

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Essential Duas for Kids

18 everyday duas every Muslim child can learn
Arabic · transliteration · meaning

A free gift from Maktab Quran · maktab-quran.com

For parents: how to use this book

1. One dua a week is enough.

Eighteen duas is four to five months of gentle, permanent learning. Slow is smooth.

2. Teach it at its moment.

Say the eating dua at the table, the sleeping dua at the pillow, the car dua in the car. The moment is the memory hook - children learn duas from repetition in context, not from drilling.

3. Meaning first.

Read the English line together once before the Arabic. A child who knows they are saying 'thank You for our food' says it with their heart.

4. Say it with them, every time.

Children copy what parents do far more than what parents say. If you say it aloud, they will.

About the sources: every dua in this book is either from the Quran (reference given) or from the well-known hadith collections named under each dua. Transliterations are a reading aid - the goal is always the Arabic, learned by ear, one phrase at a time.

1

When you wake up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillahir-ladhi ahyana ba'da ma amatana wa ilayhin-nushur

"Praise be to Allah who gave us life after sleep, and to Him we shall return."

Sahih al-Bukhari

2

Before you sleep

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

"In Your name, O Allah, I die and I live."

Sahih al-Bukhari

3

Before eating

بِسْمِ اللَّهِ

Bismillah

"In the name of Allah."

Sunnah - Abu Dawud, Tirmidhi

4

If you forget Bismillah

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

Bismillahi fi awwalihi wa akhirihi

"In the name of Allah, at its beginning and at its end."

Abu Dawud, Tirmidhi

5

After eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

Alhamdu lillahir-ladhi at'amana wa saqana wa ja'alana muslimin

"Praise be to Allah who fed us, gave us drink, and made us Muslims."

Abu Dawud, Tirmidhi

6

Entering the toilet

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal-khubthi wal-khaba'ith

"O Allah, I seek Your protection from all evil and impure things."

Sahih al-Bukhari, Sahih Muslim

7

Leaving the toilet

غُفْرَانَكَ

Ghufranak

"I ask for Your forgiveness."

Abu Dawud, Tirmidhi

8

After wudu

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu an la ilaha illallahu wahdahu la sharika lah, wa ash-hadu anna Muhammadan 'abduhu wa rasuluh

"I bear witness that none is worthy of worship but Allah alone, without partner, and that Muhammad is His servant and Messenger."

Sahih Muslim

9

Leaving home

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillahi tawakkaltu 'alallah, wa la hawla wa la quwwata illa billah

"In the name of Allah, I place my trust in Allah; there is no power or strength except with Allah."

Abu Dawud, Tirmidhi

10

Entering the masjid

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahummaftah li abwaba rahmatik

"O Allah, open for me the doors of Your mercy."

Sahih Muslim

11

Leaving the masjid

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma inni as'aluka min fadlik

"O Allah, I ask You from Your bounty."

Sahih Muslim

12

Before studying - for knowledge

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma

"My Lord, increase me in knowledge."

Quran 20:114

13

For your parents

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbi irhamhuma kama rabbayani saghira

"My Lord, have mercy on them both, as they raised me when I was small."

Quran 17:24

14

When it rains

اللَّهُمَّ صَيِّبًا نَافِعًا

Allahumma sayyiban nafi'an

"O Allah, let it be a beneficial rain."

Sahih al-Bukhari

15

When you sneeze - and the reply

الْحَمْدُ لِلَّهِ — يَرْحَمُكَ اللَّهُ

Alhamdulillah - and your friend replies: Yarhamukallah

"Praise be to Allah. - May Allah have mercy on you."

Sahih al-Bukhari

16

Riding in a car

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ

Subhanal-ladhi sakhkhara lana hadha wa ma kunna lahu muqrinin

"Glory be to the One who placed this at our service, for we could never have done it ourselves."

Quran 43:13

17 Morning and evening protection

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahil-ladhi la yadurru ma'asmihi shay'un fil-ardi wa la fis-sama', wa huwas-Sami'ul-'Alim

"In the name of Allah, with whose name nothing on earth or in heaven can cause harm - and He is the All-Hearing, the All-Knowing. (Say it three times.)"

Abu Dawud, Tirmidhi

18 When something makes you happy

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ

Alhamdu lillahil-ladhi bini'matihi tatimmus-salihat

"Praise be to Allah, by whose favour good things are completed."

Ibn Majah

What comes after duas?

Reading the Quran itself. Maktab Quran teaches children live, one-to-one or in small groups of ten, on a synchronized Quran screen - from Noorani Qaida to full recitation and Hifz, with kind teachers who correct every letter.

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