

Fasting During Ramadan

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What is **Ramadan**?

Ramadan is the ninth month of the Islamic calendar. It is the Islamic month of fasting, in which participating Muslims refrain from eating, drinking from dawn until sunset. Ramadan had been the name of the ninth month in Arabian culture long before the arrival of Islam.

What do we do in **Ramadan**?



Fasting

Not eating any food or drinking anything (including water) from sunrise to sunset



Prayer

Prayer is the other essential half to completing your fast. Praying the 5 prayers will help me do so. There is also a special prayer called Tarawih. It is observed at night and is longer than the other prayers.



Reflect

This month isn't just about self-control or discipline. It is also about reflecting on myself. How to better ourselves as people and as Muslims.



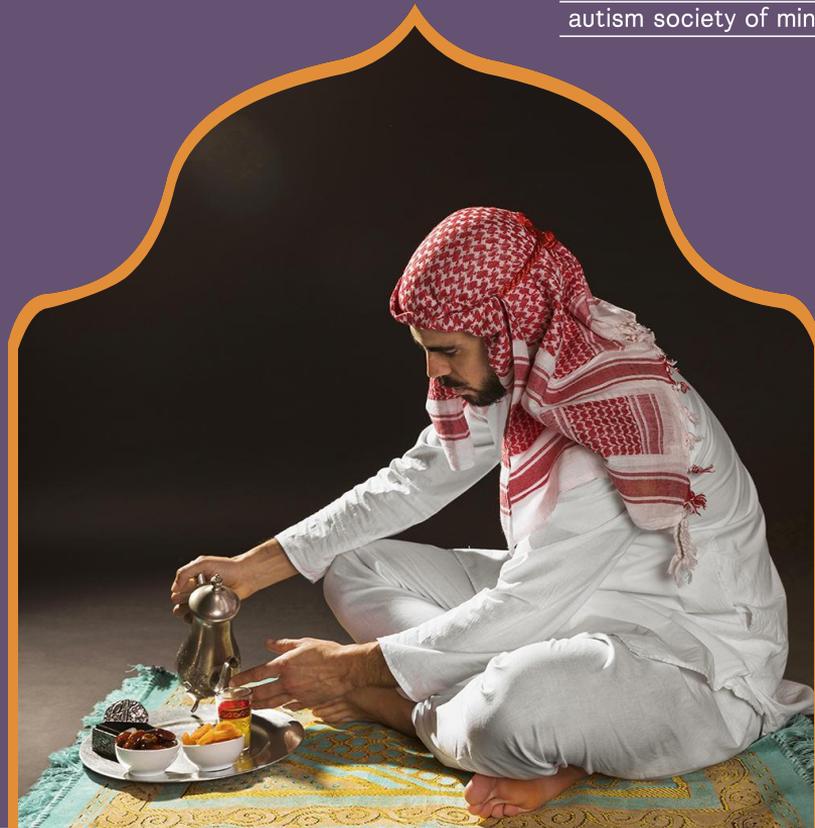
Suhoor (Starting your fast)

I will prepare my fast. I will eat something before I start my fast. I will remember to eat when I wake up. Most people will wake up and eat 30 minutes to an hour before the fast (sunrise prayer) and then pray.



Breaking your Fast:

I will break my fast at the time of sunset. Traditionally, a person breaks their fast by eating three dates and drinking water. This was how the prophet Muhammed broke his fast. After I am done breaking my fast, then I can eat my dinner.



Where is it Celebrated?

Ramadan is Celebrated all over the world. Muslims observe in Africa, The Americas, Asia, Australia, and Europe. The best part about this is we all have the traditions we bring, whether it be certain dishes we make for Ramadan if we like to host Iftar gatherings a certain way, or even how we might decorate our home.





Ramadan Activities

Reading the Quran

Reading the Quran is a common activity and pastime during Ramadan. It allows me to remember Allah and gain more knowledge on my faith

Journaling

Journaling my experience during Ramadan can help with my reflections.

Making Iftar

Making Iftar together as a family not only can be a way to pass the time. It could also help us better connect with our loved ones.

Charity

Giving back to those less fortunate is very important. I will see what I can do for my community this Ramadan.

Spending Time with Family

Spending time with family is very important during the holiday. Ramadan gives me the time to connect with them.

Going to the Mosque

Going to the mosque is a favorite part of Ramadan for us because it's another way to bond with the community. We will come to pray together, break our fast with one another, or just spend time with other each other.



2023 Ramadan

■ **22 March 2023**

Start of Ramadan 2023
(Will depend on the sighting of the moon.)

■ **21 April 2023**

Eid al-Fitr 2023
(This will also depend on the sighting of the moon).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			22	23	24	25
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24					



Making Ramadan Sensory Friendly

- People with sensory needs participate in Ramadan. Here are some things that can help me and my loved ones participate in Ramadan.
 - I can make a plan to stay regulated throughout fasting times. I can plan with my family and support system.
 - I can communicate my needs and ask my family and community for help if I need extra support.
 - I can build a sensory kit to help me go to community outings to stay regulated.
 - I can make a quiet room or request a space to rest during community gatherings when things begin to get overwhelming.
- I can host Iftar at my home – going to social gatherings during Ramadan can be exciting and overwhelming. I can use the above suggestions to host a sensory friendly space at my home.

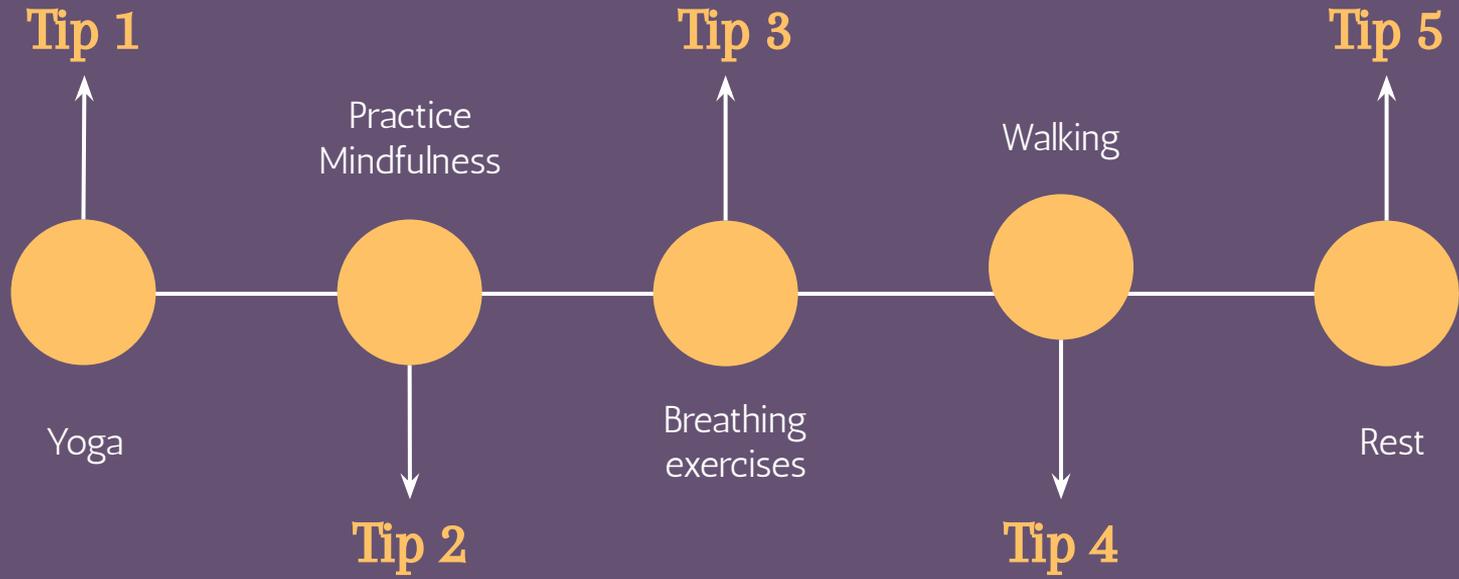


How can you regulate
yourself while fasting?





Sensory Strategies



Sensory Kits



Make a sensory kit- Ramadan is about connecting with family and your community. I might have to attend different gatherings or go to the mosque where I will see a bunch of people. I can going to include items that will help me regulate if needed. Ex:
headphones, fidget, sunglasses, etc



Ramadan Mubarak