

Free Resource

Your Child's Salah Journey One Raka'ah at a Time

A 12-Week Starter Guide for Muslim Parents



WHAT THIS GUIDE IS FOR

This guide is built on one simple idea: overwhelm is the enemy of habit. Most children give up on salah because they were asked to learn everything at once.

This 12-week plan breaks the journey into small, achievable steps. By the end, your child will perform a complete salah with understanding, confidence, and Insha'Allah, with love.

Few things to keep in mind!

MAKE IT NORMAL

Pray in front of them every day. Observation is the first teacher.

CELEBRATE PROGRESS

Each step learned is worth praise. Progress before perfection.

PHASE 1 · FOUNDATIONS

WEEKS 1 – 2 · Wudhu

Learn the steps and sequence of wudhu'

Goal: Wudhu feels like a ritual, the sacred entry into salah

- Teach the 6 steps with actions: hands, mouth, nose, face, arms, head, ears, feet
- Say the niyyah (intention) together before starting
- Practise together after every Maghrib, make it a shared moment
- Put a simple wudhu chart on the bathroom wall for reference

PARENT TIP

Do wudhu' together every time. Let them watch your hands, then mirror you step by step. No corrections yet, just familiarity and togetherness.

WEEKS 3 – 4 · The Prayer Mat & Qiblah

Build sacred space awareness

Goal: Salah has a place, a direction, and a belonging – it is theirs

- Let your child choose their own prayer mat
- Teach them how to find the Qiblah direction
- Practise standing correctly: feet shoulder-width, hands at sides, eyes down
- Introduce Takbiratul Ihram: raise both hands to ears, say Allahu Akbar

PARENT TIP

Give them ownership. A child with their own prayer mat treats salah as something that belongs to them.

WEEKS 5 – 6 · Standing & Recitation (Qiyam)

Learn what we say while standing before Allah Almighty

Goal: Al-Fatihah and one short surah recited with meaning, not just sound

- Teach Al-Fatihah one line at a time, always with its simple meaning
- Add Al-Ikhlās as the short surah: only 4 lines, profound meaning
- Explain: "In qiyam, we are standing before Allah Almighty, speaking directly to Him"
- Practise the full standing portion of one raka'ah every day

PARENT TIP

"SubhanAllah Rabbiyal Adhim means:

Glory be to my Lord, the Most Great. You are telling Allah He is the greatest thing in your life."

Say it together slowly. Meaning before memorisation.

WEEKS 7 – 8 · Bowing & Prostration (Ruku' & Sujud)

Learn the postures and why they matter

Goal: Each posture is understood, not just performed

- Teach ruku': hands on knees, back flat: SubhanAllah Rabbiyal Adhim ×3
- Teach sujud: forehead, nose, both palms, knees, toes touch – SubhanAllah Rabbiyal A'la ×3
- Explain sujud: "This is the closest you will ever be to Allah. This position is a gift."
- String together: Qiyam → Ruku' → I'tidal → Sujud → Julus → Sujud

PARENT TIP

"Let them lead you through the movements. Teaching someone else is the fastest way to learn – and it builds confidence that reciting alone never can.

WEEKS 9 – 10 · Tashahhud & Salam

Learn the sitting portion and the closing

Goal: One complete, independent rakah from Takbir to Salam

- Teach At-Tahiyyat: one phrase at a time, always with meaning
- Add the Ibrahimiyah (Salawat) after At-Tahiyyat
- Teach the Salam: turn right: Assalamualaikum wa Rahmatullah, then left
- Mark the milestone: your child can now complete one full raka'ah

PARENT TIP

When they complete their first full independent raka'ah, celebrate it properly. Tell them: "You just spoke to Allah Almighty, and He heard every single word."

WEEKS 11 – 12 · Building to Full Salah

Add raka'ah and build the daily habit

Goal: Consistent daily salah, at least one prayer together, every day

- Add a second raka'ah, note: no short surah after Al-Fatihah in the 2nd raka'ah for Fardh
- Introduce all 5 prayers and their raka'ah: Fajr 2 · Zuhr 4 · Asr 4 · Maghrib 3 · Isha 4
- Start with Maghrib; it's short, it's after dinner, and the sunset makes it feel special
- Begin a daily routine: one prayer prayed together, consistently, without exception

PARENT TIP

Maghrib is the golden entry point for full salah. It is short, it is at a natural pause in the day, and watching the sky change colour as the adhan is called is something a child never forgets.

PROGRESS TRACKER

- Wudhu' memorised & practised independently
- Knows the qiblah direction at home
- Al-Fatihah recited with meaning
- Al-Ikhlās memorised
- Ruku' posture & dhikr correct
- Sujud posture & dhikr correct
- At-Tahiyyat memorised
- First complete raka'ah independently
- Prays Maghrib fully without prompting
- Consistent daily salah, one prayer, every day



REMINDER

Give rewards when your child reach certain milestones. Positive reinforcement works!

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