

Optimization of The First Thousand Days of Life from The Perspective of The Quran (A Study of Thematic-Interconnective Interpretation of Al-Biq'a'i)



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ABSTRACT

study aims to analyze the verse of the first thousand days of life from the perspective of the Qur'an according to the interpretation of al-Biq'a'i which is then interconnected with medical parenting. This qualitative research method uses literature (library research) , with the results showing that the Qur'an does not explicitly mention the wording of 1000 HPK, but uses the term 30 months of pregnancy calculation until weaning in Surah Al-Ahqaf: 15. The calculation provisions are a minimum of 6 months of pregnancy and generally 9 months, accompanied by Luqman : 14 and Al-Baqarah: 233 regarding a maximum of 2 years of breastfeeding (24 months) and a minimum of 1 year 9 months (21 months). Then Shad: 72 is strengthened by HR. Bukhori mentions the blowing of the soul, although a 9-month pregnancy accompanied by 24 months of breastfeeding is still counted as 30 months, namely when the fetus reaches 4 months of age and is said to have life. So that the optimization of the theoretical gestational age of 9 months 10 days (280 days) and breastfeeding 24 months (720 days) is 1000 HPK. As an effort to fulfill the baby's nutrition and nutrition starting in the womb even before planning a pregnancy, stimulation is given from the beginning of the second trimester, then after birth is given exclusive breastfeeding until the age of 2 years, at the age of 6 months is introduced to complementary foods (MP-ASI) and supported by affection and emotions, parents need to create a sense of peace so that children feel protected and have emotional intelligence in the future.

1. INTRODUCTION

The interpretation of the Qur'an has developed rapidly over time, offering different perspectives and methods of analysis. One of the most interesting interpretations is the work of Abu Hasan Ibrahim bin Umar bin Hasan ar-Ribat bin Ali bin Abi Bakar al-Biq'a'i asy-Syafi'i, namely the interpretation of al-Biq'a'i (al-Biq'a'i, 1442 H), a scholar and mufassir who lived in the 15th century AD. Although al-Biq'a'i died in 885 H or

1480 AD, al-Biq'a'i already had visionary thoughts that were relevant to modern issues.

In a modern context, this thematic approach has great potential to be connected with contemporary health terms. For example, the Qur'an has explained the rights of a husband to his wife, the rights of a mother and father to their children, physical-biological and psychological matters, meeting the needs of sufficient and nutritious food, protecting from various threats and fears is the responsibility of the family



(Ghafur, 2007) then reinterpreted using modern medical knowledge. So that this can open up new insights into how Islamic teachings support good health practices, which are relevant in efforts to improve the quality of life of humanity today.

Using the thematic interpretation approach applied by al-Biq'a'i, this study will explore how the interpretation of the verse of the first thousand days of life in the interpretation of al-Biq'a'i and the verses can be interconnected with medical parenting in the context of modern health terms, such as the first thousand days of life which include the fulfillment of nutrition and nutrition, stimulation, affection and emotion. The Qur'an has conceptualized how mothers should care for, nurture and breastfeed their children because it is undeniable that the amount of breast milk needed by children up to the age of two is very important for their growth and development.

As many previous works were searched for, the researcher did not find any scientific works related to the theme that discussed the verses of the Qur'an which are referred to as the first thousand days of life in modern medical terms, However, several previous scientific works have discussed many other topics according to the Qur'an, based on verses that are part of the terms according to the theme of this research, including:

Nur Annisa Haryu Apsari, with the title of the thesis "Prevention of Stunting in QS. Al-Baqarah: 233 (ma'na cum magza analysis study)". In this study, it discusses the urgency of breastfeeding for 2 perfect years can be a trigger for child development. With the results First, Al-Ma'na Al-Tarikhi as a form of parental concern in paying attention to, caring for their children so that they do not have stunting or chronic malnutrition. Second, Al-Maghza Al-Tarikhi in

this verse to meet the nutritional needs of children, cooperation between parents, obligations of fathers and mothers, family deliberations and leniency if the mother has obstacles in breastfeeding. Third, Al-Maghza Al-Mutaharrik, according to Abdullah Seed, this verse is included in the category of legal verses on basic human values related to the command to protect lives, property and be fair to everyone. (Apsari, 2023)

Akhmad Saoqillah, with the title of the article "Human Resources Development Through Self-Management". This study shows the results First, a person's spiritual strength begins when the divine spirit or divine spirit is blown into the human soul as QS. Shad [38]: 71-72, making him a superior and unique creature in QS. Almu'minun [23]: 14. Second, Second, Emotional strength. Everyone must have different needs, psychic, mental and hopes. These differences show what our emotions are like. Third, Intellectual Strength. People who have high intellectual strength are people who are broad-minded, forward-looking, analyze an event and then provide the right answer to the topic of conversation. Fourth, Physical strength, is closely related to the human body, namely through healthy living behavior and regular exercise accompanied by sufficient rest because it can help increase our physical strength (Saoqillah, 2016).

The First Thousand Days of Life according to the Ministry of Health as a window of opportunities or golden period, means an opportunity for parents to establish the foundation of children's health, growth and development to be more optimal (Upahita, 2024). As an effort to optimize children's growth and development so that they do not become stunted, according to the Ministry of Health of the Republic of Indonesia, children's basic needs include parenting,



sharpening and affection. Children's basic needs include education, care and love.

It is not only the toddler period that is important for human life, all periods are important. However, the first experience that is usually obtained in toddlerhood is strongly recorded in the subconscious mind. This experience then becomes a child's need to behave in the future. This is because the human emotional circuit is formed during this period, since the age of 2 months.

In structuralist theory, interconnection is understood as the relationship between elements. Including thematic-interconnective interpretation which is interpreted as an interpretation method that integrates various approaches and disciplines to read the interpretation of the Qur'an comprehensively and according to context. This thematic-interconnective interpretation is a *maudlu'i* (thematic) interpretation method with an interconnection approach becoming a new paradigm in the study of interpretation in exploring the contents of the Qur'an (Riyanto, 2012).

Outline of the discussion that will be carried out in the methodology of thematic interpretation of the first thousand days of life in the interpretation of *al-Biq'a'i*, the interconnected approach of medical parenting science, there are two steps that can be taken in this thematic-interconnected interpretation study, these two steps include: The first step, namely (1) determining the theme (2) tracing verses related to the theme (3) presenting the reasons for the revelation of the verse (if any), (4) interpreting the verse. Then continued with the second step, namely: (1) the verses of the Qur'an are interpreted textually according to their subject (*maudlu'*) based on (a) verses with verses and/or (b) verses with hadith, (2) interpreted linguistically, (3) the Qur'an is interpreted in relation to modern health science.

2. METHOD

This scientific research is a qualitative research method, so the research used to find out the interpretation of the verse about the first thousand (1000) days of life is the induction method (bottom up). The induction method of the study of the interpretation of the verses of the Qur'an contains a discussion of the 30 months of pregnancy and weaning, then interconnected with medical parenting in the 3A parenting pattern (Asuh, Asah, Asih) as an effort to optimize infant growth and development. Library research is the method used in this paper through the processing of primary data sources. *Tafsir al-Biq'a'i* which contains a discussion of the interpretation of verses related to the theme of optimizing the first thousand days of life and secondary sources from other works.

3. RESULT AND DISCUSSION

Tafsir al-Biq'a'i

Al-Biq'a'i's full name is Abu Hasan Ibrahim bin Umar bin Hasan ar-Ribat bin Ali bin Abi Bakr al-Biq'a'i as-Syafi'i. He was the first mufti to use the method of aligning verse by verse and even word by word in the Qur'an. This is why he called his *tafsir 'Nazm al-Durar fi Tanasub al-Ayah wa al-Suwar* (a jewel arrangement of the relationship between verses and surahs)', because every verse and surah in the Qur'an is related to each other, both verses with the previous verse and the next verse, and surahs with the previous surah and the next surah. *Al-Biq'a'i* was born in Biqa', Damascus, Syria, in 809 AH or 1406 AD and died in 885 AH or 1480 AD, also in Damascus.

The form of interpretation method used by *al-Biq'a'i* is the *tahlily semi maudhu'iy* interpretation method, namely seen from the



way of interpreting it, al-Biq'a'i uses the tahliliy interpretation method by breaking down words by words accompanied by an explanation of the meaning of the verse. If seen from the munasabah of the verse, it uses the maudlu'iy interpretation method. In determining the harmony of a verse of the Qur'an with other verses that have similarities with the meaning of the verse being interpreted, al-Baq'a'i includes in his interpretation the harmony of the verse of the Qur'an. Therefore, as has been reviewed above, al-Biq'a'i's interpretation method is Tahlily semi Maudlu'iy.

Judging from the way of explaining the verses of the Qur'an, the interpretation pattern of al-Biq'a'i is closer to the linguistic approach (lughawiy). Because word by word in the Qur'an, the meaning and intent of the word are explained in detail in one verse, as well as the addition of information from other verses that are related (Ulfa, 2024).

The book *Nazm al-Durar fi Tanasub al-Ayah wa al-Suwar* is composed of 8 juz or volumes. In detail, it can be explained as follows:

1. Juz 1: from the beginning of Surah A l - Fatihah to the end of Surah A l -Baqarah, page 1-568
2. Juz 2: from the beginning of Surah Ali Imran to the end of Surah A l -An'am, page 1-760
3. Juz 3: from the beginning of Surah A l - A'raf to the end of Surah Hud, page 1-598
4. Juz 4: from the beginning of Surah Yusuf to the end of Surah Maryam, pages 1-567
5. Juz 5: from the beginning of Surah Thoha to the end of Surah Rum, page 1-655
6. Juz 6: from the beginning of Surah Luqman to the end of Surah A sy -Shura, page 1-663
7. Juz 7: from the beginning of Surah A l - Zuhuf to the end of Surah A l -Jumu'ah, page 1-634

8. Juz 8: from the beginning of Surah A l - Taghobun to the end of Surah A n -Nas, page 1-632

Verses of the first thousand days of life

1. Interpretation of the Verse of the First Thousand Days of Life

These verses do not explain the first thousand (1000) days of life, because Allah SWT does not mention the redaction of 1000 HPK clearly in the Qur'an but the redaction used is ' š al āsū na syahron ' or 30 months as the period of pregnancy and until weaning it, namely in the words of Allah surah Al-Ahqaf [46]: 15 as follows:

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا

Allah SWT commands humans to do good to their parents. This emphasizes the importance of human respect and affection for their parents in Islamic teachings. As a child in the context of doing good deeds, the most important thing is to pray on time and get closer to parents, namely by respecting them by doing good.

Because the father's rights are clear, namely the right to earn a living, spend, defend, and punish, then Allah did not mention them, but Allah mentioned the mother's rights because their value is small and can be underestimated. Whereas the mother takes care of the blessing (child) that she has with affection and good attention, while she does not have enough time for herself (al-Biq'a'i, 1442 H).

God bless you the mother carries her child in a condition that is doubly weak. This refers to the difficulties and suffering experienced by a mother during pregnancy as per QS. Luqman [31]: 14, namely starting from nausea at the beginning of pregnancy to heavy physical

burdens approaching birth and the breastfeeding period. (Al-Biq'a'i, 1442 AH)

وَحَمْلُهُ وَفِصَالُهُ ثَلَاثُونَ شَهْرًا

The Qur'an states that the duration of a child's pregnancy and the end of its weaning from breastfeeding is 30 months. 30 months is the perfect breastfeeding described in QS. Al-Baqarah [2]: 233, namely 24 months and the minimum pregnancy period is 6 months then (24 months + 6 months = 30 months), and the general pregnancy age is up to 9 months accompanied by a minimum breastfeeding period of 21 months (9 months + 21 months = 30 months) (al-Biq'a'i, 1442 AH). As for the more detailed duration, it is determined by the calculation provisions in the following verses:

In the Word of Allah Surah Luqman [31]:14. When the mother is belittled because of the greatness of the father in terms of strength, intelligence, and hard work for her (the mother) and her child, Allah instead praises the mother and draws attention to the reasons for the existence and survival of the child from the father, the hardships imposed on the mother by the father, and the education she has to endure.

حَمَلَتْهُ أُمُّهُ وَهْنًا عَلَىٰ وَهْنٍ وَفِصَالُهُ فِي عَامَيْنِ

A pregnant mother is in a weak state, she supports the fetus in her womb from the creation and structure of the organs until she continues to carry the burden until the child is born, and then she shows the favors she has with affection and good care, while she has nothing to give herself. Then wean her from breastfeeding after giving birth for two years, but parents may wean her before two years, according to the condition and interests of the child (al-Biq'a'i, 1442 H).

Continuing the same thing (QS. Luqman [31]: 14), the Qur'an also explains the perfect breastfeeding period, namely two years. In the

QS fragment. Al-Baqarah [2]: 233, as follows:

وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ

the mother is the place where the child grows and develops, who provides food in her stomach through the placenta, therefore her breast milk is more important for her child than anything else, so food for the child is more important than food for the fetus, so the mother has the right to... breastfeeding their children, both boys and girls. Breastfeeding is feeding with something that can eliminate dhara'ah, namely weakness and thinness, with general sustenance in the form of drinks and food from the milk in a woman's breasts or commonly called Air Breast Milk (ASI)

حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُنِيْمَ الرِّضَاعَةَ

two years is a period to resolve disputes between two married couples during the breastfeeding period and to indicate the time limit of the prohibition, that of breastfeeding (giving food and drink) to the child from hunger. It is said that two years is perfect for people who wish to be the maximum breastfeeding period, so that before two years it is permissible to wean for the sake of benefit and not to breastfeed again after weaning.

so in the calculation, pregnancy and breastfeeding are thirty (30) months [Al-Ahqaf: 15] if by general calculation, pregnancy is nine (9) months, while breastfeeding is twenty one (21) months, and if the breastfeeding is perfect for two years (24 months), then the total is thirty three (33) months, then that is the complete duration of pregnancy and breastfeeding (al-Biq'a'i, 1442 H).

2. Findings

From the verses above, thirty-three (33) months is only the total duration so that the calculation is correct, but I assume that the Qur'an uses the



wording of pregnancy until weaning is 30 months, concretely and does not mean inconsistency even though the minimum gestational age is (6) months along with a maximum breastfeeding of twenty-four (24) months, normal (9) months along with a minimum breastfeeding of twenty-one (21) months or a maximum breastfeeding of twenty-four (24) months is still calculated as thirty (30) months.

Perhaps here I can add a discovery related to the period between pregnancy and breastfeeding, namely that there is a period of the fetus's soul being breathed into the womb which is often mentioned in several verses, one of which is in the excerpt of QS. Shad [38]:72,

وَتَفَخَّتْ فِيهِ مِنْ رُوحِي

"Allah perfected his creation to receive the soul so that he becomes sensitive and breathes, moves and resides, increases and decreases. At this age the fetus is considered alive and has life" (al-Biq'a'i, 1442 H).

In interpreting this verse, al-Biq'a'i's interpretation does not directly mention the age of the fetus in the womb that the spirit breathed into, but the breath of the spirit in the mother's belly is mentioned in the HR. Bukhori, as follows:

في كتاب بدئ الخلق وفي باب ذكر الملائكة جزء ٣
ص : ١١٧٥ رقم ٣٠٣٦ فقال : «أَحَدَكُمْ يُجْمَعُ فِي
بطن أمه أربعين يوماً، ثم يكون عَاقَةً مِثْلَ ذَلِكَ، ثُمَّ
يَكُونُ مُضَعَّةً مِثْلَ ذَلِكَ، ثُمَّ يَبْعَثُ اللَّهُ مَلَكًا فَيُؤَمِّرُ
بِأَرْبَعِ كَلِمَاتٍ، وَيَقَالُ لَهُ: اكْتُبْ عَمَلَهُ، وَرِزْقَهُ،
وَأَجَلَهُ، وَشَقِيٍّ أَمْ سَعِيدٍ، ثُمَّ يَنْفُخُ فِيهِ الرُّوحَ، فَإِنْ
الرَّجُلُ مِنْكُمْ لِيَعْمَلَ حَتَّى مَا يَكُونُ بَيْنَهُ وَبَيْنَ الْجَنَّةِ إِلَّا
ذِرَاعٌ، فَيَسْبِقُ عَلَيْهِ كِتَابُهُ، فَيَعْمَلُ بِعَمَلِ أَهْلِ النَّارِ.

ويعمل حتى ما يكون بينه وبين النار إلا ذراعاً،
فَيَسْبِقُ عَلَيْهِ الْكِتَابُ، فَيَعْمَلُ بِعَمَلِ أَهْلِ النَّارِ»

(Al-Bukhori, 1414 H)

"One of you was created in his mother's womb for forty (40) days, then became a clot of blood for forty (40) days, then became a lump of flesh for forty (40) days then Allah sent an angel who breathed into the spirit (creation)) to the fetus, then Allah determines four things for it: its deeds, its sustenance, its death, its misery or happiness.....(and so on)"

According to the hadith above, the transformation of the fetus in the womb from semen to blood clot is 80 days, then 40 days later the fetus is blown with a soul, namely when the pregnancy reaches 4 months or the beginning of the second trimester. So when the pregnancy is 9 months old it is normal (common) the gestational age is still calculated as 30 months even though with the improvement of breastfeeding for 24 months, namely by calculating when the fetus is breathed into until the age of 9 months is 6 months of the life of the fetus in the womb.

The miracle of the Qur'an which has multiple interpretations shows the benefits of using the wording of thirty (30) months, where if the pregnancy is premature for 6 months then the thirty months are counted from the start of the pregnancy, whereas if the pregnancy is normal for 9 months then the thirty months can be counted from the start of the fetus' life since the soul was blown into it.

So the calculation of thirty (30) months in the Qur'an is meant medically based on the expected day of birth (HPL) which can be calculated from the first day of the last menstrual period (HPHT) using the theory of a gestation period of 9 months and 10 days. So the overall calculation with this optimal baby life is 9 months 10 days (280 days) of pregnancy and 24 months (720 days) of breastfeeding which is then called the

first thousand (1000) days of life.

The term 1000 HPK is used for the general condition of fetal formation until the child is two years old, which is very important to meet the basic needs for optimal growth and development and prevent children from stunting, unless there are other needs that cause the baby to be born prematurely, although research shows that babies born under 9 months can live and need incentive care, such as being born at 6 months the baby must be cared for in an incubator. Research has shown that the possibility of survival at birth depends more on gestational age and maturity than the baby's birth weight (Luthfi, 2017). So even though born at 6 months of pregnancy, it is optimized in its care during the breastfeeding period and does not increase the duration of breastfeeding more than 24 months

Interconnection of Madical Parenting in the Verse of the First Thousand Days of Life

Al-Biq'a'i said to be kind to parents, especially mothers, because when a mother is pregnant with her child in a weak condition, there are difficulties and suffering that a mother experiences during pregnancy, from nausea at the beginning of pregnancy to heavy physical burdens approaching birth and the breastfeeding period. and then he shows her good affection and attention, while she has nothing for herself.

This is in line with medical parenting which states that since the beginning of human creation, care during pregnancy until birth has become an important issue to pay attention to, because not only the health of the baby that has been born is the main priority, but the condition of a healthy mother who has sufficient nutritional intake during pregnancy also plays a role in producing a baby who is born healthy and does not experience stunting.

According to the Ministry of Health of the

Republic of Indonesia, optimal child growth and development requires 3 A as their basic needs. First, Nurture, which means fulfilling the physical and biological needs of children such as nutrition, immunization and sanitation. Second, Asah, which refers to the importance of stimulating children at an early age in the areas of sensory, motor, cognitive, and creative skills. Third Asih which refers to the need for affection and emotion where children also need support, motivation, and of course appreciation. Here are the periods that I classify in the 3A parenting optimization process:

Period in the womb (280 days)

Pregnancy is a time full of emotional mood swings, both positive and negative emotions. It is natural and normal for pregnant women to feel sad, overthinking, anxious, worried without any concrete reason. This is why family members need to support pregnant women to maintain their mental health as best as possible.

During pregnancy, the need for essential substances required by the mother's body increases due to changes in the body and to meet the nutritional needs of the unborn baby. One of the nutrients needed by pregnant women is iron. It is recommended that pregnant women meet their iron needs by consuming at least 90 iron tablets (TTD) during pregnancy. (Prasanti Adriani, 2022).

Not to mention nausea during pregnancy, the nausea phase is only at the beginning of pregnancy in those few months, even though the intensity of nausea of pregnant women and not eating too much, the baby in the womb still takes nutrients from the mother's body, the nutrients in the food eaten by the mother all enter the body of the mother and baby. After the nausea phase is gone, you can eat as usual so that when experiencing nausea, you don't need to be given any vitamin medication (eg pregnancy milk)



because in the mother's body there are reserves of nutrients, on the other hand, eating too much or consuming excessive pregnancy milk will actually cause obesity and is not recommended by doctors, it can be said that in one month pregnant women are only allowed to gain 1 kilogram of weight.

Sleep disorders in pregnant women are usually caused by stress due to having to adjust to an uncomfortable sleeping position, especially if the pregnancy is more than 6 months old, due to the increasingly enlarged stomach and fetal movement in the womb. Therefore, sleep disorders or lack of sleep quality can affect the growth and development of the fetus in the womb. During pregnancy, pregnant women are advised to sleep 7-9 hours a day and pay attention to a safe sleeping position, which is at least 6-7 hours of sleep at night and 1-2 hours of sleep during the day are recommended. For pregnant women, the best sleeping position is to sleep on the side, especially on the left side, because this facilitates blood flow to the placenta and provides sufficient oxygen to the fetus. In addition, a comfortable and quiet sleeping environment for pregnant women must also be considered to ensure healthy and quality sleep. Paying attention to food and drink intake can also help improve the quality of sleep for pregnant women in maintaining the health of the mother and fetus.

Mothers often do not have enough time for themselves, however, attention should also be paid to personal hygiene of pregnant women to

avoid infections that can endanger pregnancy. Hormonal changes can also affect the skin condition of pregnant women, such as sweating. Therefore, it is necessary to create habits to maintain personal hygiene of pregnant women, as well as the cleanliness of the home environment and clothing. (Prasanti Adriani, 2022).

In the discussion of the interconnection of the previous verses, there was a lot of mention of the readiness to view the mother psychologically, emotionally, nutritionally and sanitation wise, then I will explain the interconnection of the interpretation of al-Biq'a'i in QS. Shad [38]:72 with the discipline of medical parenting which focuses on stimulation of the fetus at the age of 4 months which is declared alive because the soul has been breathed into it.

Therefore, to optimize the growth and development of children in the first thousand days of their lives, it is important to stimulate children. Children not only need nutrition, but it is also important to get encouragement and affection from parents, family and their environment, because children who are not stimulated will have stunted development. Stimulation needs to be carried out routinely during pregnancy so that the child who is born is healthy and intelligent and does not fall behind. This is in line with what was conveyed by Andriani (Prasanti Adriani, 2022) that since the mother is declared pregnant, she should have been able to start caring for her child through stimulation, even since it was still a fetus.

Time	Utility	Types of stimulation	AIDS
First Trimester	Formation of brain tissue, reflex movements, starting to grow into a fetus	Touch	The hands of parents/closest people
Second Trimester	Hearing function begins to develop	Voice	Reading the Qur'an, religious music/other

	Eye and brain functions have begun to develop.	Light	music, positive affirmations. Sunlight or lamp
Third Trimester	The growth of the organs of hearing, sight and touch is perfect	Same as above alternately	Same as above alternately

Table 1.1 Fetal stimulation based on gestational age

Thrifty Phenotype Theory states that fetuses that are malnourished in the womb have the habit of adapt to permanent metabolic and endocrine, usually there will be difficulty adapting to a nutrient-rich environment after birth, which has the potential to cause obesity and reduced glucose tolerance. Conversely, this risk will be lower if the baby continues to consume moderate food after birth (CN Hales, 2001). In reality in Indonesia, many mothers suffer from malnutrition, low body weight and anemia during pregnancy. This may be because the diet of pregnant women during pregnancy is not sufficient to meet their own needs and those of their babies. It is made worse if the workload of pregnant women which is usually the same or higher than before pregnancy causes the baby not to get the nutrition it needs, so that it can interfere with the growth and development of the fetus (Ministry of Health of the Republic of Indonesia, 2017).

period aged 0 – 6 months (180 days)

Ideally at birth, the baby's weight is not less than 2,500 grams and its length is not less than 48 cm. Therefore, the weight and height of newborns are measured and monitored continuously, especially during the golden growth period from 0 to 24 months of age (Ministry of Health of the Republic of Indonesia, 2017).

When babies are born, they have to adapt to new conditions that are different from their previous

life in the womb, especially in terms of how to breathe, suckle, and respond to the surrounding environment. Meeting the growth and development needs of newborns is very important to prevent babies from being left behind. Before birth, the fetus receives nutrition directly from the placenta, so there is no complicated process to digest food.

Al-Biq'a'i said that the mother is the place where the child grows and develops, therefore her milk is more important for her child after birth than anything else. Breastfeeding is feeding with something that can eliminate dhara'ah, namely weakness and thinness, with general sustenance in the form of drinks and food from the milk in a woman's breasts or commonly called Mother's Milk (ASI).

This is also interconnected with medical parenting that the mother's ability to provide sufficient and quality breast milk is highly dependent on the amount and quality of nutrition consumed by the mother. Providing Early Initiation of Breastfeeding (IMD) or the act of providing colostrum which is the best breast milk available between 0-5 days after the baby is born and contains antibodies for the baby's immunity or immune system that protects it from substances that can cause allergies or infections (Ani Margawati, 2019). Newborn babies are already sensitive to touch and smells including the smell of breast milk, direct skin bonding can occur between mother and baby when IMD at birth is a tactic to improve the



welfare of the baby by creating warmth with affection when the baby's skin is attached to the mother's skin and the baby will look for the mother's nipple through the smell of breast milk to receive colostrum contained in the first drop of breast milk, which is rich in immune-boosting substances. Not only beneficial for babies, but IMD is also very beneficial for mothers, because it can help speed up the recovery process after giving birth. Even though it has great benefits, many mothers after giving birth do not utilize IMD due to lack of knowledge and environmental support.

At birth, babies adjust to swallowing and digesting their food, as parents must emphasize the type and amount of food for their babies. Babies from 0 to 6 months can meet their needs only with breast milk (ASI) without adding other additional foods, because the size of the baby's stomach and digestive system are still very limited, plus the need for sleep in newborns is also greater than adults, so the average time is spent sleeping and breastfeeding (Prasanti Adriani, 2022).

Breast milk is a natural nutrition for babies. In addition to complete nutrition, easy to digest and absorb, breast milk also contains anti-allergic and anti-infection substances that are important for health. To maximize the benefits of breastfeeding, mothers are advised to start breastfeeding early and provide exclusive breastfeeding in the first 6 months without adding other foods.

Breast milk is produced because there is a hormone called oxytocin, which is a hormone produced when the mother is calm, the mother is happy, so the only thing that can make the mother calm and happy is the breast milk booster supplementation is the husband's massage, so that there is family cooperation

between the wife and husband as family partners in taking care of the children and the house, can be by helping to clean the house, washing, changing diapers so that the mother's oxytocin hormone increases and makes her breast milk flow.

The principle of breast milk, the more often it is breastfed, the more it will be produced. Slow breast milk is usually when the mother has started to pump or is busy working so that the baby is often left, because the expressed breast milk is not the same as the baby's sucked breast milk. The baby's suck can be complete or even run out while being pumped is not necessarily, it could be that pumping breast milk during break time only, not every 2 hours, so the pumping interval is too far apart, making breast milk production seem not to be needed according to the body's suggestion.

The composition of breast milk contains many unsaturated fatty acids, not only as a source of energy, but also important for brain development because the dominant molecules found in myelin molecules can increase the child's immunity to disease. There is research that shows that breastfeeding can reduce the risk affected by diarrhea, respiratory tract infections, gastrointestinal diseases, chronic constipation, and ear infections (Jurnal Aisyah, 2024). Breastfeeding also indirectly affects the child's psychomotor development. Sick children will have more difficulty exploring and learning in their environment. In addition, breastfeeding will a stronger bond between mother and child is formed and has positive benefits for children's growth and development and behavior.

As needed to stimulate fine and gross motor skills from an early age. These motor skills are various ways of controlling body movements through coordinated activities between the



nervous system, muscles, and brain to carry out certain activities (Agustina, 2018). Although both use body muscles, fine motor skills are more related to fine movements of the mouth, tongue, wrists, hands, fingers and toes, Gross motor skills refer to the development of large muscles that help children perform movements such as lifting their heads, sitting, crawling, walking, and running (Sari, 2024).

Building cognitive skills early on is an important step to support a child's growth and development in their golden age. These skills are related to processing information, understanding, and problem solving. Although these skills are not fully developed in newborns, a child's cognitive function will also improve as they get older, especially if they get continuous practice.

period 6 – 24 months (540 days)

The provision of food and drink must be adjusted to the growth and development process. At the age of 6 months, babies must be introduced to complementary foods and drinks (MP ASI) according to their needs because at this age, breast milk alone is not sufficient for the child's needs (Susirah Soetardjo, 2011), starting in the form of mashed and soft foods, increasing then switching to family food when the child is one year old. The baby's acceptance of food and drink depends on the maturity of the neuromotor cells and the baby's relationship with his parents.

Mothers should be aware that a balanced diet from an early age will affect the baby's appetite in the future, so it is very important to introduce a variety of foods during this period. By gradually increasing the variety of baby food from 6 to 24 months of age, babies get vegetables, fruits, sources of protein from both

animals and plants, and sources of calories from staple foods. The amount is also added gradually, in moderate amounts and in a balanced ratio (Ministry of Health of the Republic of Indonesia, 2017).

Knowledge about MP-ASI is very important because in practice many mistakes are made, such as giving MP-ASI early with breast milk to babies under 6 months can cause digestive disorders or diarrhea. According to research conducted by Fahrini (Yulidasari F, 2013) The results showed that the timing of complementary feeding was significantly associated with the incidence of cachexia with a P value = 0.038 and OR = 1.71 (95% CI, 0.2-2.85), which means that children who receive complementary feeding at the age of less than 6 months have a 1.71 times greater risk of experiencing cachexia compared to children who receive complementary feeding above 6 months. On the other hand, delaying the provision of early complementary feeding will inhibit infant growth due to allergies and lack of nutrition from breast milk, which causes malnutrition.

In addition to nutritional needs, when a baby is 6-24 months old, it is the most important period in the child's brain development process because neurons (nerve cells) have grown and are connected to each other, 100 billion baby brain cells are ready since birth and only need to be stimulated so that the connections between neurons in the brain are connected so that the baby becomes smarter. Stimulation can stimulate the formation of synapses, or connections between nerve cells. With the increase in synapses formed, the better the brain function. The earlier and more regularly a child is stimulated, the more brain tissue will develop up to 80% by the age of 3 years (Prasanti Adriani, 2022).



Stimulation does not mean giving children lots of toys, sending them to school or taking courses. But by stimulating simple movements, such as touching the baby lovingly while breastfeeding, it can be a form of stimulation that shows that the child receives affection from parents (Prasanti Adriani, 2022).

This activity is carried out every day periodically to stimulate all the senses of touch, smell, sight, hearing, and taste. All good things that are heard, seen, and felt by children are forms of stimulation that stimulate their brains. Even simple movements such as touching your child can affect their growth and development. Good interactions between children and caregivers have a very good impact on children's lives in the future. Parents can stimulate in various ways, such as introducing various colors, teaching children to talk, mention and remember friends' names, count, brush their teeth, play cards, dolls, cook, draw, and get children used to urinating (BAK) or defecating (BAB) in the toilet. Parents can also encourage their children by talking to them and motivating them while bathing, helping them eat or involving them in daily work (Prasanti Adriani, 2022)

Approaching the age of one year, a child's behavior becomes very adorable. His motor skills gradually develop, allowing him to walk, explore objects around him and play at this age, the child can gradually walk because the child's bones are strong enough to support his body and can stand without help (Prasanti Adriani, 2022).

Studies show that playing with fathers can improve socialization, language development and emotional control (Aisyah D Nafisah, 2022).

Babies under 12 months can be invited to learn and play such as: Tummy time on father's chest, Peek-a-boo, read story books, crawling with

father, Throw and catch the ball. For ages 12 - 24 months: stacking toy blocks, playing puzzles, drawing and painting together, carrying on the shoulder.

Exclusive breastfeeding from birth to 1 day old until 2 years old plays a major role in this optimization, as stated in Surah Lukman and Al-Baqarah, the maximum breastfeeding period is 2 years/24 months. Breastfeeding for more than 2 years can have several risks and side effects, including:

- 1) Risk of dental caries: If a baby or child drinks breast milk continuously, especially at night or while sleeping, they may have a higher risk of dental caries.
- 2) Nutritional disorders: Although breast milk contains many essential nutrients, children from 2 years of age also need additional nutrients from other foods to meet their optimal nutritional needs.
- 3) Social disorders: Breastfeeding at an older age can also affect a child's social interactions and make it more difficult for them to socialize with peers (Fadlilah, 2023).

However, most of these risks and side effects can be prevented or managed properly. For example, to prevent the risk of dental caries, mothers can clean the baby's or child's teeth after breastfeeding and breastfeed less often at night before or during bedtime. To meet additional nutritional needs, children should also be introduced to solid and balanced foods. Finally, to avoid social disorders, parents can help children develop social skills and interact with their peers in a healthy and positive way. However, parents must still pay attention to the child's condition and needs and discuss with a doctor or lactation consultant whether breastfeeding is still necessary after 2 years or not.



Children's experiences or mental and emotional health conditions during this period have a long-term impact on their mental health as adults. So, to support children's mental and emotional health at an early age, it is best to have open communication and opportunities to express what they are feeling by validating their feelings. Encourage them to talk about their feelings, experiences, and events that they have experienced.

4. CONCLUSION

Based on the previous discussion, I conclude:

1. From the explanation of these verses, the term first thousand days of life is explained by the Qur'an in the wording ' *š al āšū na syahron* ' or thirty months in QS. Al-Ahqaf: 15 with the provisions as the interpretation of al-Biqai' mentions minimum, normal, and maximum. Minimum pregnancy 6 months, normal (general) pregnancy 9 months, maximum breastfeeding 24 months, minimum breastfeeding 21 months. The miracle of the Qur'an which has many interpretations shows the benefits of using the wording of thirty months, where during pregnancy and breastfeeding there is a period of blowing of the soul when the fetus reaches the age of 4 months, so if the pregnancy is premature 6 months then the thirty months are counted from the beginning of the pregnancy while if the pregnancy is normal 9 months it can be counted thirty months from the start of the fetus' life since the soul was blown. so the calculation of thirty (30) months in the Qur'an which is intended medically by referring to the estimated date of birth (HPL) which can be calculated from the first day of the last menstruation (HPHT) using the theory of a pregnancy period of 9 months and 10 days. So that the overall calculation with this

the baby's life is optimized for a gestational age of 9 months and 10 days (280 days) and breastfeeding for 24 months (720 days) which is then called the first thousand (1000) days of life.

2. In medical parenting, the term 1000 HPK is used for general cases from early pregnancy to 2 years old. So, even though babies are born at a minimum gestational age of 6 months, their care is optimized during the breastfeeding period and the duration of breastfeeding is not increased beyond 24 months. The optimization of care based on the Ministry of Health includes 3 basic A's, namely First, Nurture, which means meeting the physical and biological needs of children such as nutrition, immunization and sanitation. Second, Asah, which refers to the importance of stimulating children at an early age in the areas of sensory, motor, cognitive, and creative skills. Third, Asih which refers to the need for affection and emotion. Parents need to create a sense of peace so that children feel protected and have emotional intelligence in the future.

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