

What is Ramadan?

Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to the Prophet Muhammad. The actual night that the Qur'an was revealed is a night known as Lailut ul-Qadr ('The Night of Power').

During the month of Ramadan, Muslims will fast during daylight hours. This means they will not eat or drink during daylight hours. Children are not expected to fast until they reach puberty.

How is Ramadan celebrated?

Most Muslims fast between dawn and sunset. Fasting allows Muslims to devote themselves to their faith. It is thought to teach self-discipline and reminds them of the suffering of the poor. However, children, pregnant women, elderly people and those who are ill, or travelling do not have to fast.

During Ramadan, it is common to have one meal (known as the suhoor), just before sunrise and another (known as the iftar), directly after sunset.

Almost all Muslims try to give up bad habits during Ramadan. It is a time for prayer and good deeds. They will try to spend time with family and friends and help people in need.

Many Muslims will attempt to read the whole of the Qur'an at least once during Ramadan. They will also attend special services in Mosques during which the Qur'an is read.

Eid ul-Fitr

The end of Ramadan is marked by a big celebration called 'Eid ul-Fitr' (the Festival of the Breaking of the Fast).

Muslims are not only celebrating the end of fasting but thanking Allah for the strength he gave them throughout the previous month.

Mosques hold special services, and a special meal is eaten during daytime (the first daytime meal for a month).

During Eid ul-Fitr Muslims dress in their finest clothes, give gifts to children and spend time with their friends and family. Muslims will also give money to charity at Eid.

Ramadan 2021

When is Ramadan?

Ramadan is the ninth month of the Islamic calendar. The exact dates of Ramadan change every year as Islam uses a calendar based on the cycles of the Moon.

In 2021 in the UK, Ramadan will begin in the evening of Monday 12th April and will end on Tuesday 11th May.



Ramadan starts when the new Moon first appears in the night sky. Full moon marks the middle of Ramadan. As the moon wanes to the other side, Ramadan finishes.

How is COVID is affecting Ramadan?

Salman Waqar, from the British Islamic Medical Association (BIMA), said Muslim scholars across the world have said vaccinations do not break the fast and people should not delay their Covid jab on account of Ramadan.

Ramadan is usually prime time for Islamic communities to gather and commemorate the month-long event together. However, this year, as with the last year too, the COVID-19 pandemic will likely put plans on hold.

While mosques were closed last year, they're open in 2021 but things will undoubtedly still feel different. Mosques will open for limited numbers of people and shorter services, and to attend prayer, people will need to register in advance. Any children under 10 years old, adults aged 60 and over, and those with COVID-19 symptoms or underlying health conditions should not attend.

Worshippers should also bring their own prayer mat and wear face masks, while social distancing will continue to be in place.

How can you support young people and children during Ramadan?

You can support young people in many ways during Ramadan for example,

- Waking them up before sunrise and later curfew due to fasting.
- Preparing food for when they break their fast,
- Ensuring young people remain healthy and get enough sleep to concentrate on academic work.
- Ensuring young people eat before sunrise and after sunset.
- Celebrating Eid and completing life story work
- Asking young people what support they would like.

For further support visit

<https://www.fosterline.info/news/supporting-muslim-children-in-care-during-ramadan/>