

SUPPORTING FAMILIES DURING RAMADAN & EID

A Guide for Providers Working with Children

About Ramadan

Ramadan is a sacred month of fasting, reflection, and kindness observed by millions of Muslims worldwide. During this time, Muslims fast from dawn (Fajr) to sunset (Maghrib), focusing on spiritual growth, self-discipline, and empathy. The dates of Ramadan change each year, following the lunar calendar.

About Eid al-Fitr

Eid al-Fitr, or the "Festival of Breaking the Fast," marks the end of Ramadan and is a joyful time of community, gratitude, and celebration. Families observe Eid by:

- Attending special prayers at the mosque
- Sharing festive meals with family and friends
- Giving to charity so everyone can participate in the celebrations

When is Ramadan?

In 2025 Ramadan begins on the evening of

Friday, February 28

and ends on the evening of

Sunday, March 30.

Eid al-Fitr will be observed on March 31.



Acknowledge & Celebrate

Consider a small book corner with children's books about **Ramadan** and **Eid**. This allows families to explore the holiday, fostering awareness and representation without assuming observance.

Ways to Support Children

Respect Fasting – Some older children may fast. Offer understanding and allow rest if needed.

Encourage Kindness & Gratitude – Ramadan emphasizes giving back. Help children create kindness cards, donate food, or start a gratitude list.

