

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Ramadan for Kids

A 30-day chart, the iftar du'a
and the last ten nights

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For parents

Fasting is obligatory from puberty

Before that, children practise if they are able: a fast until mid-morning, then Dhuhr, then Asr. A child who is unwell does not fast. Ask your doctor first if your child has a medical condition.

Keep the chart small

One Quran target, one good deed a day, and a practice fast only when your child wants to try. Thirty small boxes get filled; thirty big ones get abandoned.

Give them a job at iftar

Handing out the dates and saying the du'a aloud makes a child part of the worship rather than a spectator.

Save something for the last ten nights

A little extra each night - two rak'ahs, the du'a for Laylat al-Qadr, a surah recited to a parent - so the month ends on its high point.

About the sources

Quran references are given by surah and verse. Hadith are given with the collection they are narrated in - Sahih al-Bukhari, Sahih Muslim, Abu Dawud, Tirmidhi - rather than a number, because numbering differs between printings. This is a learning aid for families, not a substitute for a teacher or a scholar.

My Ramadan chart

Name: _____ My Quran target: _____

Day	Practice fast	Quran	Good deed	Du'a
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

Shaded rows are the odd nights of the last ten (21, 23, 25, 27, 29), when Laylat al-Qadr is sought - Sahih al-Bukhari.

The du'a after breaking the fast

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَّتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Dhahaba'z-zama'u wabtallati'l-'urooqu wa thabata'l-ajru in shaa' Allah

"The thirst has gone, the veins are moistened, and the reward is confirmed, if Allah wills."

Source: Abu Dawud

"Allahumma laka sumtu..." is also widely taught. It is reported in Abu Dawud as a mursal narration, which scholars classify as weak; its meaning is good, but the du'a above is the stronger narration.

The du'a for Laylat al-Qadr

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwwun tuhibbu'l-'afwa fa'fu 'anni

"O Allah, You are the One who pardons, and You love to pardon, so pardon me."

Source: Tirmidhi

The last ten nights

Night	Two rak'ahs	The du'a	A surah to a parent
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			