

The background of the entire graphic is a soft-focus photograph of several hands gently holding and arranging light pink daisy-like flowers. The hands are positioned in a way that suggests care and tenderness. The overall color palette is muted, with a dark brown overlay that makes the white and gold text stand out.

FASTING IN

Ramadhan

FOR PREGNANT AND BREASTFEEDING MUMS

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RAMADHAN IS NOT A COMPETITION OF WHO IS ABLE
TO FAST AND WHO IS NOT ABLE TO FAST ESPECIALLY
DURING PREGNANCY AND BREASTFEEDING.

AT THE END OF THE DAY, THE GOAL
IS TO HAVE MORE GOD-CONSCIOUSNESS.

Goal of Fasting:

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا
كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

O believers! Fasting is prescribed for you—as it was for those before you—
so perhaps you will become mindful 'of Allah'.

[Al-Baqarah: 183]

Goal of Ramadhan:

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ ۚ فَمَن شَهِدَ
مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ ۖ وَمَن كَانَ مَرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ ۗ يُرِيدُ اللَّهُ بِكُمُ
الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَاكُم وَلَعَلَّكُمْ تَشْكُرُونَ

Ramaḍân is the month in which the Quran was revealed as a guide for humanity with clear proofs of guidance and the decisive authority. So whoever is present this month, let them fast. But whoever is ill or on a journey, then 'let them fast' an equal number of days 'after Ramaḍân'. Allah intends ease for you, not hardship, so that you may complete the prescribed period and proclaim the greatness of Allah for guiding you, and perhaps you will be grateful.

[Al-Baqarah: 185]

PROPHET MUHAMMAD ﷺ SAID:

"INDEED, ALLAH HAS LIFTED FASTING FROM THE TRAVELER, HALF OF THE PRAYER, AND FROM THE PREGNANT AND BREASTFEEDING MOTHER."

[ABU DAWOOD: 2408]

Ramadhan is a platform for us to be

1. MORE **M**INDFUL OF ALLAH AND OUR ACTIONS
2. MORE **A**PPRECIATION FOR WHAT WE HAVE
3. MORE **A**DHERING TO HIS RULES

RESULTS

MORE GUIDED

CAN A PREGNANT OR A NURSING MOTHER
BREAK HER FAST IN RAMADHAN?

YES, SHE CAN BREAK HER FAST IF SHE FEARS
HARM FOR HERSELF OR HER CHILD.

IF FASTING HAS A NEGATIVE IMPACT ON HER
HEALTH OR THE BABY'S WELL-BEING,
THEN SHE **MUST** BREAK HER FAST.

MUST I QADHA' OR PAY FIDYAH IF I SKIP THE FAST?

- IF SHE FEARS HARM FOR HERSELF, SHE MUST MAKE UP THE FAST.
- IF SHE FEARS HARM ONLY FOR HER BABY, SHE MUST MAKE UP THE FASTS AND PAY FIDYAH (FEEDING A POOR PERSON PER MISSED FAST).

MUST I REALLY QADHA?
IT IS SO DIFFICULT. 🥹

OPINION OF IBN ABBAS & IBN UMAR:

A PREGNANT OR BREASTFEEDING WOMAN WHO
MISSES FASTING IS ONLY REQUIRED TO PAY
FIDYAH AND DOES NOT NEED TO MAKE UP THE
MISSED FASTS.

MOTHERS SHOULD HAVE THE
FREEDOM TO DECIDE WHETHER
TO FAST OR NOT WITHOUT FEAR
OF JUDGEMENT OR
MISUNDERSTANDING.

MOTHERS DO NOT OWE ANYONE
AN EXPLANATION IF SHE
DECIDES TO BREAK HER FAST

BREAKING YOUR FAST FOR THE
WELL-BEING OF YOURSELF OR
YOUR BABY IS, IN ITSELF, A
GREAT ACT OF WORSHIP.

EVERY BITE OF FOOD AND SIP OF
DRINK YOU TAKE IN RAMADAN
TO KEEP YOURSELF AND YOUR
CHILD SAFE IS A SOURCE OF
REWARD.

EVERY DROP OF BREAST MILK IS
A HUGE REWARD GAINED.

HUSBANDS, BE EMOTIONALLY PRESENT.

HORMONAL CHANGES MAY CAUSE HER TO
FEEL EMOTIONAL OR GUILTY.

COMFORT AND REASSURE HER.

BE PATIENT AND UNDERSTANDING IF SHE IS
FEELING UNWELL OR OVERWHELMED.

HUSBANDS, YOUR WORDS & ENCOURAGEMENT
MEANS THE WORLD TO HER.

TELL HER DAILY THAT TAKING CARE OF
HERSELF AND THE BABY IS ALSO AN ACT OF
IBADAH, IN FACT, A SPECIAL ONE FOR THE
SPECIAL SLAVES OF ALLAH.

What can we do in Ramadhan?

salawat

listen to Islamic talks

congregation

avoid wastage

charity

good deeds

fast

umrah

witir

iktikaf

resting

parents

forgive people

friends

zikir

du'a

exercise

less screen time

tarawih

family

qabliyyah & ba'diyyah

listen to the Quran

tadabbur

spread positivity

ziyarah

memorise the Quran

recite the Quran

avoid unnecessary talk

be patient

qiyammullail

seek knowledge

give up bad habits

provide iftar to others

dhuha

The background image shows a group of men in a mosque or prayer hall. They are wearing traditional Islamic clothing, including white thobes and dark ghutras. They are standing in rows, and their hands are raised in a gesture of prayer or supplication. The lighting is soft, and the overall atmosphere is one of solemnity and devotion.

Action 1:

Pray Isya' & Fajr in congregation.

You will get the rewards
of praying the whole night.

Action 2:

Have a goal and support group
to study the Quran.

We all need motivation
and reminders to stay on track.

Action 3 :

Read Ayaatul Kursi after each prescribed solah.

That is your key to Paradise.



Action 4 :

Give sadaqah everyday without fail.

When you share your rizq with others,
Ar-Razzaq will give you more.



Action 5 :

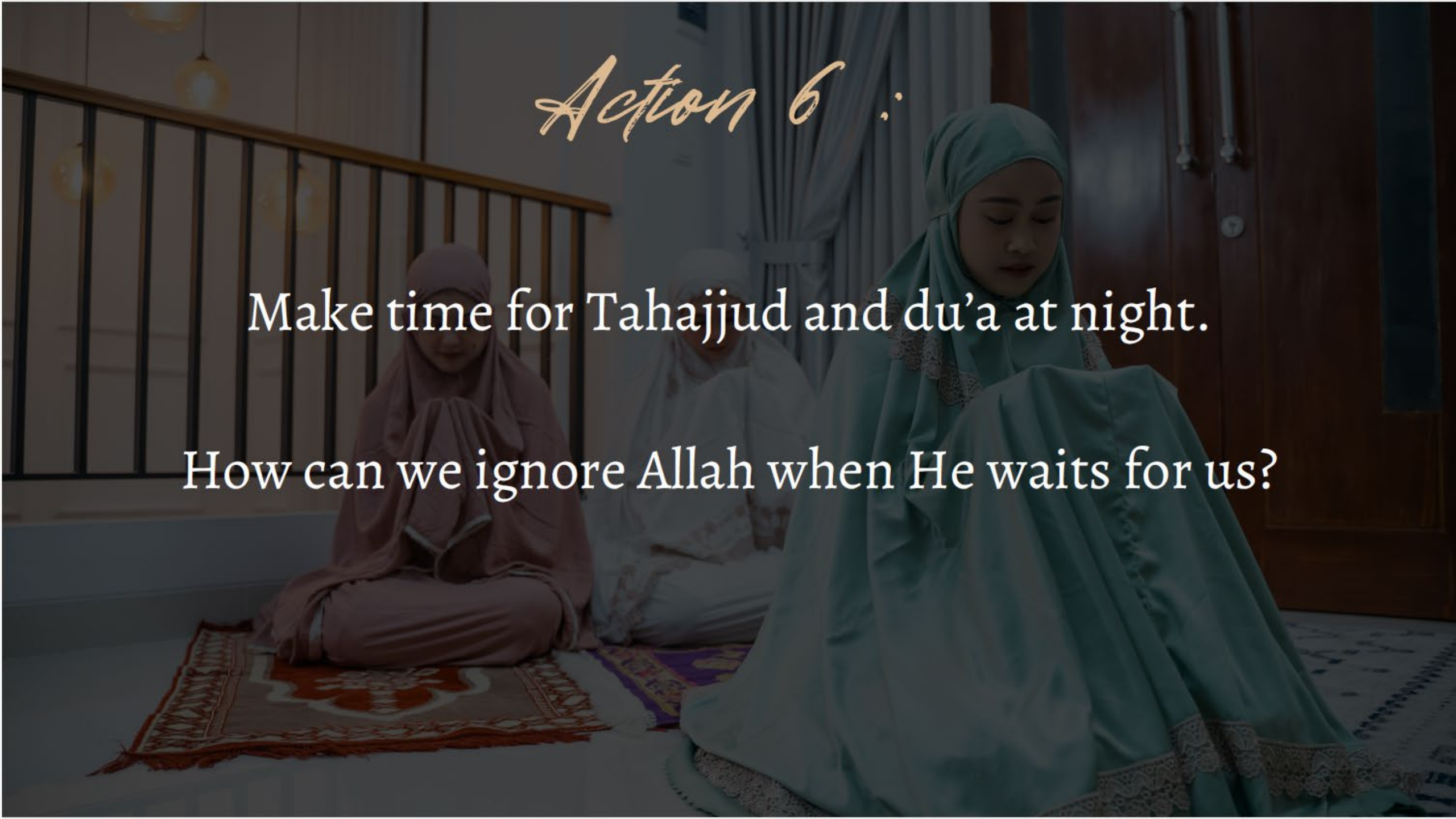
Have a daily zikir and du'a list.

Don't miss this chance to multiply your rewards
and draw closer to Allah.

Action 6 :

Make time for Tahajjud and du'a at night.

How can we ignore Allah when He waits for us?



A man and a woman, both wearing Islamic attire, are seated on a light-colored sofa. The man, on the left, is wearing a white kurtah and a white cap. The woman, on the right, is wearing a pink hijab and a pink kurtah with colorful floral patterns on the sleeves. They are both smiling and looking down at a small, light-colored rectangular object that the woman is holding in her hands. The background is a simple, light-colored wall.

Action 7 :

Do something special for your parents.

They are the doorway to our true goodness,
both in this world and in the Hereafter.

A photograph of a family of four, including a man, a woman, and two young children, all smiling and embracing each other. The man is on the left, wearing a brown shirt. The woman is on the right, wearing a light-colored hijab and a striped shirt. The two children are in the center, wearing orange and white striped shirts. The background is a brick wall and a window with curtains. The image is dimmed to allow text to be overlaid.

Action 8 :

Serve your family with love and dedication.

We are only truly good when we show kindness
and support to those closest to us.



Action 9 :

Provide iftar for as many people as you can.

You will share their rewards of fasting.

A man with a beard, wearing a white kufi and a black button-down shirt, is looking down at a smartphone he is holding in both hands. The background is a blurred outdoor setting with greenery. The image has a dark overlay to make the text stand out.

Action 10 :

Share beneficial knowledge online.

Your rewards will be multiplied as other benefit from your sharing and reminders.

RAMADHAN IS THE MONTH OF RAHMAH.

AS WOMEN, ALLAH'S RAHMAH IS SHOWN
THROUGH OUR RAHIM (WOMB).

EXEMPTED FROM FASTING DUE TO OUR MENSTRUATION
AND POST NATAL BLEEDING IS A RAHMAH FROM HIM.

EXEMPTED FROM FASTING DUE TO PREGNANCY AND
BREASTFEEDING IS ALSO A RAHMAH FROM HIM.

DO NOT DEGRADE THIS RAHMAH BY THINKING THAT
BY NOT FASTING WE ARE LESS PRIVILEGED THAN THOSE
WHO CAN FAST.

IT IS IN FACT A PRIVILEGE AND HONOUR FOR US
WOMEN TO BE THE CHOSEN ONES.

FOR THOSE WHO ARE ABLE TO FAST, REMEMBER THAT IT
IS ONLY WITH ALLAH'S RAHMAH THAT YOU ARE ABLE
DO SO AND MAY ALLAH BLESS YOUR EFFORT IN GIVING
YOUR BEST.

FOR THOSE WHO ARE NOT ABLE TO FAST, REMEMBER
THAT IT IS ALSO WITH ALLAH'S RAHMAH THAT YOU ARE
THE CHOSEN ONES TO CELEBRATE RAMADHAN
DIFFERENTLY.

LET'S CELEBRATE RAMADHAN.
LET'S CELEBRATE HIS RAHMAH TOWARDS US.