



Ramadan Guide for Parents



This simple booklet helps parents teach children about the beauty, purpose, and blessings of Ramadan using reminders from the Noble Quran and Blessed Hadith.

What is Ramadan?

Ramadan is a special month chosen by Allah Almighty for worship and guidance. It is the month in which the Noble Quran was revealed to Holy Prophet Muhammad ﷺ.

It is one of the five Pillars of Islam, and fasting is compulsory for the able-bodied believer.

Allah Almighty tells us in the Noble Quran at Surah Al Baqarah (2), Verse 185:

﴿ شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ ﴾

"The month of Ramadan in which the Noble Quran was revealed as guidance for mankind..."

It is reported in Sahih Bukhari, Hadith, Hadith 16 that holy Prophet Muhammad ﷺ said:

بُنِيَ الْإِسْلَامُ عَلَى خَمْسٍ: شَهَادَةِ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَنَّ مُحَمَّدًا رَسُولُ اللَّهِ، وَإِقَامَ الصَّلَاةِ، وَإِيتَاءِ الزَّكَاةِ، وَصَوْمَ رَمَضَانَ، وَحَجَّ الْبَيْتِ لِمَنِ اسْتَطَاعَ إِلَيْهِ سَبِيلًا

"Islam is built upon five: the testimony that there is no god but Allah Almighty and that (Prophet) Muhammad is the Messenger of Allah Almighty, establishing the prayer, giving Zakat, fasting Ramadan, and performing Hajj to the House for whoever is able to find a way to it."

Ramadan is divided into three sections called Asharah (ten-day periods). Each Asharah has special significance. The three Asharah are:

- Days of Mercy
- Days of Forgiveness
- Days of salvation from Hellfire

Notes:



Why We Fast

Fasting helps us become more mindful of Allah Almighty and grow in self-control.

Allah Almighty tells us in the Noble Quran at Surah Al-Baqarah (2), Verse 183:

﴿ يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ ... لَعَلَّكُمْ تَتَّقُونَ ﴾

"O you who believe, fasting has been prescribed for you... so that you may become righteous."



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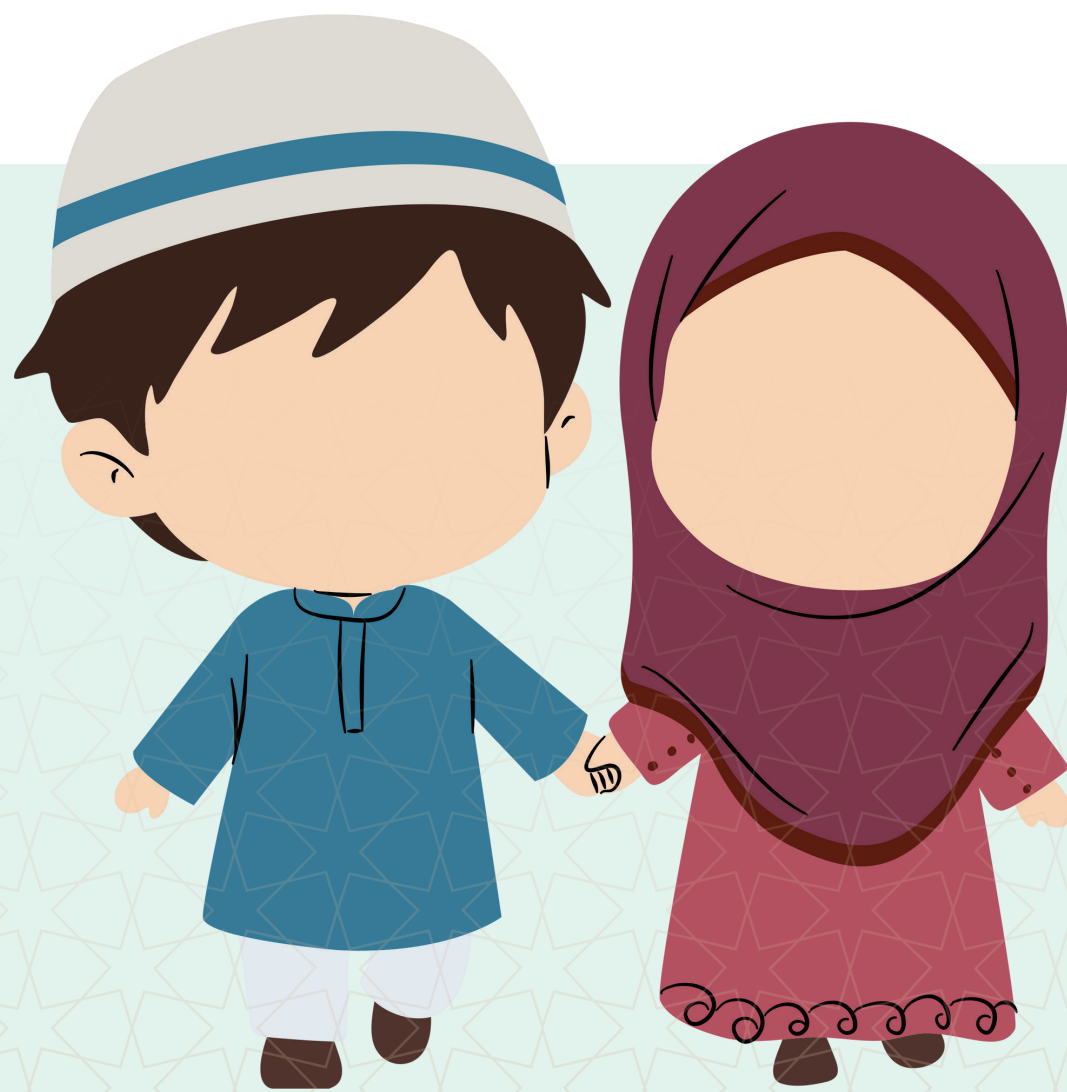
Who Needs to Fast

Allah Almighty is kind and does not make things difficult for those who are sick, travelling, or too young.

Allah Almighty tells us in the Noble Quran at Surah Al-Baqarah (2), Verse 185:

﴿ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ ﴾

"Allah Almighty intends for you ease and does not intend for you hardship."



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Suhoor (Pre-Dawn Meal)

The Holy Prophet Muhammad ﷺ taught us that there is blessing in eating before dawn.

It is reported in Sahih Bukhari, Hadith 1923 that holy Prophet Muhammad ﷺ said:

﴿ تَسَحَّرُوا فَإِنَّ فِي السُّحُورِ بَرَكَهً ﴾

"Eat suhoor, for in suhoor there is blessing."



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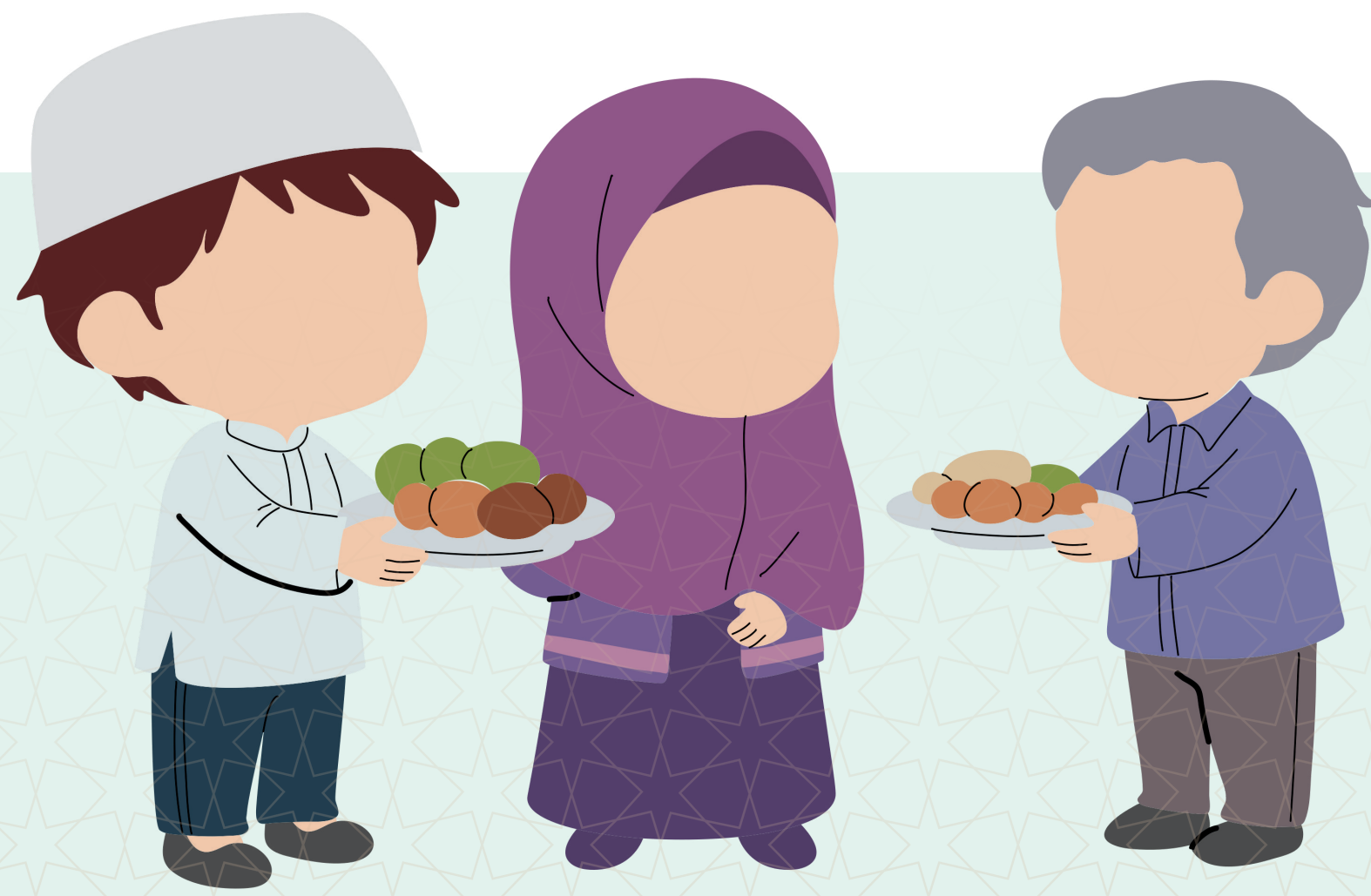
Iftar (Breaking the Fast)

The Holy Prophet Muhammad ﷺ used to break his fast with dates and water.

It is reported in Sunan Abu Dawood, Hadith 2356 that holy Prophet Muhammad ﷺ said:

﴿ كَانَ رَسُولُ اللَّهِ ﷺ يُفْطِرُ عَلَى رُطَبَاتٍ قَبْلَ أَنْ يُصَلِّيَ ﴾

"The Holy Prophet ﷺ used to break his fast with fresh dates before praying."



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Daily Prayers & Good Deeds

Praying and doing good deeds in Ramadan brings special rewards.

It is reported in Sahih Muslim, Hadith 759 that holy Prophet Muhammad ﷺ said:

﴿ مَنْ قَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ ﴾

"Whoever prays during Ramadan with faith and seeking reward, his past sins will be forgiven."



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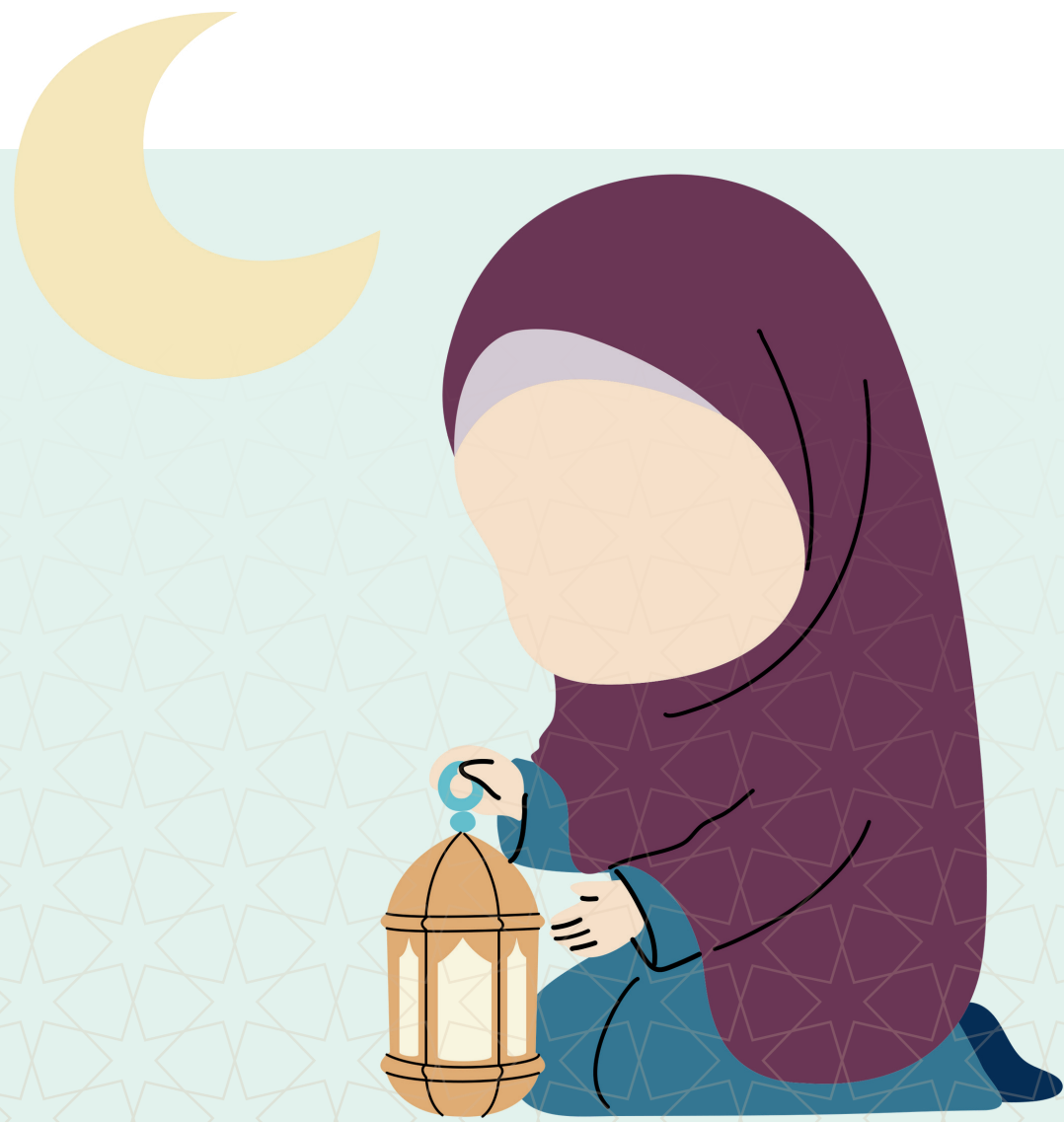
Laylat Al Qadr (Night of Power)

Laylat Al Qadr is the most special night of the year and is worth more than a lifetime of worship.

Allah Almighty tells us in the Noble Quran at Surah Al Qadr (97), Verse 3:

﴿ لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ﴾

"The Night of Decree is better than a thousand months."



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Laylat Al Jaza (Night of Reward)

This is the night before Eid, when Allah Almighty rewards those who completed Ramadan sincerely.

It is reported in Sunan Ibn Majah, Hadith 1764 that holy Prophet Muhammad ﷺ said:

﴿ إِذَا كَانَتْ لَيْلَةُ الْفِطْرِ سُمِّيَتْ لَيْلَةَ الْجَائِزَةِ ﴾

"When the (preceding) night of Eid comes, it is called the Night of Reward."



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Zakat & Charity

The Holy Prophet Muhammad ﷺ was especially generous during Ramadan.

It is reported in Sahih Muslim, Hadith 2308 that holy Prophet Muhammad ﷺ said:

﴿ كَانَ رَسُولُ اللَّهِ ﷺ أَجْوَدَ النَّاسِ وَكَانَ أَجْوَدَ مَا يَكُونُ فِي رَمَضَانَ ﴾

“The Messenger of Allah Almighty ﷺ was the most generous of people, and he was most generous in Ramadan.”



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Eid is a Gift from Allah Almighty

Eid Ul-Fitr is the celebration marking the completion of Ramadan. It is a blessed day of immense reward for obeying Allah Almighty and completing Ramadan.

It is reported in Sunan Abu Dawood, Hadith 1134 that holy Prophet Muhammad ﷺ said:

﴿ إِنَّ اللَّهَ أَبْدَلَكَمَ بِهِمَا خَيْرًا مِنْهُمَا: يَوْمَ الْفِطْرِ وَيَوْمَ الْأُضْحَى ﴾

"Allah Almighty has given you two better days: Eid Al Fitr and Eid Al Adha."



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DUA FROM WISE COMPASS FOR YOU

May Allah Almighty accept your fasting, prayers, and good deeds, and make Ramadan a source of light and joy for your family.

Ameen.

