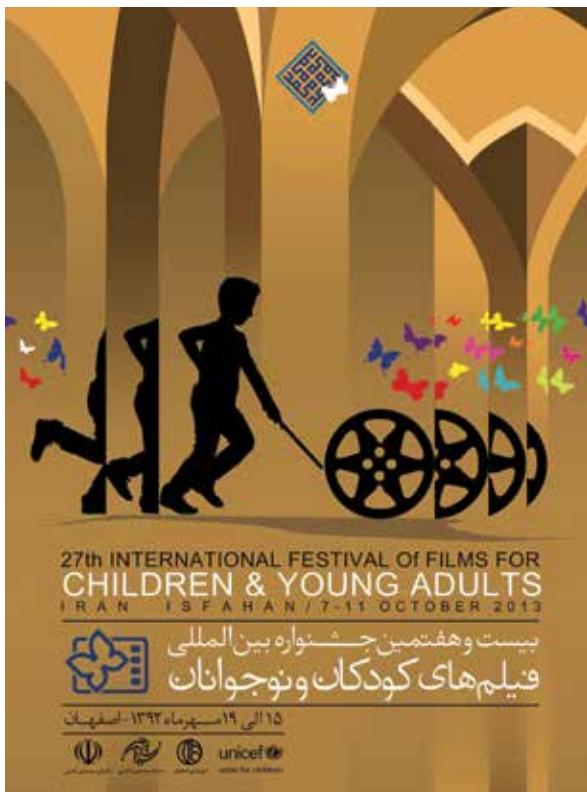
So you bumped up against the stove again? Ouch! Rinse first with cold water, then immediately apply **Aloe Vera gel** to the burn.

For those of us who don't have aloe in the house, slice a **potato** and rub its cool, soothing juices all over the burn. Since **honey** has antibacterial properties, it is good topical ointment. If you can catch the burn immediately, **mustard** is also reportedly a great salve.

contain fiber, but some people don't digest grains very well. Other causes of constipation include stress, depression, inactivity, and nutritional deficiencies. If your constipation is chronic, it may be a sign of a more serious problem, so please seek medical advice and adjust your lifestyle.

Children's International Film Festival in Iran

Compiled by Arnika Yari



The 27th International Film Festival for Children and Young Adults was held in the historical city of Isfahan. A large group of Iranian and international cineastes and children flocked to the year's festival that kicked off in October 6, 2013. This year's festival screened 75 films from 40 countries in two main sections

of the international cinema and international animation.

The participated films represented countries such as Poland, Canada, Argentina, Australia, Italy, India, Taiwan, Turkey, France and Russia. Three Iranian films and 11 movies created by foreign filmmakers were selected to go on screen in the international section of the festival.

"Oshin" by Shin Togashi from Japan, "Satellite Boy" by Catriona McKenzie from Australia and "Patty's Ketchup" by Tina von Traben from Germany were among the festival's international lineup.

Iran's Farabi Cinematic Foundation International Department Director Amir Esfandiari, the Documentary and Experimental Film Center (DEFC) Director Shafi Aqamohammadian, Iranian filmmaker Ebrahim Forouzesh, the actress Vishka Asayesh and the animation artist Bahram Azimi

served the selection panel.

Japan is scheduled to honor the 27th Iranian Festival of Films for Children and Young Adults with its peace symbol known as 'Paper Cranes (Origami Cranes)'.

Japanese peace activist Masahiro Sasaki and a number of Japanese children are also to attend the event. Masahiro is the older brother of the Sadako Sasaki who was diagnosed with leukemia at the age of 11 due to result of the radiation from the atomic bomb in Hiroshima when she was two. According to the traditional Japanese belief, the paper crane is a symbol of luck; based on the belief, Sadako spent her time in a nursing home creating origami cranes in hope of making a thousand of them to be granted a wish.

Founded in 1985, Isfahan's children's film festival was part of Fajr International Film Festival in its first three years.

In the Closing Ceremony of the 27th ICFF, Winners of Iranian Cinema Competition Were Announced. According to the report by our reporter winners of Iranian Cinema Competition were announced:

Full-Length Video (Feature Film) in Iranian Cinema Competition

A) Nominated for the Golden



Butterfly for the Best Full-length Video (Feature Film) (Producer):

- 1- "Ashi Mashi, Little Sparrow", Produced by Vahid Nikkhah Azad
- 2- "Kindergarten Operation", Produced by Roya Sharif
- 3- "All Alone", Produced by Edris Abdipour
- 4- "He Throws Stones Well" Produced by Ebrahim Asghari

● Diploma of Honor for the Best Film (Producer) goes to: Ms. Roya Sharif for the movie "KINDERGARTEN OPERATION"

● The Golden Butterfly for the Best Film (Producer) goes to: Mr. Edris Abdipour for the movie "ALL ALONE"

B) Nominated for the Golden Butterfly for the Best Director:

1. "All Alone" directed by Ehsan Abdipour
2. "Ashi Mashi, Little Sparrow" directed by Vahid Nikkhah Azad, Gholam Reza Ramzani, Masoud



Keramati

3. "Time Travel" directed by Amir Shahab Razavian

● The Golden Butterfly for the Best Film (Director) goes to: Mr. Edris Abdipour for the movie "ALL ALONE"

C) Nominated for the Golden Butterfly for the Best Scriptwriter:

1. "He Throws Stones Well" (Bardou), (Seyyed Hadi Mohaghegh)

2. "Ashi Mashi, Little Sparrow", (Vahid Nikkhah Azad)

3. "All Alone", (Ehsan Abdipour)

● The Golden Butterfly for the Best Film (Scriptwriter) goes to: Mr. Seyyed Hadi Mohaghegh for the movie "HE THROWS STONES WELL" (BARDOU)

D) The Golden Butterfly for the Best Literary Adaptation: Jury Members did not announce any awards for this section.

E) Nominated for the Golden Butterfly for the Best Young Performer & Actor:

1) Meysam Farhoumand for the movie "All Alone"

2) Negar Nikkhah Azad for the movie "Ashi Mashi, Little Sparrow"

● Diploma of Honor for the Best Young Performer & Actor goes to : Ms. Negar Nikkhah Azad for the movie "ASHI MASHI, LITTLE SPARROW"

● The Golden Butterfly for the Best Young Performer & Actor goes to: Mr.



Meysam Farhoumand for the movie "ALL ALONE"

And Nominated for the Golden Butterfly for the Best Creative Technical or Artistic Achievements:

1) Mr. Amir and Mr. Kameran Saharkhiz for the movie "Time Travel"

2) Mr. Naser Cheshm Azar and Amir Reza Moatamedi for the movie "Kindergarten Operation"

● Diploma of Honor for the Best Creative Technical or Artistic Achievements goes to : Mr. Naser Cheshm Azar for composing the music of "KINDERGARTEN OPERATION" and Mr. Amir Reza Moatamedi for Visual effects of "KINDERGARTEN OPERATION"

● The Golden Butterfly for the Best Creative Technical or Artistic Achievements goes to: Mr. Amir Saharkhiz and Mr. Kameran Saharkhiz

for the visual effects of "TIME TRAVEL"

F) The Golden Butterfly of Special Jury Prize is awarded to:

Mr. Gholamreza Ramzani, Masoud Keramati and Vahid Nikkhah Azad, Directors of "ASHI MASHI, LITTLE SPARROW"

G) The Golden Butterfly of Special Prize of Martyr Behnam Mohammadi is awarded to:

Amir Hossein Rafi'a, for performing in the movie, "LONG SUMMER"

H) The Special Award by Isfahan Jury of Children & Young Adults is awarded to:

Amir Hossein Rafi'a, for performing in the movie, "KINDERGARTEN OPERATION" (Roya Sharif).



Tabriz

and Its Rich Historical and Cultural Background

Sepideh Afshar Rezaee
Translated by Shiva Shakib

Tabriz is the center of East Azerbaijan Province in Iran. Next to Tehran and Mashhad, Tabriz is the largest city of Iran which is located in North West or the Azeri region. Moreover, Tabriz is recognized and well known as the administrative, communicative, commercial, political, industrial, cultural and military hub of the whole region. According to the latest divisions made in Iran, Tabriz includes 4 cities, 6 rural districts and 67 villages. The population of Tabriz is estimated to be approximately around 1,800,000. This city is limited to Ahar from the north, Osco from the south,

Haris and Bostan Abad from the east and Shabestar from the northwest. Tabriz is surrounded by highlands and hills including the Sahand Mountains. The weather is very cold during the winter while the summers are quite dry and hot. Since Tabriz is located in a quake region it has endured several serious earthquakes and been totally ruined in the past. The people of Tabriz speak in a Turkish-Azerbaijani language and have a particular accent and dialect.

Exclusive Location and Position

Throughout history the city of Tabriz



has been demolished and reconstructed several times. Considering its excellent position, Tabriz has been among the prominent commercial centers in the past and nowadays it is observed as one of the industrial centers of Iran. During the last two decades, Tabriz has been the origin of numerous social, cultural, and industrial developments in Iran. For instance, it is known for its superior merit, as a city without beggars, a very healthy city and a relatively safe and reliable city for investment. In Iran, Tabriz has the second rank in the following issues: tourist attraction, industrial

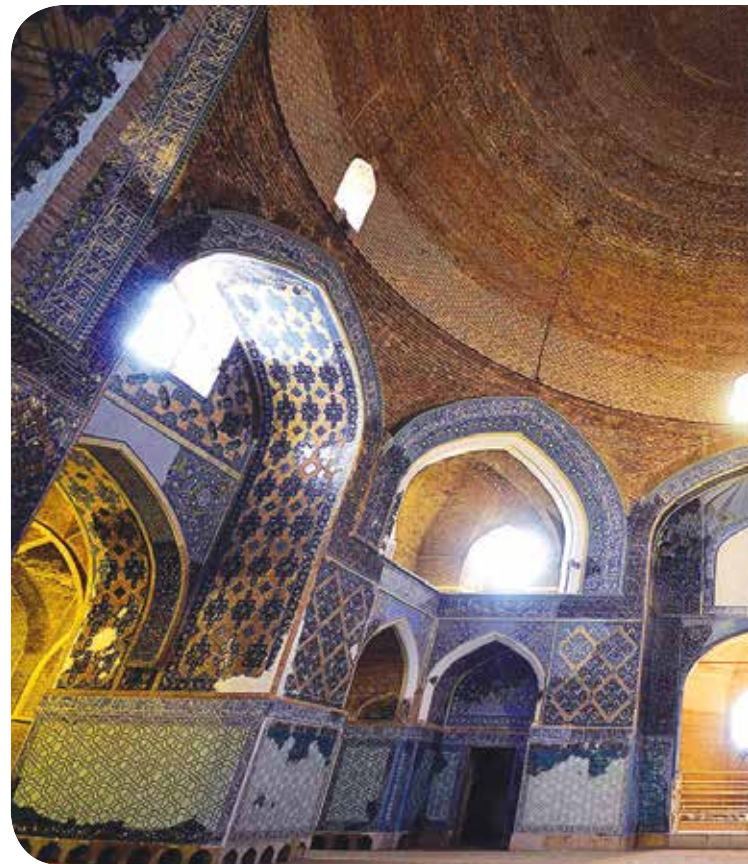
centers, education and universities, car manufacturing, etc. As it is known to be one of the most significant industrial and commercial centers, it is very active and productive in fields like weaving and looming, manufacturing of machines and petrochemical devices. Moreover, it has become a major center of arts and handicrafts, especially in pottery, ceramics, jewelry and other metals such as silver. The most outstanding commodity that Tabriz offers for export is rug, one of the city's major handicrafts. Regarding its high quality and creative designs and patterns, it has earned global fame



and hence it is considered as a valuable source of income. Also, Tabriz is pioneer in making leather products and the related industrial works; for instance, the leather shoes and bags have a very high quality.

Historical Locations and Tourism Attractions

Historically, Tabriz had eight gates and all the entry and exit ways run through them. Later on small markets were established alongside these gates so that people could provide their daily shopping through them without referring to the central markets. Gradually residential units were built near these markets and as a result these markets were attached to each other and new locations were established in diverse regions of the city. Amir Passage is among the most fabulous architectural build-



ings and most glorious markets in Tabriz. Also, the Mozzafarieh Market is among the most beautiful parts of the bazaar and one of the largest parts of the carpet market.

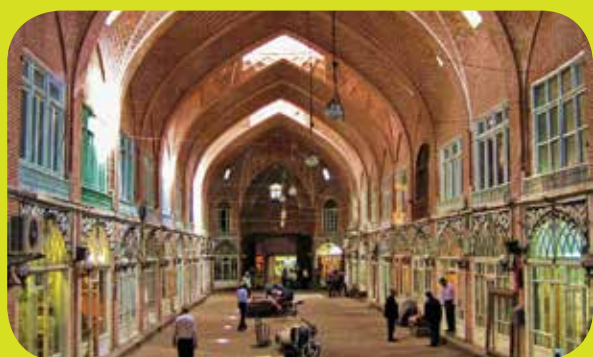
During the Ghajar Era, to mention one of the historical periods, as a result of severe earthquakes and wars, old parts of the city were destructed. So the Tabriz Citadel and Kaboud Mosque are among the exceptional historical monuments that have survived. For this reason, in comparison with other big cities of Iran, Tabriz has fewer historical monuments. Meanwhile several of the old



mosques in Tabriz as well such as the Khazineh Mosque, Zahirieh Mosque, Alishah Mosque, etc.

Famous People

Tabriz has raised several great historical and cultural figures throughout history including great scholars, poets, writers and calligraphers to mention a few. Among the contemporary great figures Seyyed Mohammad Hossein Tabatabaei, the great philosopher; Sheikh Abdul Hussein Amini, the author of Al-Qadir book; Seyyed Hassan Taghizadeh, politician and researcher; Mohsen Hashtroudi, mathematician, etc.



historical monuments including the Maghsoudieh Complex, Behnam House, Amir Nezam House, among many other ones, are in the process of repair and renovation, in order to be used as museum or cultural centers in the future. It's noteworthy to mention that there are various great

Traditional Foods and Handicrafts

Tabriz is very well-known for its original and traditional foods, in addition to nuts and sweets. Pottery, embroidery, carpet-weaving, weaving rugs, weaving crochets, among many other handicrafts are originally created in Tabriz. Traditional prints, glassworks, drawing on pottery and ceramics, painting, metalwork, miniature and illuminations are among the other artistic creations of Tabriz. Tabriz has close bonds with ten world cities, four of which are located in Turkey: Istanbul, Izmir, Konya and Erzurum.

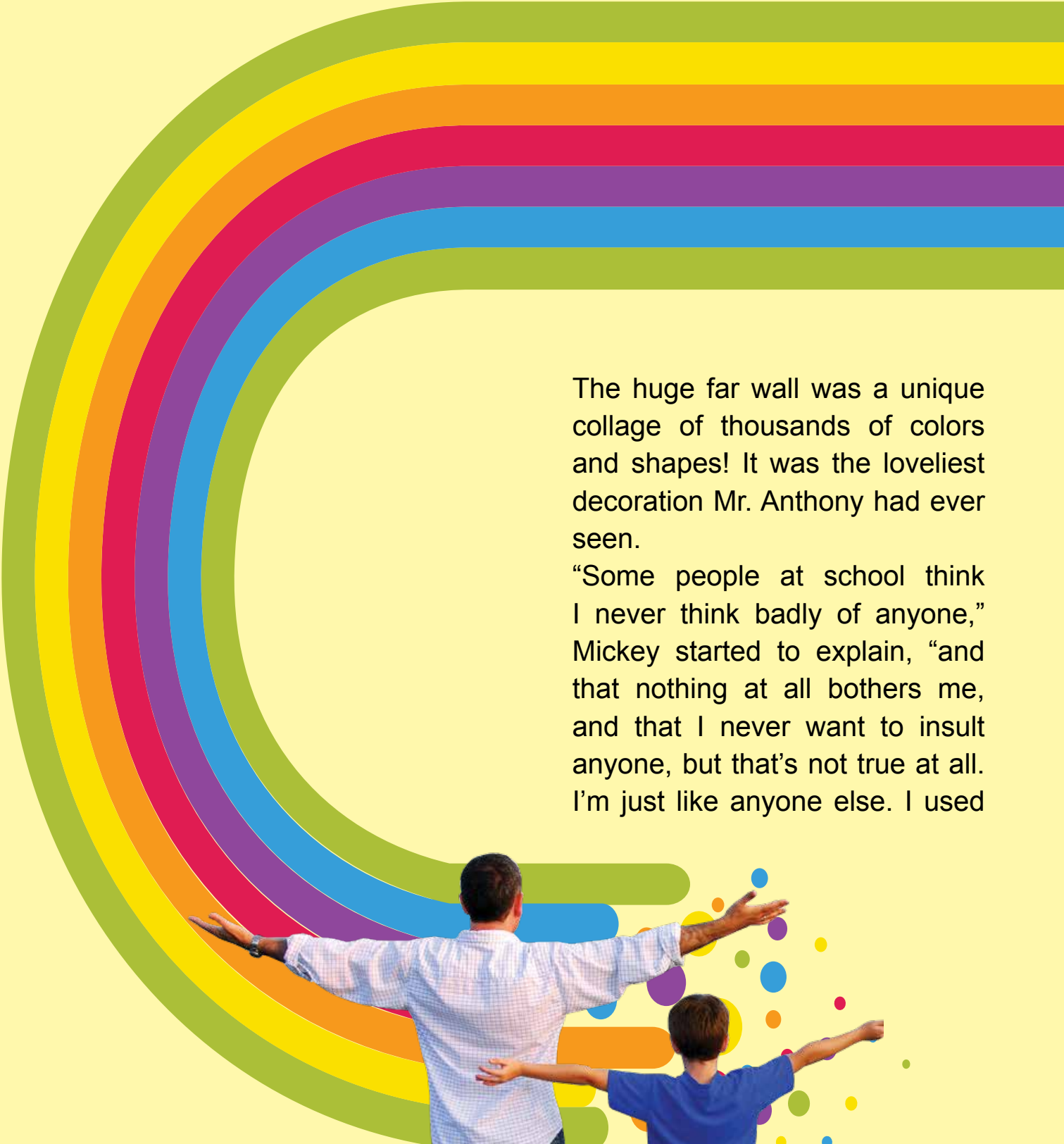


ART TOWN

by Pedro Pablo Sacristan

Mickey was a nice, cheerful, and optimistic boy. No one could remember ever having seen him angry; he didn't mind whatever people said to him. He seemed incapable of insulting anyone. Even his teachers admired his good disposition, which was so unusual that a rumor was going round that Mickey's goodness must be due to some special secret. The fact that there was a supposed secret meant that no one could think about anything else. They interrogated Mickey so much that one afternoon he invited his favorite teacher, Mr. Anthony, to tea. When they had finished, Mickey showed Mr. Anthony around the house. When Mickey opened his bedroom door, the teacher froze, and a big smile spread across his face.





The huge far wall was a unique collage of thousands of colors and shapes! It was the loveliest decoration Mr. Anthony had ever seen.

“Some people at school think I never think badly of anyone,” Mickey started to explain, “and that nothing at all bothers me, and that I never want to insult anyone, but that’s not true at all. I’m just like anyone else. I used



to get angrier than all the other kids. But years ago, with the help of my parents, I started a small collage. I could use any kind of material and color for it. With every little piece I stuck on I added some bad thought or act.”

It was true. The teacher looked closely at the wall. In each one of the small pieces he could read, in tiny letters, ‘fool’, ‘idiot’, ‘pain’, ‘bore’, and a thousand other negative things.

“This is how I started turning all my bad times into an opportunity to add to my collage. Now I like the collage so much that, each time someone makes me angry, I couldn’t be happier. They’ve given me a new piece for my work of art.”

That day they discussed many things, but what the teacher never forgot was how an ordinary boy had shown him that the secret to

having a cheerful and optimistic character is to convert the bad times into a chance to smile.

Without telling anyone, on that very day, Mr. Anthony began his own collage. He would recommend it so often to his students that, years later, they called that neighborhood ‘Art Town’. Each house contained its own magnificent works of art, made by those cheerful and optimistic children.



Detrimental Effect of Mobile Phones on Children's Health

Majid Sultan-Mohammadi

Everyday new inventions change our world. Many inventions are only registered, but there are cases that have influenced our life considerably, mobile phones undoubtedly are one of them. Many inventions have transformed human's life within the past 100 years. Before reaching commercial markets, nobody dared to imagine mobile phones as the closest friends of the modern human being; and unfortunately this unhealthy close friendship is being tighter everyday through emerging new mobile phone related gadgets and apps.

By the way how many times you coped with the anxiety caused by leaving your phone in the home?! Mobile phone is an amazing invention which is troublesome at the same time:

Misuse of Mobile Phone by Teens

Misusing cell phones, sending and receiving short message services (SMSs) are followed by several complications including joint pain, trouble sleeping, academic failure, anxiety, etc.

Therefore, children under 13 are banned from using mobile phones. Even teens under 16 are recommended to avoid cell phones.

Influence of Inappropriate Use of Mobile Phones among Teens

Teens now text messages late at night when their parents are asleep. They do it in restaurants and while crossing busy streets. They do it in the classroom with their hands behind their back. They do it so much their thumbs hurt!

The phenomenon is beginning to wor-





ry physicians and psychologists, who say it is leading to anxiety, distraction in school, falling grades, repetitive stress injury and sleep deprivation.

Dr. Abtahi, a pediatrician in Tehran, recently surveyed students at two local high schools and said he found that many were routinely sending hundreds of texts every day. "That's one every few minutes," he said. "Then you hear that these kids are responding to texts late at night. That's going to cause sleep issues in an age group that's already plagued with sleep issues."

The rise in texting is too recent to have produced any conclusive data on health effects. But American psychologists have studied texting among teenagers in the Boston area for three years, said it might be causing a shift

in the way adolescents develop. "Among the jobs of adolescence are to separate from your parents, and to find the peace and quiet to become the person you decide you want to be," they said. "Texting hits directly at both those jobs."

Psychologists expect to see teenagers break free from their parents as they grow into autonomous adults, they went on, "but if technology makes something like staying in touch very, very easy, that's harder to do; now you have adolescents who are texting their mothers 15 times a day, asking things like, 'Should I get the red shoes

DANGER

DA



or the
blue shoes?’ ”

As for peace and quiet, they said, “If something next to you is vibrating every couple of minutes, it makes it very difficult to be in that state of mind. If you’re being deluged by constant communication, the pressure to answer immediately is quite high,” they added. “So if you’re in the middle of a thought, forget it.”

Teenagers had a terrific interest in knowing what’s going on in the lives of their peers, coupled with a terrific anxiety about being out of the loop. For that reason, the rapid rise in texting has potential for great benefit and great harm.

Texting can be an enormous tool. It

offers companionship and the promise of connectedness. At the same time, texting can make a youngster feel frightened and overly exposed.

Texting may also be taking a toll on teenagers’ thumbs. Roya, a ninth-grade student in Tehran used to text on her tiny phone as fast as she typed on a regular keyboard. A few months ago, she noticed a painful cramping in her thumbs. (*Lately, she has been using a new touch phone she got for her 15th birthday, and she says texting is slower and less painful.*)

An associate professor of environmental and occupational health sciences said it was too early to tell whether this kind of stress is damaging. But he added, “Based on our experiences with computer users, we



—know intensive repetitive use of the upper extremities can lead to musculoskeletal disorders, so we have some reason to be concerned that too much texting could lead to temporary or permanent damage to the thumbs.”

Roya said that although her school, like most, forbids cellphone use in class, with the phone she could text by putting it under her coat or desk.

Her classmate Mina said, “You pretend you’re getting something out of your backpack.”

Teachers are often oblivious. “It’s a huge issue, and it’s rampant,” said a high school chemistry teacher. She recently gave an anonymous survey to 50 of her students; most said they texted during class.

“I can’t tell when it’s happening, and there’s nothing we can do about it,” she said. “And I’m not going to take the time every day to try to police it.”

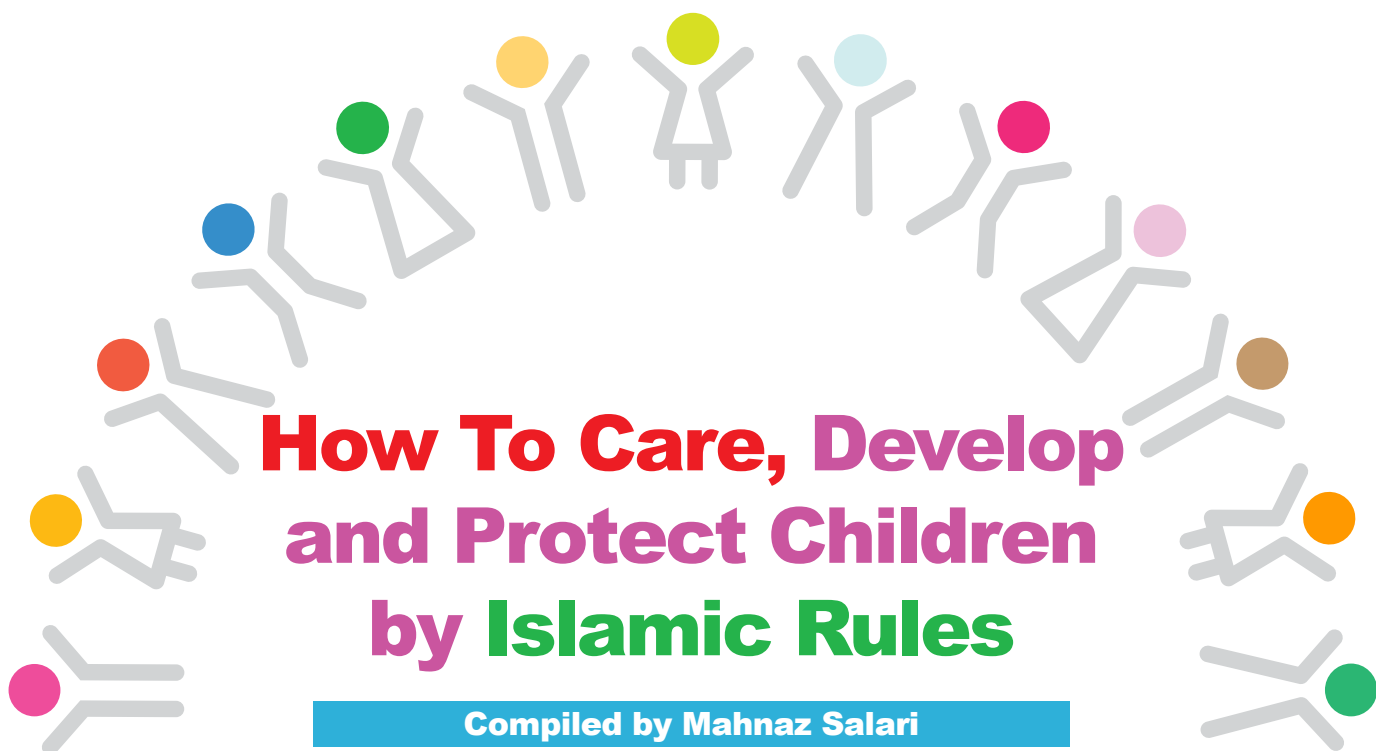
Parents tend to be far less aware of texting than of, say, video game play-

ing or general computer use, and the unlimited plans often mean that parents stop paying attention to billing details.

Still, some parents are starting to take measures. A Reporter said that late last year his 13-year-old daughter racked up 14,528 texts in one month. She would keep the phone on after going to bed, switching it to vibrate and waiting for it to light up and signal an incoming message.

“She should understand a little better, because she’s always on her iPhone,” her father said. “But she’s all like, ‘Oh well, I don’t want you texting.’ Teens feel they are being punished for behavior in which their parents indulge. And in what which is called a poignant twist, teenagers still need their parents’ undivided attention.

Even though they text 3,500 messages a week, when they walk out of their English language class, they’re upset to see their dad in the car on the laptop. The fantasy of every adolescent is that the parent is there, waiting, expectant, completely there for them.



How To Care, Develop and Protect Children by Islamic Rules

Compiled by Mahnaz Salari

In Islam childhood is considered with hope and aspiration, it is viewed as something to look forward to, seek and long for. When it is achieved, the fruit reaped is nothing but happiness of the soul, delight of the heart and elation of the chest. According to the Quran, progeny is a gift from the Almighty God to His faithful servants. "Unto Allah belongs the sovereignty of the heavens and the earth. He creates what He wills. He bestows female (offspring) upon whom He wills, and bestows male (offspring) upon whom He wills; or He mingles them, males and females, and He makes barren whom He wills. Lo! He is the Knower, Powerful." [Al-Shura (Council): Verses 49-50] Hence, it is not surprising that Islamic Shariah (law) pays utmost attention to securing all that is needed to guarantee a wholesome psychological climate for the rearing of children, a climate where-in they learn about the world and for-

mulate their customs and norms. There are rights for children in Islam Shariah:

A child's right to a healthy start in life

Islamic Shariah was pioneering in providing a set of precepts to guarantee sincerity in implementation. It attends to childhood with care long before birth. It urges the mother to protect her fetus and do all she can to prevent a termination of pregnancy. Islam gives a pregnant woman the right not to fast during the month of Ramadan if she fears her fetus might be harmed by fasting.

A child's right to healthcare and proper nutrition

According to Islamic rules and medical science, health care for children should begin with conception. The fetus requires special nutrition with a high content of protein, vitamins and minerals. These nutrients can only be acquired via the conceiving mother.

Protection from hereditary diseases: As attention is paid to the moral aspect it should also be paid to health.

Antenatal care

A pregnant woman must make sure she does not expose herself to radiation or chemicals that may damage some of the cells or tissues of the fetus or lead to the occurrence of physical deformities. She must not use any medication during pregnancy without expert medical guidance. The use of some medication, particularly in the early stages of pregnancy, may cause deformities in the fetus or the malfunction of some of its organs.

Childbirth in a health facility and assisted by a health provider

It is also the child's right that its parents spare no effort to prepare appropriate and wholesome conditions for its birth.

Gender equity

No matter whether a child is born male or female, there should be no discrimination in the reception prepared for the newly born as they are ushered into life. The Quran chastised those Arabs who celebrated the birth of male children but expressed sadness and dissatisfaction when females were born. The Almighty Allah deplores such attitudes in the following Quranic verses: "When if one of them receives tidings of the birth of a female, his face remains darkened, and he is wroth inwardly. He hides himself from the folk because of the evil of that whereof he has had tidings, (asking himself): Shall he keep it in contempt, or bury it beneath the sand. Verily evil is their judgment." [Al-Nahl (The Bees); verses 58-59].



Psychological care for children:

Children should receive pleasant names so not to cause embarrassment, psychological disturbance, attract ridicule or arouse astonishment. It is preferable that names given to newly born children should be acceptable and not weird or objectionable.

A child's right for prosperity and inheritance:

It is well-known that Islam affirms the right of the newly born to owning property and to inheritance. The Almighty Allah said: "Allah directs you as regards to your children's (inheritance). To the male, a portion equal to that of two females." [Al-Nisaa (The Women); verse 11].

Islam and personal hygiene:

Islam's attention to cleanliness stems from the fact that it is the key to protection from diseases. To secure protection from intestinal diseases and to prevent the spread of infections Islam demands individuals wash their hands before eating. And because dirt collected underneath long nails provides a medium for the spread of disease, Islam urges Muslims to clip their nails.

Islam and environment

Islam takes great care for the environment with all its components, which the Creator has created. This is evident from many verses and Prophetic traditions, which command mankind not

to make mischief on Earth or abuse its environment. The Almighty Allah said: "Do good just as Allah has done you good and do not pursue mischief on the Earth, for Allah loves not those who make mischief." [Al-Qasas; verse 77]

Life skills:

Children have the right to be trained by their parents to perform the rituals of his or her religion. The importance of early training is that it allows religious practice to become an easy and acceptable habit that children will maintain and preserve. Parents should endeavor to be role models for their children in terms of adhering to best conduct. They also have the obligation to provide their children with love, kindness and mercy and to avoid harshness and cruelty.

A child's right to education and acquisition of talents

Once children reach the age of comprehension and learning, parents must provide knowledge that may develop their offspring's intellectual capabilities. Children need such guidance so they can recognize the various aspects of life surrounding them and know how to deal with and approach them. Such knowledge must help children understand that they are part of a collective society and that they cannot live isolated from others.

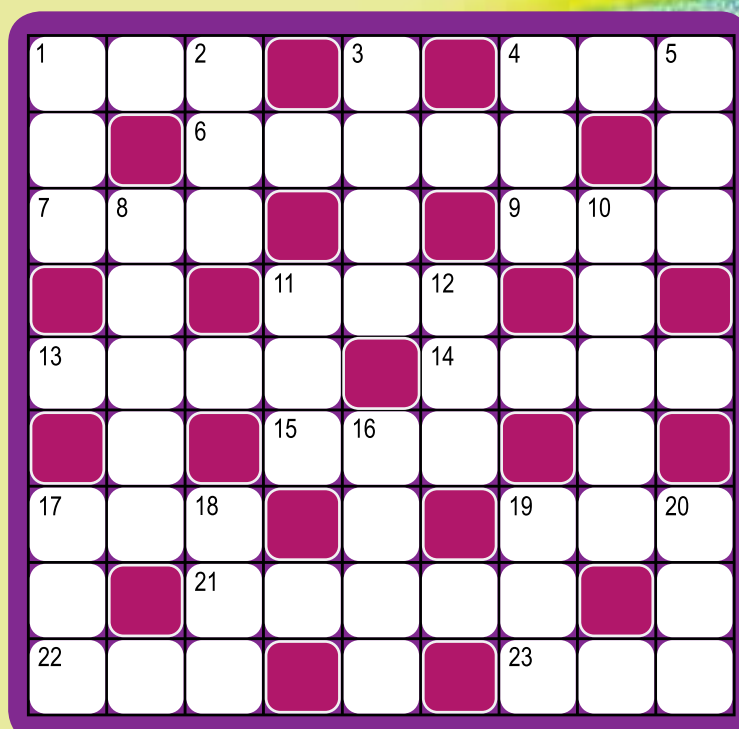
CROSSWORD

ACROSS

1. Submarine
4. Small insect
6. Seep blood
7. Segment of a circle
9. Rock containing precious metal
11. A poem
13. Tootsie
14. Made from sheep fur
15. Amount owed
17. Pig's home
19. Pose a question
21. Keen
22. Woman in religious order
23. Attempt

DOWN

1. Large body of water
2. British Broadcaster
3. Hostility between 2 families
4. Ruckus
5. Golf peg
8. Perch for birds
10. Violent public disturbances
11. Not young
12. Female sheep
16. Strongly encourage
17. Earth's closest star
18. Japanese money
19. Sculpture or painting
20. Lock necessity



Answers to 9x9 Crossword :

Across: 1.sub, 4.ant, 6.bleed, 7.arc,
9.ore, 11.ode, 13.roll, 14.wool, 15.due,
17.sty, 19.ask, 21.eager, 22.nun, 23.try
Down: 1.sea, 2.BBC, 3.fend, 4.ado,
5.tee, 8.roost, 10.riots, 11.old, 12.ewe,
16.urge, 17.sun, 18.yen, 19.art, 20.key

My Shadow

*I have a little shadow that goes in
and out with me,*

*And what can be the use of him
is more than I can see.*

*He is very, very like me from the
heels up to the head;*

*And I see him jump before me,
when I jump into my bed.*

*The funniest thing about him is
the way he likes to grow--*

*Not at all like proper children,
which is always very slow;*

*For he sometimes shoots up
taller like a rubber ball,*

*And he sometimes goes so little
that there's none of him at all.*

*He hasn't got a notion of how
children ought to play,*

*And can only make a fool of me
in every sort of way.*

*He stays so close behind me;
he's a coward you can see;*

*I'd think shame to stick to nursie
as that shadow sticks to me!*

*One morning, very early, before
the sun was up,*

*I rose and found the shining dew
on every buttercup;*

*But my lazy little shadow, like an
arrant sleepy-head,*

*Had stayed at home behind me
and was fast asleep in bed.*

by Robert Louis Stevenson



Photo: Syrian Children

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