



Parenting Advice for Muslim Mothers

Connecting with Allah ﷻ Through Dua During Ramadan (Part 3)

Etiquettes of Dua

While we must instill in our children the conviction that they can make *dua* anytime, anywhere, in any state, even in their hearts without using any words, it is also important to teach them the best etiquettes of making *dua*. Explain to them that just like parents are more inclined towards fulfilling the wishes of their children when they ask for something politely (though they also respond when they are asked casually!), Allah the Most High is more deserving of being asked with proper etiquette, and He is more responsive when the request is presented “politely”. Some simple etiquettes of *dua* to teach your kids are as follows:

1. **Sit on the floor.** Tell your children that we must humble ourselves when we ask Allah ﷻ, because he is the Maker and Owner and Master of the Universe, and sitting on the floor is an expression of this humility.
2. **Face the *qiblah*.** Tell your children that the House of Allah is such a blessed place, that just by sitting and facing in its direction, there is reward and blessings from Allah ﷻ.
3. **Join both hands (like we do in *dua*) and raise them till the shoulders.** This is the way the Prophet ﷺ taught us to make *dua*, so it is the best way.
4. **Start by praising Allah ﷻ.** This is to tell Allah ﷻ that we know that He is the Creator and Owner and Master of the Universe, and that He alone can give us what we need or want. Teach your children to use a simple expression of praise that they may already be familiar with, like **الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ** (*Alhamdu lillahi Rabbil 'Aalameen*).
5. **Next, recite *salawaat* upon the Prophet ﷺ.** This is like a gift for the Prophet ﷺ, and because Allah ﷻ loves the Prophet ﷺ more than anyone else in the Universe, when you send a gift for the Prophet ﷺ, it makes Allah ﷻ very happy with you. This is just like your mother becomes happy with your auntie/*khala* when she gives you a gift. Teach your children a simple *durood*, like **اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ** (*Allahumma salli 'ala Muhammadin wa baarik wa sallim*).

6. **Then, admit your sins and seek forgiveness for them.** This is also an expression of our humility, to admit that while we have not been as good as we should have been, and we have disobeyed Him many times, but we still ask Him because He is the One and Only Giver. Teach your children a simple *dua* or statement for this, such as **أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ** (*Astaghfirullah Rabbi min kulli zanbin wa atubu ilaih*) or just **أَسْتَغْفِرُ اللَّهَ** (*Astaghfirullah*) if they are very young.
7. **Focus on the *dua*** and don't look here and there, and try not to think of other things. After all, it's rude to be distracted when talking to someone
8. **Believe that Allah ﷻ will answer you *duas*,** or give you something better when the time is right. Or even if we never get what we have asked for, our *dua* will still benefit us in different ways. Teach your children that our *duas* can benefit us in three ways.
 - Either Allah ﷻ gives us exactly what we have asked for, if it's good for us.
 - Or, the angel who takes our *dua* towards the Heavens meets with another angel who is bringing down some problem or difficulty for us. They start arguing and they will continue arguing forever, and the angel bringing down the problem will never reach us! So, remember all those times when you could have fallen down and hurt yourself but didn't, when everyone in the family ate something rotten and got a stomach ache but you didn't, when your friends in school failed an exam but you passed (even though you had studied less than them), when your ball almost knocked down your mother's favorite lamp but it just rocked for a bit and then settled (pew, that one was close!), and so many other times when you were saved from something unpleasant? Well, it could actually have been your *duas* for something totally unrelated that could have been saving you. So maybe you didn't get what you wanted, but your *dua* could be your superhero, protecting you from harm! **(At this point you or your child could pretend to be superhero *dua* whizzing around the room, and someone else could pretend to be a problem coming angrily from the opposite direction. Then you could engage in some gentle play-fighting in which the superhero *dua* defeats the problem)**
 - Or, neither of the above happen, but Allah ﷻ saves our *duas* as rewards in Jannah, which means that in exchange for them we will get MUCH better things in Jannah. So, maybe we asked for some candy but we didn't get it because it would make our throats sore, but instead Allah ﷻ will give us much more and much better candy in Jannah, and that candy won't even make our throats sore. Infact, everything there will be so amazing, that when we get to Jannah and what we get there in return for our unfulfilled wishes, we would wish that none of our *duas* had been answered!
9. Make *dua* for yourself, then your family, then for all the Muslims. Teach your children that the more people they make *dua* for, the more they will get for yourself. This is because when we make *dua* for someone else, the angels make *dua* for the same thing for us. It's like buying a gift for a friend, and getting the same thing for yourself for free!
10. End with *salwaat* upon the Prophet ﷺ, the beloved of Allah ﷻ, the beloved of the Creation of Allah ﷻ.