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THE ISLAMIC PARENTING TOOLKIT

A Practical Guide for
Muslim Parents in
Singapore



Assalamualaikum, **DEAR PARENTS!**



Raising a Muslim child in Singapore can be challenging amid daily life demands.

However, it's about establishing simple, consistent habits filled with love rather than having everything figured out.

This toolkit from SimplyIslam.sg provides practical tools to help make your home more Islamic. You don't need fancy setups! Just your child and a commitment to small, meaningful steps.

May Allah bless your family and make your parenting journey rewarding.

JazakAllahu khair,

Ustadh Muhammad Salleh,
Education Chief



WHAT'S INSIDE

- 1 - Age-Appropriate Du'as for Children
- 2 - Making Qur'an Learning Fun at Home
- 3 - Raising Values-Driven Children
- 4 - Answering the Tough Questions Kids Ask
- 5 - Navigating Children in a Digital Era



Du'as to Teach

Du'as are one of the most beautiful gifts we can give our children. When they learn to turn to Allah in the small everyday moments, before eating, before sleeping, when leaving the house, they're building a lifelong relationship with their Creator. Here's a practical guide by age group.

Ages 3-5: Start with the Basics

Bismillah

بِسْمِ اللّٰهِ

"In the name of Allah"

How to teach it: Say it out loud before every meal, before getting dressed, before opening a book. Make it a game or a race to say Bismillah first before eating!



Du'as to Teach

Ages 3-5: Start with the Basics

Alhamdulillah

الْحَمْدُ لِلَّهِ

"All praise and thanks are for Allah"

How to teach it: After finishing a meal, after a sneeze, after something good happens. Ask your child: 'What are we grateful for today?' and say Alhamdulillah together.

Du'a Before Sleeping

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya
"In Your name, O Allah, I die and I live"

How to teach it: Make it part of the bedtime routine. Say it together as you tuck them in.



Du'as to Teach

Ages 6–8: Expanding the Routine

Du'a When Leaving Home

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، لَا حَوْلَ
وَلَا قُوَّةَ إِلَّا بِاللَّهِ

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

"In the name of Allah, I place my trust in Allah.
There is no power except with Allah."

How to teach it: Say it together every school
morning before they walk out the door. Explain:
'This dua is like asking
Allah to protect you and guide you all day.'



Du'as to Teach

Ages 6–8: Expanding the Routine

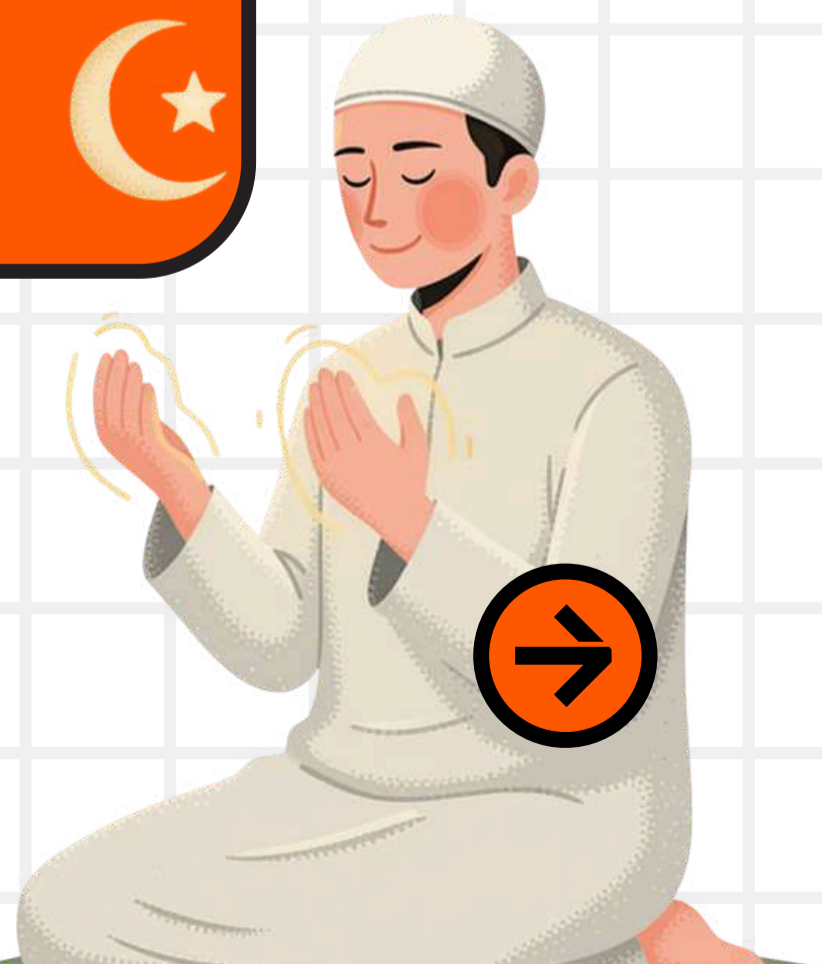
Du'a for Entering & Leaving the Bathroom

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal khubuthi wal khaba'ith.

"O Allah, I seek refuge in You from evil and from the male and female devils."

How to teach it: Teach it as a privacy and protection habit. Keep a small card on the bathroom wall as a reminder until they memorise it.



Du'as to Teach

Ages 6–8: Expanding the Routine

Du'a for Entering the Masjid

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahumma iftah li abwaba rahmatik.

"O Allah, open for me the
gates of Your mercy"

How to teach it: Say it every time you arrive
at the masjid together. Ask: 'What does
Allah's mercy mean to you?'



Du'as to Teach

Ages 9–12: Deeper Meaning & Independence

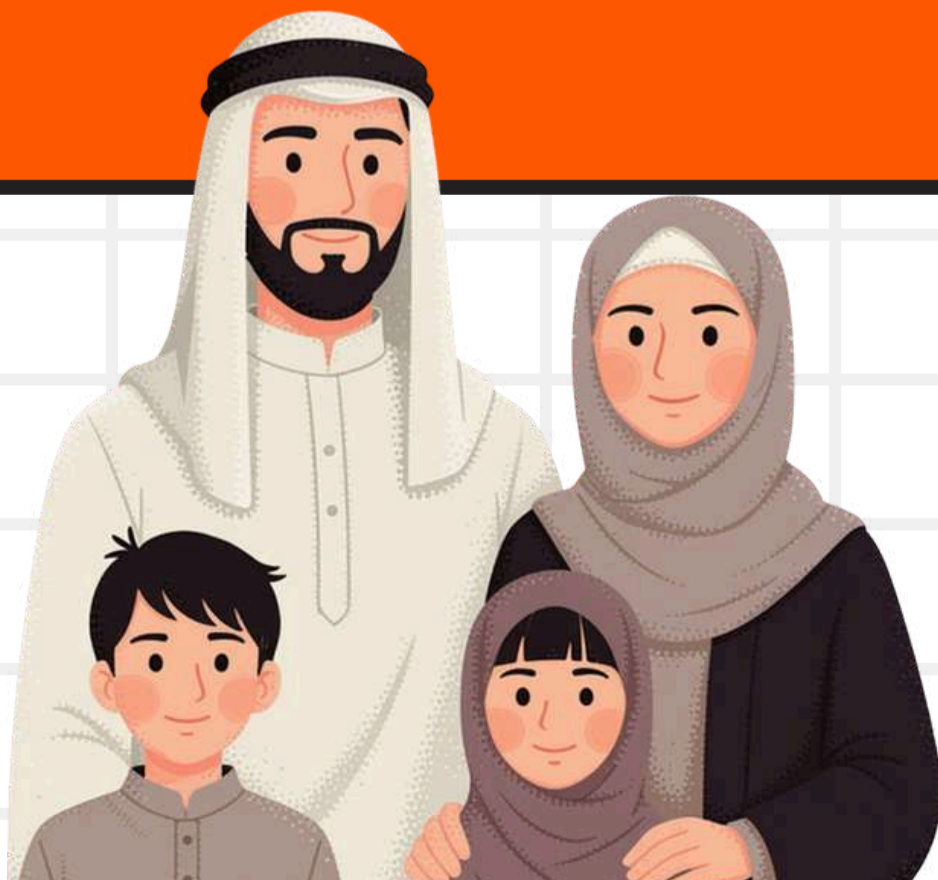
Du'a for Parents

رَبِّ اَرْحَمُهُمَا كَمَا رَبَّيْتَنِي صَغِيرًا

Rabbi irhamhuma kama
rabbayani saghira.

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

How to teach it: Teach this and explain what it
means, that praying for parents is one of the most
valuable things a child can do. Ask them to recite
it after every salah.



Du'as to Teach

Ages 9–12: Deeper Meaning & Independence

Du'a for Seeking Knowledge

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma.

"My Lord, increase me in knowledge"

How to teach it: Perfect before exams, studying, or starting a new class. Remind them that seeking knowledge is an act of worship, including school knowledge.



Du'as to Teach

Ages 9–12: Deeper Meaning & Independence

Du'a After Eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا
وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

Alhamdulillahil-ladhi at'amana wa saqana wa ja'alana muslimin.

"Praise be to Allah Who has fed us, given us drink, and made us Muslims"

How to teach it: Say it as a family after dinner. It's a beautiful gratitude ritual that takes less than 10 seconds and carries enormous meaning.

Parent tip: Consistency matters more than perfection. Use apps like Du'a Fortress or Hisnul Muslim to listen to correct pronunciation together as a family.



Make Qur'an Learning Fun at Home

Build a Simple Daily Quran Routine

You don't need a full hour. Even 10–15 focused minutes daily creates a powerful habit. Here's a simple structure that works for most families:

Time	Activity	Duration
After Maghrib	Listen to a short surah recording together.	5 mins
After Isha'	Child reads/recites what they're currently learning.	5 - 10 mins
Weekend Mornings	Watch a short animated Islamic story or tafsir video.	5 - 15 mins



Make Qur'an Learning Fun at Home

5 Fun Ways to Make Quran Feel Joyful

1. Surah of the Week

Pick one short surah each week (start with Juz 'Amma). Put it on the fridge, listen to it during car rides, and celebrate when your child can recite it from memory. A small treat or sticker chart goes a long way!

2. Quran Storytelling Nights

Once a week, tell a story from the Quran at bedtime: Yusuf (AS), Musa (AS), or Maryam (AS). Make it dramatic and engaging. Ask: 'What do you think happened next?' Children who know the stories love the Book behind them.

3. Ustadh/Ustadha Pretend Play

Let your child 'teach' the family a surah they've just learned. Being the teacher deepens memory and builds confidence. Record a video of them reciting and share it with grandparents. Instant motivation!



Make Qur'an Learning Fun at Home

5 Fun Ways to Make Quran Feel Joyful

4. Quran Listening Mornings

Play a beautiful recitation by a sheikh your child enjoys (Mishary Rashid Alafasy or Abdul Rahman Al-Sudais are popular with kids) during breakfast or the school-morning routine. Passive listening builds familiarity with the sound and rhythm.

5. The 1 Ayah Challenge

Each week, pick one ayah with a simple meaning and memorise it together. Write it on a sticky note on the mirror. 52 ayat over a year is incredible progress – and it's just one a week.

Recommended Apps: Quran Companion (progress tracking) • Noor Kids (stories + activities for children) • Muslim Pro (family listening) • Little Muslim (animation for young children)



5 Core Islamic Values to Build at Home

Sidq (Honesty)

Create a home where honesty is always safe. When your child tells a hard truth, thank them for it, even if you then have to address the behaviour. Say often: 'In our family, we always tell the truth, even when it's hard.'

Rahmah (Compassion)

Model compassion in front of your children. With a struggling neighbour, with a homeless person, with animals. Volunteer together at a food bank or visit an elderly relative. Compassion is caught, not just taught.

Sabr (Patience)

When your child is frustrated, narrate patience: 'I know you're upset. Let's take a breath. Sabr is hard but Allah loves those who are patient.' Share stories of the Prophets who showed incredible patience.



5 Core Islamic Values to Build at Home

Amanah (Trustworthiness)

Give your child responsibilities. A chore, a pet to care for, a younger sibling to watch for a moment. When they fulfil it, acknowledge it explicitly: 'You were amanah today.'

Shukr (Gratitude)

Start a family 'shukr jar'! Each family member writes one thing they're grateful for each day and drops it in. Read them together on Fridays. Gratitude rewires the heart.



5 Core Islamic Values to Build at Home

Conversation Starters for the Dinner Table

These simple questions open up meaningful conversations about faith and character. Try one a week during dinner or the car ride home from school:

What's one kind thing you did for someone today?

If you could ask Allah Almighty for anything, what would it be and why?

Who do you think is the bravest person in the Qur'an? What made them brave?

What does being a good Muslim look like at school?

What's something you're finding difficult right now? How can we make du'a for it together?

If the Prophet (ﷺ) spent a day at our school, what do you think he would say?



Answering Tough Questions from Kids

Q: Why do we have to pray five times a day?

Because Allah loves us and wants us to remember Him throughout our day. Not just once, but five beautiful moments where we pause everything and talk to Him. Think about it: we eat multiple times a day to keep our body healthy. Salah is how we keep our heart and soul healthy.

Q: Why can't I eat that? (non-halal food)

Allah gave us rules about food because He loves us and wants the best for us, like how a doctor gives you rules to keep you well. Eating halal is one of the ways we show Allah that we trust His Wisdom. There are SO many delicious halal options. Let's find your favourite!

Q: Why do we fast during Ramadan? It's so hard!

You're right, it is hard, and that's actually the point! Fasting teaches us what it feels like to be hungry, so we feel for people who don't have enough food every day. It also teaches us self-control and shows Allah how much we love Him. And there's something magical about Ramadan. The whole ummah does it together. You're never fasting alone.



Answering Tough Questions from Kids

Q: Does Allah really hear my dua? Nothing happened.

Yes, absolutely! Allah hears every single du'a, even a whisper in your heart. But Allah answers in three ways:

He gives you what you asked for, He gives you something better, or He saves the reward for you in Jannah. Sometimes the 'no' is a protection we don't understand yet.

Q: Why do girls wear hijab but boys don't have to?

Islam has different guidelines for boys and girls. Both are asked to dress modestly and behave with respect.

The hijab for Muslim women is a sign of identity, dignity, and faith. Many women who wear it feel proud and strong. It's not about hiding; it's about being seen for who you truly are on the inside.

Q: My non-Muslim friend says we worship a different God. Do we?

There is only one God, and that's the God that all humans were created by. Muslims, Christians, and Jews all believe in the same Creator. We just understand and worship Him differently. In Arabic, we call Him Allah, which simply means 'God.' We Muslims believe Islam is the complete and final guidance from that one God. Your friend is asking a great question, and so are you!



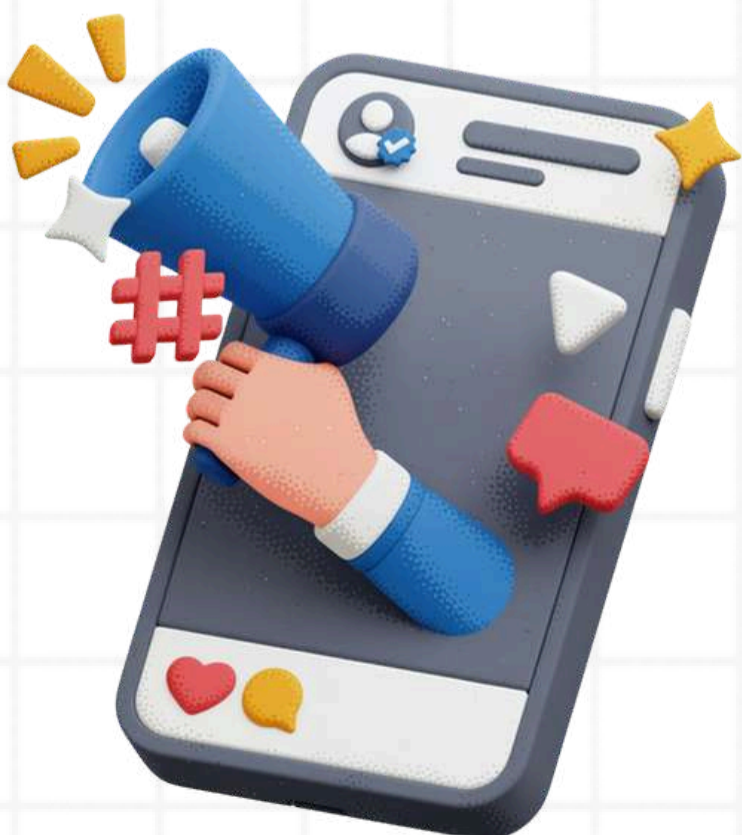
Navigating Children in a Digital Era

Raising Faithful Kids in a World of Screens, Ads & Noise

Let's be honest. This is probably the hardest part of parenting right now. Our children are growing up in an environment that is louder, faster, and more persuasive than anything we experienced.

Social media algorithms are designed by billion-dollar companies to capture attention. Advertising is engineered to create desire. And peer influence travels at the speed of a TikTok share.

The good news? Islam gave us exactly the tools we need to handle this. We just need to apply them intentionally.



Navigating Children in a Digital Era

Practical Strategies for Muslim Parents

Have "media talks," not media bans.

Banning everything often makes it more attractive and leaves your child unprepared for when they inevitably encounter it. Instead, watch content with them sometimes and talk about it: "That ad is trying to make you feel like you need something you're fine without. What do you think?" Teach them to be critical consumers, not passive ones.

Name the manipulation out loud.

When your child sees an influencer promoting a product, say: "They're being paid to say that. It's their job to make you want it." When they see a heavily filtered photo, say: "That's not what they actually look like." Naming it takes away its power.

Create device-free sacred spaces.

Salah time is screen-free. Dinner is screen-free. The bedroom after a certain hour is screen-free. They're boundaries that protect the family's spiritual and emotional health. Frame it that way.



Navigating Children in a Digital Era

Practical Strategies for Muslim Parents

Teach them about the attention economy.

Even older primary school children can understand this: "These apps are free because your attention is the product. The longer you scroll, the more money they make." That simple reframe changes how children relate to their feeds.

Model the behaviour you want to see.

If you're on your phone during dinner, during conversations, or the moment you wake up, your child is watching. Our kids don't do what we say. They do what we do.

Use their interests as entry points, not battlegrounds.

If your child loves gaming, watch a video essay about the ethics of loot boxes. If they love beauty content, have a conversation about Islamic standards of beauty and self-worth. Meet them in their world, then gently elevate the conversation.



Navigating Children in a Digital Era

Conversation Starters for the Dinner Table

These simple questions open up meaningful conversations about faith and character. Try one a week during dinner or the car ride home from school:

"If you didn't have social media for one week, what do you think you'd miss most, and why?"

"Have you ever seen something online that made you feel bad about yourself? What was it?"

"Do you think the person posting that is actually that happy? What might their life really look like?"

"What does Islam say about comparing ourselves to others?" (A beautiful entry point to the hadith about not looking upward in worldly matters, but upward in matters of deen.)

"If Allah could see your screen right now, would you be comfortable with that?"



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Want to Go Deeper?

This toolkit is just the beginning. At SimplyIslam.SG, we offer weekend Madrasah for children and Islamic courses for adults, designed for Singapore families who want a strong foundation in their faith.

- ✓ Weekend Madrasah classes for children (Pr. 1 – Sec. 4)
- ✓ Adult Islamic courses – beginners to advanced
- ✓ Free resources and email community for Muslim parents