RESOURCES

An Overview of Resources on the Family in the American Muslim Context

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Introduction
The purpose of this report is to give an overview of current resources and literature on the topic of the family in the American Muslim context and how the issue has been addressed thus far in the Muslim community. This is not meant to be a comprehensive report; the original plan was to collect as many resources as could be found on the topic, and to present a little of their content and findings, incorporating as many of the resources as possible. However, after collecting several hundreds of links to online articles, published research, and lectures, it was concluded that doing it this way would result in a prohibitively long article. So instead, for each topic below, some sentences are included summarizing the major themes found for that topic, followed by a very short list of just some of the resources available which may be useful for researchers and community members. At the end of this report, information on some conferences relevant to this topic is included.

Family Structure and Dynamics

Family Structure and Dynamics from an Islamic Perspective
In discussing family structure and dynamics from an Islamic perspective, these articles and books focused on topics such as the rights and responsibilities of husbands, wives, parents and children, the modern reality of Muslim families, and how Islamic teachings can help address this reality. Most of the articles put a particular emphasis on how Islam can be used positively to navigate changing gender dynamics within families.

Changing Family Structure and Dynamics of American Muslims

In these articles, the reality of changing family structures and dynamics among American Muslims was explored. A focus was put on the effects of the immigration or refugee resettlement process on these dynamics and changing gender roles was again a common theme.

- **Muslim Marriages in the Western World: A Decade Review** (Manijeh Daneshpour, 2016):

- **Familial Relationships Among Muslim Couples and Parents in the United States: A Qualitative Study** (Zahra Aqeel Alghafli, 2015):
  [https://digitalcommons.lsu.edu/cgi/viewcontent.cgi?article=4620&context=gradschool_dissertations](https://digitalcommons.lsu.edu/cgi/viewcontent.cgi?article=4620&context=gradschool_dissertations)

- **Displacement Effects on Gender Roles, and Family Structure: Muslim Meskhetians** (Ekaterine Pirtskhalava, 2015):
  [https://www.hrpub.org/download/20151130/SA5-19604963.pdf](https://www.hrpub.org/download/20151130/SA5-19604963.pdf)


Navigating Difficult Relationships with Family Members, Especially Parents

Below are multiple resources on navigating difficult family relationships, some of which were written by those who have experienced it first-hand.

- **Navigating Difficult Family Dynamics** (Tamara Grey and Rania Awaad, 2022):
  [https://www.youtube.com/watch?v=s_ia4RzodCs&list=PL9uyRQTMUugmgYbESE5ngoGhr1WCUtQwY&index=5](https://www.youtube.com/watch?v=s_ia4RzodCs&list=PL9uyRQTMUugmgYbESE5ngoGhr1WCUtQwY&index=5)

- **Navigating My Home – The War Zone That Was My Parents Marriage** (2022):

- **Me, Myself, My Mother and Our Strained Relationship** (Andleeb Ahmed, 2020):


- **Obedience To Parents And Its Limits** (Justin Parrott, 2023):
  [https://muslimmatters.org/2023/03/03/obedience-to-parents-and-its-limits/](https://muslimmatters.org/2023/03/03/obedience-to-parents-and-its-limits/)

- **The Rights of Parents vs Parental Oppression** (Isa Parada, 2023):
Multigenerational Homes and Caring for Parents As They Age
Research on this topic included how the family structure of Muslim families differ from many other American families, in the fact that they are more likely to live in multigenerational homes, and resources for those who are caring for their parents as they age.

- The Family and Youth Institute Eldercare Toolkit: [https://www.thefyi.org/toolkits/eldercare-toolkit/](https://www.thefyi.org/toolkits/eldercare-toolkit/)
- An Aging Loved One: What to Expect, and How to Prep (Nadeem Siddiqi, Maryum Khawaja, and Omar Haydar, 2022): [https://www.youtube.com/watch?v=dLT9FSod-bM](https://www.youtube.com/watch?v=dLT9FSod-bM)

Child Custody, Coparenting, and Blended Families
Articles found on this topic included discussions on child custody in Islam, tips on coparenting with a former spouse, and advice for step-parents and for navigating the blending of families.

- Blended Families: An Islamic Approach to Unconventional Family Structures (Shadeed Muhammad, 2018): [https://www.youtube.com/watch?v=GDdI5_M1Frw](https://www.youtube.com/watch?v=GDdI5_M1Frw)

Foster Care and Adoption
These resources included information on the Islamic view of foster care and adoption (and the difference between *tabannī* and *kafāla*), its intersection with American adoption laws, and on Muslims’ opinions and experiences regarding adoption and foster care.
• Striving to Find Foster Parents in America’s Largest Muslim Community (Josh Herman, 2016): https://imprintnews.org/news-religious-cultural-continuity-key-stability-muslim-children-foster-care/18544
• The Importance of Foster Care (Farhana Querishi, Mohamad Baajour, and Yasir Qadhi, 2023): https://www.youtube.com/watch?v=Bc-4NI4Ofj8
• Islamic Law and Adoptions (Faisal Kutty, 2014): https://www.researchgate.net/publication/263276855_Islamic_Law_and_Adoptions#fullTextFileContent
• The Muslim orphan paradox: Muslim Americans negotiating the Islamic law of adoption (Nermeen Mouftah, 2020): https://www.proquest.com/openview/c2e447b20fbb86774fd603886a0e222c/1?pq-origsite=gscholar&cbl=54249

Interracial, Intercultural, and Interfaith Marriages

Major themes found in this topic include the Islamic view of interracial and intercultural marriages (with an emphasis on the example of Prophet Muḥammad’s marriage to Ṣafīyya bint Ḩuyayy and his arranging of marriages between ṣaḥāba of different racial/ethnic backgrounds), tips on navigating conflicts and challenges that can come up when getting married to someone of a different culture, and some statistics on interfaith marriages.

• To Have and To Hold: Interfaith Marriage Just as Common among Muslim Americans as Christians (Youssef Chouhoud, 2019): https://www.ispu.org/to-have-and-to-hold-interfaith-marriage-just-as-common-among-muslim-americans-as-christians/

Parenting: Developing Skills and Dealing with Challenges

Parenting from an Islamic Perspective
There are numerous articles and online lectures going over parenting from an Islamic lens. Many of these resources focus on the Prophet’s treatment of children and on deriving principles of parenting from verses of the Qur’ān and the sunnah, and some combine these Islamic principles with parenting models and theories found in modern psychology.

- Parenting Skills: Based on The Qur’an and Sunnah by Ekram Beshir and Mohamed Rida Beshir (2004)
- Prophetic Parenting (Hooman Keshavarzi and Kashmala Qasim, 2022): https://www.youtube.com/watch?v=Kse0CHO3O4o
- Exploring Theology And Practice In Islamic Parenting (Mergin Akin, 2012): https://stars.library.ucf.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=3267&context=etd

Challenges of Raising Muslim Children in North America
These articles and lectures focused on the unique challenges Muslim parents face in raising their children to be religious in North America and advice on how to do so. Some of the
challenges included lack of familial and societal support (which may be available in Muslim-majority countries), raising their children to be secure in their Islamic values and to be practicing Muslims in a society that is overwhelmingly non-Muslim, and worries that children will be negatively influenced by non-Islamic values that are common in society. Some of these resources also went over the strengths that exist here, such as more freedom and opportunity. As parents, raising children in North America requires being active in your own Islamic development in order to support your children’s development, and being more deliberate in creating support systems for your family.

- *Meeting the Challenge of Parenting in the West: An Islamic Perspective* by Ekram Beshir and Mohamed Rida Beshir (1998)
- Modern Muslim Parenting (Rania Awaad, Heba El-Haddad, and Jabir Tarin, 2022): [https://www.youtube.com/watch?v=-O0DdoDeq&amp;list=PL9uyRQTMUugmgVbESE5ngoGhrIWCuTQwy&amp;index=7](https://www.youtube.com/watch?v=-O0DdoDeq&amp;list=PL9uyRQTMUugmgVbESE5ngoGhrIWCuTQwy&amp;index=7)

Instilling Faith and an Islamic Identity

A common challenge that was brought up repeatedly in the research was how to instill faith and a strong Islamic identity in children. These articles provide guidance on doing so, with some incorporating psychological models on how faith is passed down from parent to child, how parental practices can adversely affect a child’s faith development, and the influence
of various sources of socialization (such as family, peers, and religious and societal institutions) on this development.

- When Parents Beg Their Kids To Believe (Omar Suleiman, 2023): https://yaqeeninstitute.org/omar-suleiman/when-parents-beg-their-kids-to-believe-khutbah

Instilling Values and Responsibility
These resources address how to instill values such as good manners, respect, responsibility, and justice in our children. They include tips such as modeling the values which we want our children to develop, the kinds of conversations parents should have with their children at different stages of their lives, building responsibility and maturity in children by
gradually entrusting them with tasks from a young age and building on this as they grow, allowing them room to make their own decisions and to contribute to family decisions, and the need to be adaptable to the different world that our children are growing up in.

- *Preparing for Life: How to Help One's Children Become Mature and Responsible Adults* by Muhammad Abdul Bari (2022)

One avenue to instill values in children is through sports. Articles on this topic discuss how sports are addressed in Islamic sources, the benefits that can come from encouraging sport involvement in children, and efforts that Muslim communities have made in doing so. The significance of the Morocco soccer team’s success in the 2022 FIFA World Cup held in Qatar and the lessons it can teach to our children were highlighted. These resources also include spotlights on Muslim athletes practicing their faith publicly and standing for their values, as well as the conflict some may have when they participate in specific sports that may have *ḥarām* aspects to them.

- *Islam and Sport: From Human Experiences to Revelation* (Baidruel Hairiel Abd Rahim, Nurazzura Mohamad Diah, Haizuran Mohd Jani, and Abdul Sham Ahmad, 2019): [https://www.proquest.com/openview/866eed6c602aba546a0ac9fe3d88ec8/1?pq-origsite=gscholar&cbl=826340](https://www.proquest.com/openview/866eed6c602aba546a0ac9fe3d88ec8/1?pq-origsite=gscholar&cbl=826340)
- Inspirational Takeaways From The Qatar World Cup (Muhammad Wajid Akhter, 2022): [https://muslimmatters.org/2022/12/14/5-inspirational-takeaways-from-the-qatar-world-cup/](https://muslimmatters.org/2022/12/14/5-inspirational-takeaways-from-the-qatar-world-cup/)
• *Proud: My Fight for an Unlikely American Dream* by Ibtihaj Muhammad and Lori Tharps (2018)
• Risking It All For What You Believe In (Mahmoud Abdul-Rauf, 2023): https://www.youtube.com/watch?v=-U8nVgXcKyc
• *STAND* documentary by Showtime (2023)

**Nurturing Care and Compassion in the Family**
These articles and books speak on the importance of care, compassion, and empathy in Muslim families, and how this can be an act of worship rewarded by Allah. The benefits of empathetic parenting to the development of children, how to become an empathetic parent, and positive discipline techniques are also discussed.

• *Positive Parenting in the Muslim Home* by Noha Alshugairi and Munira Lekovic Ezzeldine (2017)

**Exploring Race, Ethnicity, and Culture**
Many times, Muslims speak of culture as a bad thing, as something that is in opposition with the correct practice of Islam. This research goes over how building a connection to culture and taking the good aspects of racial awareness, ethnicity, and culture can be positive and an important avenue for building and maintaining ties among family members and developing a healthy sense of self, identity, and resilience in children and adolescents. These resources also go over the importance of having culturally centered programming
that allow youth to feel positive about their cultural and racio-ethnic identities, and how their development of faith can be affected by their sense of and connection to a positive ethnic and cultural identity.

- Getting Race Right (Zeba Iqbal, 2016): [https://www.ispu.org/getting-race-right/](https://www.ispu.org/getting-race-right/)
- Transitions in Parenting Among Somali Refugee and Immigrant Families: Acculturation in the U.S. and the Preservation of Traditional Culture and Values (Judith Louise Wolf, 2010): [https://scholarworks.smith.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1585&context=theses](https://scholarworks.smith.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1585&context=theses)

Adapting to the Changing Nature of Youth Challenges

There were many resources available online on the challenges that youth face growing up today in North America, along with tips for youth and for parents on how to navigate these challenges. Some of the common challenges that were addressed are highlighted in the subsections below.

AN OVERVIEW OF RESOURCES ON THE FAMILY

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• The Family & Youth Institute Youth Research: https://www.thefyi.org/youth-research/

Faith and Identity
This was by far the most explored youth challenge in the research. Online resources focus on what causes a crisis of faith and identity in American Muslim youth, factors that can protect youth from experiencing doubt, and what parents and communities can do to address this crisis.

• Strengthening Religious Literacy (Zeba Iqbal, 2016): https://www.ispu.org/strengthening-religious-literacy/

Bullying
One factor which led to youth questioning their identity was bullying. These resources focused on the prevalence of bullying (including religious-based bullying and cyberbullying) and equipping Muslim children to deal with this.

• The Family & Youth Institute Bullying Prevention Toolkit: https://www.thefyi.org/toolkits/youth-support-tool-kit/
• MuslimMatters Bullying and Islam Series: https://muslimmatters.org/category/life/bullying-and-islam-series/

Drugs and Substance Abuse
The resources found on this topic spoke about the problem of substance abuse and addiction in the American Muslim community (particularly among the youth), the underlying causes of this use, and building solutions.

• Islam, Marijuana & Our Youth (Rania Awaad, Rami Nsour, and Amer Raheemullah, 2019): https://www.youtube.com/watch?v=FZceon77dow

Sex and Sexual Education
There were numerous articles on the topic of speaking to Muslim youth about sex, the role of parents as sexual educators, navigating sexual education curriculums in public schools, and the prevalence of premarital sex and pornography addiction among American Muslim youth. These articles emphasize the need for Muslim parents to take a proactive role in having these conversations and they provide advice on how to do so.

• Let’s Talk About Sex (Even Though We’re Muslim): A Qualitative Research Proposal to Explore Parent-Teen Communication about Sexual and Reproductive Health in Muslim-American Families (Nawal Qaiser Umar, 2021): https://academiccommons.columbia.edu/doi/10.7916/d8-7qdt-1s22
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- Pornography & Muslim Youth: Preliminary Research Findings (2022): [https://www.thefyi.org/porn-findings/](https://www.thefyi.org/porn-findings/)
- The Family & Youth Institute Porn Addiction Toolkit: [https://www.thefyi.org/toolkits/porn/](https://www.thefyi.org/toolkits/porn/)

Culture and Generation Gaps
Articles on this topic focused on factors that can either increase or decrease the generation and culture gaps between Muslim parents and children, and the effect of these gaps on children and teen behavior.

Social Media and the Internet
Social media overuse and the exposure of children to inappropriate material on the internet is a growing concern for Muslim parents. These resources went over the dangers of unsupervised access to the internet, keeping safe online, how to have conversations and set boundaries with children regarding internet usage, and how to connect more as a family in a highly technological world.
- *Fiqh of Social Media: Timeless Islamic Principles for Navigating the Digital Age* by Omar Usman (2020)
- *The Social Media Workbook for Muslim Youth* by Mona Islam and Malaz Mohamad (2019)
- Tackling Technology Tactfully (Habeeb Quadri, 2016): [https://www.ispu.org/tackling-technology-tactfully/](https://www.ispu.org/tackling-technology-tactfully/)
**Parenting in the Age of Social Media** (Rania Awaad and Hosai Mojaddidi, 2017): [https://www.youtube.com/watch?v=Vov6uLZCjuU&list=PL9uyRQTMMugmgVbESE5ngoGhr1WCuTQyw&index=6](https://www.youtube.com/watch?v=Vov6uLZCjuU&list=PL9uyRQTMMugmgVbESE5ngoGhr1WCuTQyw&index=6)

**Promoting Connection with Children in a Hyper-Technological World** (Kashmala Qasim, 2022): [https://www.youtube.com/watch?app=desktop&v=s4ESTULmCL4&t=2448s](https://www.youtube.com/watch?app=desktop&v=s4ESTULmCL4&t=2448s)


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**The Impact of Family on Education**

Resources on this topic focused on the challenges American Muslim families face in providing their children with a well-rounded education, how parents can support their children’s education more effectively, how education is something that is not limited to school but includes the home and family environment, getting more involved in public and Islamic schools, and school choice of Muslim families.

- Supporting Your Child's Education (Omar Zia, 2022): [https://www.youtube.com/watch?v=sIM80jFghMg&list=PLxiZRQn_Y6VJiuCgFD5ksvPMnd_Gzt-6d&index=14](https://www.youtube.com/watch?v=sIM80jFghMg&list=PLxiZRQn_Y6VJiuCgFD5ksvPMnd_Gzt-6d&index=14)
- MuslimMatters Education articles: [https://muslimmatters.org/category/life/education/](https://muslimmatters.org/category/life/education/)

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**School Choice: Public, Islamic, or Homeschooling?**

These articles and videos went over the many factors that go into choosing whether to send Muslim children to public school, Islamic school, other private schools, or to homeschool. There were also studies on the expectations and experiences of both parents and children within these various types of schools, the pros and cons of each schooling option, and tips for parents. One common point that was consistently emphasized was that no matter which schooling option is chosen, parents need to play a very active role in their children’s schooling, Islamic education, and character development.

On the topic of American Muslims in public schools, these resources discussed Muslim parents’ views of public schools, the experience of Muslim children in American public schools, the development of Muslim identity within public schools, and advice on how parents can support their children in public schools by having conversations with their teachers and school administrators, especially regarding religious practice.

- **Islamic Schools vs. Public Schools: A Case Study of the School Choices of Muslim Parents and the Social and Academic Experiences of Students and Young Adults** (Rafia Hasan, 2018):
  https://www.proquest.com/openview/c9083682c8a34900083b3b7d19e2cab7/1?pq-origsite=gscholar&cbl=18750

  https://www.youtube.com/watch?v=lR9niSy-LNY

- **Islamic School, Public School Or Home School?** (Abu Eesa Niamatullah, 2021):
  https://www.youtube.com/watch?v=KNcntHs5XfQ

  https://www.youtube.com/watch?v=quMCo7javOw

- **Revert Realities: Episode #71 - Islamic School vs. Public School or Homeschool** (2021):
  https://www.youtube.com/watch?v=fkP2sHr9O3Y

- **MuslimMatters Podcast: Public School, Islamic School, Or Homeschool Education?** (Omar Abdul Fatah, 2023):
  https://muslimmatters.org/2023/08/30/podcast-public-school-education-islamic-school-or-homeschool-omar-abdul-fatah/

- **Muslim Parents’ Shared Viewpoints About U.S. Public Schools: A Q Methodological Study** (Amira Soliman, 2016):
  https://www.proquest.com/openview/8edcf73ddc9aff96a749204f05d03427/1?pq-origsite=gscholar&cbl=18750&diss=y

- **Muslim Parents’ Expectations in the Public High School Education System** (Tamer Hamid, 2021):
  https://digitalcommons.hamline.edu/cgi/viewcontent.cgi?article=1744&context=hs_ec

- **Muslim American Identity Under Siege: Muslim Students’ Perspective of American High Schools** (Iram Jamil Shaikh Jilani, 2015):
  https://repository.library.northeastern.edu/files/neu:rx915467r/fulltext.pdf

- **Being Muslim in Public School - How Parents Can Effectively Communicate with Teachers** (Nargis Rahman, 2019):
  https://blog.hautehijab.com/post/parent-teacher-communication-tips

- **From Muslim Parents To Educators: A Back To School Resource** (Zainab bint Younus, 2022):
  https://muslimmatters.org/2022/09/07/from-muslim-parents-to-educators-a-back-to-school-resource/
When speaking about Islamic schools, some topics that were highlighted included the reasons parents choose these schools, the roles parents can take in supporting Islamic schools and how this affects the development and quality of the education which Islamic schools provide, and what factors allow students to feel more of a sense of belonging in Islamic schools and how this can support the children’s educational success and their development of an Islamic identity. The shortcomings of Islamic schools, particularly when it comes to the fact that many lack a rigorous, consistent, and coherent Islamic curriculum were also explored, begging the question: is the Islamic education provided at full-time Islamic schools or weekend Islamic schools enough for our children?

- Engaging Muslim Students in Public Schools: What Educators Need to Understand by Michael Abraham (2020)

- Muslim Educators in American Communities by Charles L. Glenn (2018)

- Road of Parental Believes and Focus to Improve the Quality of Islamic Schooling in the Western World (Ruba Alshboul, Haifa Fawaris, and Asmaa Alshbool, 2021): https://files.eric.ed.gov/fulltext/EJ1326215.pdf

- Students’ Sense of Belonging at Full-Time Islamic Schools in the United States: A Phenomenological Study (Seem Imam and Shaza Khan, 2022): https://scholarworks.iu.edu/iupjournals/index.php/jems/article/view/4487


- "I Vowed to Never Put My Kids in Islamic Schools" (Farrah Marfatia, 2015): https://www.youtube.com/watch?v=bvJ_DUXrK5I


The articles and videos included here speak on the reasons American Muslims have for choosing homeschooling – including the ability to focus more on religious development, flexibility to plan education around the needs and interests of the child, a closer connection to the family, and exposure to real-life by experiential learning – addressing stereotypes, and tips for parents who want to homeschool.

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• Muslim Homeschooling (Priscilla Martinez, 2009): https://www.researchgate.net/publication/289880844_Muslim_Homeschooling
• Homeschooling 101: What to expect in your first year by Ismail Kamdar and Zohra Sarwari (2015)
• The Muslim Family Guide to Successful Homeschooling: Advice on Teaching and Parenting the Muslim Child by Jamila Alqarnain (2011)
• How to Start Homeschooling (Gemma Elizabeth, 2021): https://www.youtube.com/watch?v=p9su8AlOjiQ
• Homeschooling 101 (Zohra Sarwari, 2017): https://www.youtube.com/watch?v=vKZu0qag42A

Family and Gender Issues
There were many interesting resources on this topic, ranging from rethinking the concept of male authority and guardianship in Islam to addressing the messaging on male and female roles in the storybooks we allow our children to read. The major themes found in the research are listed below.

Gender Differences and Gender Roles
Some topics covered in the resources below include the realness of two distinct genders (as opposed to some modern discourse which tries to erase gender distinctness), understanding Qur’anic verses that have been discussed extensively regarding gender, gender roles in marriage and in the home, and the importance of fatherhood.
• Gender: Towards An Islamic Paradigm (Furhan Zubairi, 2022): https://muslimmatters.org/2022/06/25/gender-towards-an-islamic-paradigm/
• Gender & Gender Roles in Islam (Yasir Qadhi, 2021): https://www.youtube.com/watch?v=xjUt03DtsW0
• Rebellious Wives, Neglectful Husbands: Controversies in Modern Qur’anic Commentaries by Hadia Mubarak (2022)
Topics Related Specifically to Women


Topics Related Specifically to Men

- DoubleTake Podcast: The Man’s Role at Home (Mohammad Elshinawy, 2022): https://yaqeeninstitute.org/mohammad-elshinawy/the-mans-role-at-home-doubletake-podcast
- The Importance of Muslim Fathers in America (Brady Silva, 2019): https://scholars.unh.edu/cgi/viewcontent.cgi?article=1062&context=spectrum
- African American Muslim fathers and the factors that influence their notion of fatherhood (Usama M. Hussein, 2014): https://via.library.depaul.edu/cgi/viewcontent.cgi?article=1163&context=etd

Femininity and Masculinity

In discussing masculinity and femininity, the following books, articles, and videos address defining these concepts based on the Qurʼān, sunnah and Islamic history, what influences
the development of these concepts in the modern day, and how to raise children with healthy understandings of what it means to be a man or a woman.

**Femininity**

- Reorienting Women’s Values: Reframing the Gender Question (Zara Khan, 2019): [https://yaqeeninstitute.org/zarakhan/reorienting-womens-values](https://yaqeeninstitute.org/zarakhan/reorienting-womens-values)

**Masculinity**

- *Futuwwah and Raising Males Into Sacred Manhood* by Dawud Walid (2020)
- Futuwwa – How to Utilize the Islamic Concept of Nobleness to Develop a Sound Islamic Masculinity (Seyed Jamaluddin Miri, 2022): [https://www.youtube.com/watch?v=69xnzM_d9K0&list=PL3hSw_ymCT0IShKmnLzn0sV1hmcugkE4X&index=5](https://www.youtube.com/watch?v=69xnzM_d9K0&list=PL3hSw_ymCT0IShKmnLzn0sV1hmcugkE4X&index=5)
LGBTQ and Gender Identity
These articles and videos go over the traditional Islamic view of LGBTQ issues, including homosexuality, gender nonconformity, transgenderism, and the case of intersex individuals, as well as the philosophical underpinnings and politics of the modern LGBTQ movement. They also address navigating these topics as faithful Muslims living in modern day America and speaking to children about it, where this is considered a sensitive and increasingly urgent issue which the community cannot ignore. They touch upon how Muslims who are experiencing same sex attractions, gender dysphoria, and questions of their gender identity can grapple with this while still being faithful to classical Islamic understandings of these topics.

- Islam and LGBTQ (Omar Suleiman, Mustafa Omar, Sarah Sultan, and Ubaydullah Evans, 2022): https://www.youtube.com/watch?v=wb_aqp3yAh0
- Why Muslims Shouldn’t Celebrate Pride Month (Yasir Qadhi, 2023): https://www.youtube.com/watch?v=ycaDFDo08hc
- How Should Muslim Students Interact with People who Identify as LGBTQ? (Yasir Qadhi, 2021): https://www.youtube.com/watch?v=K-7fMtAjZw0
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• A Question on Gender Dysphoria in Islam (Yasir Qadhi, 2020):
  https://www.youtube.com/watch?v=dh9Rvluzg90
• Fatwa Regarding Transgenderism (Yasir Qadhi, 2022):
  https://muslimmatters.org/2022/06/21/fatwa-regarding-transgenderism/
• Confronting the Transgender Ideology (Yasir Qadhi, 2023):
  https://www.youtube.com/watch?v=vEKQv04O8cS
• Straight Struggle: The Human Component (Waheed Jensen, 2020):
  https://www.youtube.com/watch?v=ipxCFABfYjA
• Dogma Disrupted Podcast: Living with Same-Sex Attraction as a Muslim (Tom Facchine and Waheed Jensen, 2023):
• A Way Beyond The Rainbow Podcast (Waheed Jensen):
  https://open.spotify.com/show/3E6MSrBBT2AqKbHxKh7Gis
• Talking to Our Children About Gender and LGBT: A Conversation on Practical Tips for Muslim Parents (Yasir Qadhi, Moeen Vaid, and Sharif El-Tobgui, 2022):
  https://www.youtube.com/watch?v=Eeaa5Hb3J3o
• Dogma Disrupted Podcast: The Coalition Fighting Gender Ideology in Schools (Tom Facchine, Kareem Monib, and Sameerah Munshi, 2023):
  https://www.youtube.com/watch?v=MgzNAAXORhQ
• Dogma Disrupted Podcast: Students and Parents Dealing with LGBTQ Pressure (Tom Facchine and Ahmad Saleem, 2023):
  https://www.youtube.com/watch?v=LaRz13MG26g
• A Response To Wajahat Ali: American Muslims And The LGBTQ Political Project (Zaid Shakir, 2023):
• When the ‘left’ lectures Muslims on the ‘right’ on LGBTQ curriculums (Suleiman Hani, 2023):
  https://religionnews.com/2023/07/18/when-the-left-lectures-muslims-on-the-right-on-lgbtq-curriculums/

Family and Mental Health
Articles and online lectures on the topic of family and mental health focused on how to raise mentally healthy children, the impact of family conflict and family changes on our mental wellbeing, and dealing with the mental health issues of a parent or child.
• Parenting from an Islamic Psychology Lens (Kashmala Qasim, 2022):
  https://www.youtube.com/watch?v=v2Slwv3cMj8
• Socially and Emotionally Conscious Child Rearing Toward Producing Psychological Resilience (Hooman Keshavarzi and Jaleel Abdul-Adil, 2017): https://www.youtube.com/watch?v=Jt52NfGO4wU&list=PLtEtn0apL5MJLEtyiV-6PTn3eT_iFbh0b&index=9


• Common Family Issues Affecting Our Well-Being (Samar Harfi, 2016): https://www.youtube.com/watch?v=oaMJ8HxkmwA&list=PLtEtn0apL5MJ0Nk57htm-opV7Nbn0P7J6&index=5

• Effects of Marital Conflict on Children (Saadia Yunus, 2018): https://www.youtube.com/watch?v=nEVmC_RyJbg&list=PLtEtn0apL5MJ0Nk57htm-opV7Nbn0P7J6&index=15


• Effect of Parenting Styles on Children’s Emotional and Behavioral Problems Among Different Ethnicities of Muslim Children in the U.S. (Noor A. Rosli, 2014): https://epublications.marquette.edu/cgi/viewcontent.cgi?article=1377&context=dissertations_mu


• The Family & Youth Institute Infant Mental Health Toolkit: https://www.thefyi.org/toolkits/infant-mental-health/

• New Motherhood: When Mom Is Sad (Najwa Awad, 2019): https://muslimmatters.org/2019/02/21/new-motherhood-mom-is-sad-postpartum-depression/


**Addressing the Root Causes of Family Challenges**

There were many topics that could be explored when looking at the root causes of the challenges American Muslim families face. This section includes just some of the topics
that families are dealing with which might affect how they live and how they raise their children.

The Effects of the COVID-19 Pandemic


Poverty


• To Be Poor and Ignored During Ramadan (Khaled Beydoun, 2018): https://www.nytimes.com/2018/06/13/opinion/ramadan-muslim-charity-poverty.html

• Poor and Muslim in “War on Terror” America (Khaled Beydoun, 2015): https://www.theislamicmonthly.com/poor-and-muslim-in-war-on-terror-america/


Health Challenges and Disparities

• The Islamic tradition and health inequities: A preliminary conceptual model based on a systematic literature review of Muslim health-care disparities (Aasim I. Padela and Danish Zaidi, 2018): https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5782414/

• Cultural Competence in the Care of Muslim Patients and Their Families (Basem Attum, Sumaiya Hafiz, Ahmad Malik, and Zafar Shamoon, 2023): https://www.ncbi.nlm.nih.gov/books/NBK499933/


• Islamophobia and Public Health in the United States (Goleen Samari, 2016): https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5055770/


• Trump’s ‘Muslim ban’ harmed health of Muslim Americans, study finds (Michael Greenwood, 2021): https://news.yale.edu/2021/07/30/trumps-muslim-ban-harmed-health-muslim-americans-study-finds
• Discrimination, Life Stress, and Mental Health Among Muslims: A Preregistered Systematic Review and Meta-Analysis (Ummul-Kiram Kathawalla and Moin Syed, 2021):
  https://online.ucpress.edu/collabra/article/7/1/28248/118767/Discrimination-Life-Stress-and-Mental-Health-Among
• Mental Health Disparities: Muslim Americans (2018):
  https://www.psychiatry.org/getmedia/3b170f1d-565f-4fec-b9bc-23ea1da1c0ab/Mental-Health-Facts-for-Muslim-Americans.pdf

Pregnancy, Infertility, and Child Loss
• Pregnancy, Bringing an Informed & Islamic Perspective (Hebaa Rizeq, 2022):
  https://www.youtube.com/watch?v=019Kr-74OQc&list=PLxiZRQn_Y6VJiuCgFD5ksvPMnd_Gzt-6d&index=6
• *Heaven Under Your Feet: Pregnancy for Muslim Women* by Umm Hasan bint Salim (2009)
• Fiqh of Pregnancy and Newborns (Omar Suleiman, 2013):
  https://muslimcentral.com/omar-suleiman-fiqh-pregnancy-newborns/
• Health-related maternal practices of immigrant Muslim mothers in the United States (Ghadir Fakhri Al-Jayyousi and Karen S. Myers-Bowman, 2019):

Abortion
• Islam and the Abortion Debate (Omar Suleiman, 2017):
  https://yaqeeninstitute.org/read/paper/islam-and-the-abortion-debate
• Reflections On the Overturning of Roe Vs. Wade (Yasir Qadhi, 2022):
  https://www.youtube.com/watch?v=1LC8BN608tY
• Rulings on Abortion and IVF in Islam (Hatem Al-Haj and Yasir Qadhi, 2020):
  https://www.youtube.com/watch?v=F6O1cRVEiNQ
• Reflections on Muslim Approaches to the Abortion Debate: The Problem of Narrow Conceptualization (Salman Younas, 2019):
• The Majority of American Muslims Believe Abortion Should be Legal in All or Most Cases (Erum Ikramullah and Meira Neggaz, 2022):
  https://www.ispu.org/2022-abortion-data/
• The Most Important Islamic Law on Abortion? A Muslim Doctor Says: Compassion (Nour Akhras, 2022): https://www.interfaithamerica.org/the-most-important-islamic-law-on-abortion-a-muslim-doctor-says-compassion/
Infertility and Child Loss

- Taking Control: A Muslim Woman’s Guide to Surviving Infertility by Farah Dualeh (2022)
- Child Loss, Bereavement and Hope: A Muslim mother’s perspective by Farhat Amin (2018)
- Children of Jannah Resources: https://www.childrenofjannah.com/resources

Caring for Family Members with Special Needs

- Experiences of Muslim Mothers of Children with Disabilities: A Qualitative Study (Enaya Othman, Lee Za Ong, Irfan A. Omar, Abir K. Bekhet, and Janan Najeeb, 2022): https://epublications.marquette.edu/cgi/viewcontent.cgi?article=1008&context=arabic
Domestic Violence and Abuse in the Home

- *The Muslim Narcissist: An Islamic Guide to Understanding, Surviving and Healing from Narcissistic and Spiritual Abuse* by Mona Alyedreessy (2021)

- Peaceful Families Project Imam and Chaplain Toolkit: [https://www.peacefulfamilies.org/imam-toolkit.html](https://www.peacefulfamilies.org/imam-toolkit.html)
- North American Islamic Shelter for the Abused Resources: [https://asknisa.org/resources/](https://asknisa.org/resources/)

Racism

- Racism In Muslim America – Unpacking The Conversation (Luqman Ahmad, 2022): [https://muslimmatters.org/2022/02/04/racism-in-muslim-america-unpacking-the-conversation/](https://muslimmatters.org/2022/02/04/racism-in-muslim-america-unpacking-the-conversation/)
- Black Muslim Experiences Toolkit: [https://www.ispu.org/black-muslims/](https://www.ispu.org/black-muslims/)
Building Family Stability in the Community

This section includes resources on preparing for marriage (including articles on premarital education and premarital counseling), building strength within existing marriages, and dealing with divorce.

The Path to Marriage

- **Before You Tie the Knot: A Guide for Couples** by Salma Elkadi Abugideiri and Imam Mohamed Magid (2014)
- **Before the Nikah: Proven Principles to Help Single Muslims Choose Wisely and Build Strong Marriages** by P. Aneesah Nadir (2021)
- Some Muslim American women say they are facing a ‘marriage crisis.’ These photos tell their stories. (Aysha Khan, 2021): [https://www.thelily.com/some-muslim-american-women-say-they-are-facing-a-marriage-crisis-these-photos-tell-their-stories/](https://www.thelily.com/some-muslim-american-women-say-they-are-facing-a-marriage-crisis-these-photos-tell-their-stories/)
- The Family & Youth Institute Marriage Prep Toolkit: [https://www.thefyi.org/toolkits/marriagepreptoolkit/](https://www.thefyi.org/toolkits/marriagepreptoolkit/)
Stability Within Marriages and Families

- Prioritizing Marital Commitment (Sadia Jalali, 2018): https://www.youtube.com/watch?v=uq5n87-Sjog
- Practicing Mindfulness in Marriage (Saarah Khan and Emad Moghrabi, 2022): https://www.youtube.com/watch?v=F49TSfi_fmQ&list=PLxiZRQn_Y6VJiuCgFeD5ksvPMnd_Gzt-6d&index=19
- The Family & Youth Institute Marriage Research: https://www.thefyi.org/marriage-research/
- MuslimMatters Relationships Articles: https://muslimmatters.org/category/life/relationships/

Dealing With Divorce

The Role of Imams, Chaplains, Masjids, and Muslim Organizations in Supporting Families

Articles on this topic focus on the importance of the mosque to family life and how to support families’ needs within the mosque, the role of Muslim community organizations and nonprofits in helping families through social service programs, and the need to invest more in these programs and in individuals in key counseling roles, such as imams and chaplains.

• Spiritual First Responders: The Experiences Of Imams In Their Mosques During Their Personalized Interactions With The Congregants They Serve (Leila Khalid Warraich, 2021): [https://scholarworks.wm.edu/cgi/viewcontent.cgi?article=7148&context=etd](https://scholarworks.wm.edu/cgi/viewcontent.cgi?article=7148&context=etd)
• Role of Mosque Communities in Supporting Muslims with Mental Illness: Results of CBPR-oriented Focus Groups in the Bay Area, California (Sara Ali, Aafreen Mahmood, Aminah McBryde-Redzovic, Fairuziana Humam, and Rania Awaad, 2022): [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9628571/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9628571/)
• The role of the mosque and its relevance to social work (Alean Al-Krenawi, 2016): [https://journals.sagepub.com/doi/10.1177/0020872815626997?icid=int.sj-abstract.similar-articles.1](https://journals.sagepub.com/doi/10.1177/0020872815626997?icid=int.sj-abstract.similar-articles.1)
• End of Life Care and the Chaplain's Role on the Medical Team (Mary Lahaj, 2011): [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3516106/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3516106/)
• Muslim patients in the U.S. confronting challenges regarding end-of-life and palliative care: the experiences and roles of hospital chaplains (Robert Klitzman, Gabrielle Di Sapia Natarelli, Elizaveta Garbuzova, Stephanie Sinnappan, and Jay Al-Hashimi, 2023): 
  https://bmcpalliatcare.biomedcentral.com/articles/10.1186/s12904-023-01144-1

• African American Muslim Mosques and Philanthropy (Ihsan Bagby, 2022): 
  https://www.proquest.com/openview/5cceed752806d74e6275a91e81ae304c8/1?pq-origsite=gscholar&cbl=4589206

• Rust Belt Revitalization, Immigration, and Islam: Toward a Better Understanding of Mosques in Declining Urban Neighborhoods (Rebecca A. Karam, 2017): 
  https://journals.sagepub.com/doi/10.1111/cico.12244

• Muslim West Detroit: Black Neighborhood Institutions and Their Legacies (Alisa Perkins, 2022): 
  https://scholarworks.iu.edu/iupjournals/index.php/muslimphilanthropy/article/view/5339/368

• Muslim Nonprofit Shelter Serves Needs of Neglected Elderly Women in Texas (Maya Gayler, 2022): 
  https://americanmuslimtoday.com/details/63f5d0f9-12df-405c-91d9-875dad04a42c

• For Homeless Muslims, a Place of Caring (Lisa Richardson, 1997): 

• American Muslims and Free Health Services to Underserved Populations - HUDA Clinic: A Case Study (Faiqa Mahmood, 2016): 

• Fostering Muslim Civic Engagement Through Faith-Based Community Organizing (Brad R. Fulton, 2017): 
  https://scholarworks.iu.edu/iupjournals/index.php/muslimphilanthropy/article/view/1636/172

The Impact of Public Policy and Law on the Family

Navigating American Family Law as Muslims

These resources explored the legal issues that American Muslims face and should consider when getting married and divorced under American law, including drafting legally sound marriage contracts, legal issues which may come up within a marriage, child custody arrangements in the case of divorce, and options for dispute resolution.

• Legal Issues for Islamic Marriage and Divorce (Julie Macfarlane, 2012): 
• Marriage, divorce, and child custody as experienced by American Muslims: Religious, social, and legal considerations (Talal Youssef Eid, 2005): https://www.proquest.com/openview/9c47980e6ff6f24a94883eece65409bcc/1?pq-origsite=gscholar&cbl=18750&diss=y

Navigating American Family Law When Getting Married
• Islamic Shari’a Contracts: Pre-Nuptial and Custody Protections (Kristine Uhlman, 2013): https://www.researchgate.net/publication/271672060_Islamic_Shari%27a_Contracts_Pre-Nuptial_and_Custody_Protections

Mediation and Family Dispute Resolution Options in the Divorce Process
• Islamic Divorce in North America: A Shari’a Path in a Secular Society by Julie Macfarlane (2012)

Parental Abduction Cases and the Law
This is an example of a legal issue that American Muslim families may face in regard to child custody concerns in divorce. These articles focused on statistics of parental abduction of American children to foreign countries, personal experiences from those who have dealt
with parental abduction from North America to a country overseas, and the challenges in getting children returned to their custodial parent.

• Parental Child Kidnapping from the United States (Gabriel Sawma, 2022): https://islamicdivorceinusa.com/519-2/
• Abduction of American Children to Jordan (Gabriel Sawma, 2016): http://abductionofchildreninmuslimcountries.com/abduction-of-american-children-to-jordan/
• Parental Abduction from the USA: https://www.international-divorce.com/Parental-Abduction-from-the-USA

Public Policy Post-9/11
These articles explore the very personal effects that 9/11, the War on Terror, Islamophobic public policy over the last two decades, and the resulting societal Islamophobia has had on American Muslims as individuals and on American Muslim families. They speak to the conversations that parents have with their children about Islamophobia and the impact that public policies have had on Muslim children, communities, and organizations that support families in the community.

• The strength of Muslim American couples in the face of heightened discrimination from September 11th and the Iraq War (Brianne Goodman Carter, 2008): https://scholarworks.smith.edu/cgi/viewcontent.cgi?article=1519&context=theses
• “The talk”: 6 Muslim parents on what they tell their kids about Islamophobia (Jennifer Williams, 2016): https://www.vox.com/2016/1/20/10795246/muslim-parents-islamophobia

• President Obama’s Counter-Terrorism Programs Target Muslim Students in Public Schools (Waqaas Mirza, 2016): https://muslimmatters.org/2016/10/14/president-obamas-counter-terrorism-programs-target-muslim-students-in-public-schools/

• Trump Has Made It Harder To Raise My Muslim-American Family (Nargis Rahman, 2017): https://www.huffpost.com/entry/trump-has-made-it-harder-to-raise-my-muslim-american-family_b_59cec565e4b05f005d345236

The Muslim Ban
Articles discussing former President Trump’s “Muslim Ban” focus on the effect this has had, both on American Muslim families and on those in Muslim-majority countries hoping to come to the United States. Even after the ban has been lifted, families face a range of challenges: from having to start visa application processes all over again, to dealing with large debts due to delays caused by this policy, to giving up on the process altogether and facing separation from their loved ones.


• 5 Years Later, Muslim Ban Still Looms Over American Muslims (Muslim Advocates Press Release, 2022): https://muslimadvocates.org/2022/01/5-years-later-muslim-ban-still-looms-over-american-muslims/

Refugee and Immigration Policy
Resources on this topic outline how American Muslim families (and Muslim families hoping to become American) are affected by current and changing immigration and refugee policy in the United States, including policy on undocumented immigrants.


- To be Muslim, Black, and Undocumented (Sumaya Awad, 2018): https://aaww.org/muslim-black-undocumented/

- They Said We Put Each Other on a List: Adama Bah’s Ordeal (Ruth Nasrullah, 2016): https://muslimmatters.org/2016/02/23/they-said-we-put-each-other-on-a-list-adama-bahs-ordeal/


Concluding Remarks
In addition to these resources, many conferences have been organized across the United States in 2023 to support families. These include the annual ICNA-MAS Convention held in Baltimore, Maryland from May 27 to 29 (themed “Faith, Family, Future: Success in the Divine Guidance”), the Black Muslim Family Retreat in Dallas, Texas from August 4 to 7 organized by African American Healing Ancestry & Development (AHAD), and the annual MIReconnect Conference on October 7 in Livonia, Michigan (themed “Once Upon a Home: Strengthening Families Through Timeless Quranic Stories”). In Canada, Yaqeen Institute held a one-day conference in Toronto, also on October 7, entitled “Building Family Through Faith.” More regional or niche conferences and workshops have also been organized, such as an online workshop held by Hikma Academy (an organization based
out of the Minneapolis area) on “The Culture of Consultation in the Muslim Family” on February 23 – which was available both in the English and Somali languages – and the MAS-ICNA-UHMSA Convention in Houston (focused on “Muslims Reviving Family Values”) over the December 22-24 weekend. Although the annual Muslim Mental Health Conference (held in 2023 at Michigan State University on March 10 and 11) may not have been solely focused on the family, it included presentations on recent academic research relevant to American Muslim families, including such topics as domestic violence, premarital education, positive discipline in the home, dealing with special needs and disability in the family, aging, and youth mental health issues and healthy religious and identity development. The MAS-ICNA annual convention, held in Chicago over the December 28-30 weekend, likewise covered a number of topics relevant to families, both within its Family & Parenting track and in other lectures; of particular note were its discussion groups on life after divorce and co-parenting struggles, and its Latinos track which provided lectures in the Spanish language on marriage and raising children as parents who are converts to Islam.

As mentioned earlier, this report is not meant to be a comprehensive list of all the resources available on the topics highlighted, nor is it an endorsement of any particular resource above others. Rather, it gives a glimpse into the vast research and work that has been done on American Muslim families and matters relevant to them.