



Ramadan Planner

For Busy Autism
Mamas

Mona Ibrahim
EMPOWERING MOTHERS OF
CHILDREN ON THE SPECTRUM



This Book Belongs To

Dear Mamas,

As you embark on this journey with this planner in hand, remember that its purpose is to support and empower you, not to overwhelm you. I understand the challenges that come with caring for a child with special needs and I want to offer you a tool that helps keep you organised and focused on what truly matters.

If at any point you feel like the planner is too much to handle, please don't hesitate to take a step back and breathe. Your well-being and peace of mind are just as important as the tasks written within its pages. Remember, every moment you spend caring for your child is a profound act of worship. Your love, patience, and dedication are cherished by your child and valued by the One who created you both.

May this planner serve as a gentle guide along your path, reminding you of your strength, resilience, and the immense love that fuels your journey every day.

With love and support,

Mona 

Discover Nourishing Nibbles: Your Ultimate Recipe Book for the GAPS Diet

Are you a mother of a child on the autism spectrum and looking for nutritious, delicious recipes that fit the GAPS diet? Look no further!

My recipe book, 'Nourishing Nibbles', is here to make your life easier and help you stress less over what to cook.



Why Nourishing Nibbles?

Nourishing Nibbles is a carefully curated collection of recipes perfect for those following the GAPS (Gut and Psychology Syndrome) diet. The GAPS diet focuses on healing the gut to improve overall health, which can be particularly beneficial for children with autism. By eliminating certain foods and introducing nutrient-dense, easily digestible meals, the GAPS diet aims to reduce inflammation and support the body's natural healing processes.

What You'll Find Inside

- Simple, Easy-to-Follow Recipes: The recipes are designed to be easy to prepare, using wholesome ingredients that support gut health.
- Nutrient-Dense Meals: Every recipe is packed with nutrients to help nourish your child's body and mind.
- Stress-Free Cooking: Say goodbye to the stress of meal planning. With Nourishing Nibbles, you'll have a variety of delicious recipes at your fingertips.

How the GAPS Diet Helps

The GAPS diet is known for its potential to improve symptoms related to autism by focusing on gut health. By removing harmful foods and introducing healing foods, it aims to reduce inflammation and support a healthy gut microbiome. This can lead to improvements in digestion, immune function, and even behavioral symptoms.

Special Offer

As a reader of our Ramadan planner, we're excited to offer you an exclusive discount on 'Nourishing Nibbles'. Use the code **RAMADAN20** at checkout to receive 20% off your purchase.

Make this Ramadan a time of nourishment and healing for your family. Get your copy of 'Nourishing Nibbles' today and start cooking up some healthy, delicious meals that your whole family will love.

Ready to make meal planning stress-free and nutritious?



to get your copy of 'Nourishing Nibbles' now!

Ramadan Planner

Ramadan Day

Date

Ibadah Checklist

- | | |
|----------------------------------|----------------------------------|
| <input type="checkbox"/> Fasting | <input type="checkbox"/> Tarawih |
| <input type="checkbox"/> Fajr | <input type="checkbox"/> Witr |
| <input type="checkbox"/> Dhuhr | <input type="checkbox"/> Dhuha |
| <input type="checkbox"/> Asr | <input type="checkbox"/> Tahajud |
| <input type="checkbox"/> Maghrib | <input type="checkbox"/> Rawatib |
| <input type="checkbox"/> Isha | <input type="checkbox"/> Dhikr |

Recitation Tracker

Surah

Verse

Hydration Tracker



Today's Goal

- ✦
- ✦
- ✦

What I'm Grateful for Today



Today's Mood



Quote Verse of the Day

Ramadan Tracker

day:

month:

2023

Prayer Checklist



Fajr



Tarawih



Dhuhr



Witr



Asr



Dhuha



Maghrib



Tahajud



Isha



Rawatib

Goodness Checklist



Morning Dhikr



Give Charity



Random Act of Kindness



Evening Dhikr



Recite Quran

Hadith of the Day



Quran Tracker



Surah



Verse

Note



Ramadan Day Tracker

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Some Ideas Could Be

- 1.To Memorize a Dua or Surah
2. Recite one Juz or however many pages you want of the Quran in a day
3. Donate every day so That you're Constantly Giving charity all Ramadan
4. Send ifter to Neighbors
5. Do one Good Deed a Day with Your Children
6. Write Down a list of Dua you have in Mind and read it Everyday Before Iftar Etc

Ramadan Goals

[illegible][illegible]

The Reward For The Mundane

[illegible]

Ramadan Meal Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
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<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>



A 5x3 grid of 15 empty rounded rectangular boxes, arranged in 5 rows and 3 columns. Each box is light blue with a thin black border and rounded corners, intended for writing.

A 5x3 grid of 15 empty rounded rectangular boxes, arranged in 5 rows and 3 columns. Each box is light blue with a thin black border and rounded corners, intended for writing.

A 5x3 grid of 15 empty rounded rectangular boxes, each with a thin black border, intended for writing the names of the 15 countries.

[illegible][illegible]

Quran Reading Tracker

Surah:_____

Start Date:_____

Completion Date:_____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Overview

Surah:_____

Start Date:_____

Completion Date:_____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Verse:_____ To: _____

Overview

Dua List

Date:

Day:

For The Dunya

For The Akhirah

Quranic Dua

For The Ummah

Shopping List

[illegible]

Dhikr Tracker

Dhikr	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Subhanallah							
Alhamdulillah							
Laillahaillallah							
Allahu Akbar							
Istighfar							
Ya Allah							
Yaa Hayyu Yaa Quyyum							
Salawat							

Dhikr	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Subhanallah							
Alhamdulillah							
Laillahaillallah							
Allahu Akbar							
Istighfar							
Ya Allah							
Yaa Hayyu Yaa Quyyum							
Salawat							

Habit Tracker

Day					Everyday Habit
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
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29					
30					

Laylatul Qadr

[illegible]

Ramadan Ashra -1

Date:

Daily Worship

Quran Recitation	Sunnah	Nafil	Taraweeh	Tahajjud	Dhikr

Goals

Spiritual Reflection

Dua Focus

Ramadan Ashra -2

Date:

Daily Worship

Quran Recitation	Sunnah	Nafil	Taraweeh	Tahajjud	Dhikr

Goals

Spiritual Reflection

Dua Focus

Ramadan Ashra -3

Date:

Daily Worship

Quran Recitation	Sunnah	Nafil	Taraweeh	Tahajjud	Dhikr

Goals

Spiritual Reflection

Dua Focus

Weekly Plan

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Kids Snacks

Ramadan Week -01

Overview:

Days	Suhoor	Iftar
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Notes

Ramadan Week -02

Overview:

Days	Suhoor	Iftar
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Ramadan Week -03

Overview:

Days	Suhoor	Iftar
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Ramadan Week -04

Overview:

Days	Suhoor	Iftar
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Notes

[illegible]



Eid Preparation

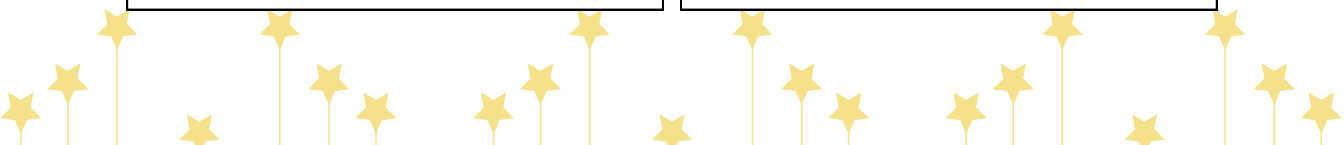


Overview:

Overview:

Overview:

Overview:





Date: _____

Day: _____

[illegible]



Date: _____

Day: _____

[illegible]



Date: _____

Day: _____

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



As you conclude this empowering journey with my Special Needs Mama Planner, I invite you to explore my website for a wealth of additional resources, personalised support, and a nurturing community. Discover how I can continue to assist you on your path to success and well-being. Your journey is uniquely yours, and I am here to support every step. Visit my website today and unlock the full spectrum of support and guidance tailored for mothers of children on the spectrum.

