

7 Step Starter Hifdh Guide



A SIMPLE GUIDE TO HELP YOU START HIFDH FOR YOUR CHILD
(WITHOUT BECOMING AN ALIMAH OVERNIGHT)

Assalamu alaikum

I'm **Neeha**, I help Muslim mothers raise Huffaz — without becoming an Alima overnight.

Here's my confession: I never had a real relationship with the Qur'an growing up. I knew the bare minimum — enough to sound out the letters, string them into words. Functional recitation, nothing more. I couldn't have told you what a makhraj was, or how to fix a shaky tajweed rule.

Life took over, it felt too overwhelming to face, and I walked away from it for years.

Then my kids were born — and like every parent, that instinct hit hard: I need to raise them right, I need to build their relationship with Allah.

But I sat on it. For years again. Because **who was I to guide them**, when I never had that guidance myself?

Eventually, I started small. Just playing basic surahs in the background while they played only to avoid music in the usual nursery rhymes.

I was shocked when they picked it up faster than me.

Within weeks, my kids had memorized their first surahs — just from listening. That pushed me into taking it seriously.

One year later, with the right teachers in place, we were deep into a real hifz journey.

Here's what I learned along the way: you don't need to be an Alima to raise a Hafiz.

You need intention, persistence and patience. The drive to keep showing up on the days it feels slow. That's it. That's the qualification.

I wish I'd had a blueprint when I started.
I wish I knew how possible this actually was — I would have started so much sooner.

So I'm handing you the what i wish I had.

If you've been putting off your child's hifz journey because you're not an Alima, because you don't know where to begin — this is your starting point.

Inside: a 7-step starter guide, plus a 30-day memorization calendar to help your child memorize 5 basic surahs — a skeleton you can follow at your own child's pace.

Take what fits your family. Leave what doesn't. Go slow. And remember — Allah doesn't need your child to be perfect at this. He just needs you to start.

Bismillah.

Let's begin.



Set The Niyyah



Before you start this journey, sit for a moment.

Just you. And purify your niyyah.

The niyyah you start with shapes the whole journey.

"Actions are judged by intentions." (Bukhari & Muslim)

If you begin from pressure — comparing your child to the neighbor's kid who started hifdh at three, or the kid on instagram who's already finished Juz Amma — that pressure will leak into every session. Your child will feel it, even if you never say a word.

Hifdh is not a race against another family's timeline. It's not even a race against your own expectations. It's a marathon, walked slowly, with a lot of grace built in for the days that don't go as planned.

So before day one, let go of comparison. Let go of the version of this journey you think you're supposed to have.

Sit down with yourself for a moment and anchor your niyyah of starting this journey only to please Allah alone. Not for the ones watching.

Try this today: Before you start make a note of your niyyah and get back to it everyday. Especially on the hard days.

2

Set up your home for success



Environment matters more than almost anything else.

If your home has nothing to do with Allah and Quran all day long, raising a hafiz is a far-fetched dream — no matter how good your 20-minute session is.

Make Quran and Allah familiar in the air of your house. Talk about stories from the Quran. Talk about stories of the Prophets. Talk about Allah by using His beautiful names — let "Ar-Rahman" and "Al-Kareem" become words your kids hear as often as their own name.

And protect the space just as intentionally. Avoid what pulls against this — music, singing, dancing, obscene entertainment, excessive screen time. Keep the home peaceful. Clean. Smelling good. Calm.

Allah tells us: "Protect yourselves and your families from a Fire..." (Surah At-Tahrim, 66:6) That protection starts long before hifdh time. It starts with what fills your home the other 23 hours of the day.

Try this today: Pick one small thing to remove from your home's daily noise this week - maybe loud music, and one small thing to add — maybe a Prophet story at dinner or a name of Allah before bed.

3

Normalise it.



Talk about Allah often, in ordinary moments.

Why He created us. What worship really means. Why we need the Quran as a companion — not just in this life, but as a companion in the akhirah too, when nothing else will walk beside us.

And here's the part most moms skip: model it before you ever formally start with your kids.

Sit with a mushaf yourself, even if it's just you and a few minutes. Learn your own recitation, even if you're struggling through it. Let them see you struggle and stay. That's what normalizes it for them — not a perfect mother, a real one who shows up even when it gets tough.

Read the Prophet stories you'll tell them later. Let it quietly become part of your own daily rhythm first — so that when you bring it to them, it doesn't feel new. It feels like home.

Try this today: Sit with your own mushaf for five minutes today, where your child can see you. Say nothing. Just let them witness it.

4

Set aside a time



Pick one window in your day for hifdh — even if it's just 15 to 20 minutes.

Inside it: repeat a verse after a qari, five to seven times. That's the whole method if you are starting off. Then, add a little revision of surahs they already know, alongside the qari.

Protecting this time matters more than the method itself.

A fixed time becomes a body alarm — your child's system starts to expect it, the way it expects screentime or dinner.

Stack it onto something already steady in your routine: snack time → Asr → Quran time. Or Maghrib → Quran time → dinner.

Twenty minutes of your full, undivided attention — no phone, no half-listening — can do more for your child's journey than an hour of distracted effort ever will.

Try this today: Pick your stack. Name the habit it rides alongside, and write both down together.

5

Start small, Start Familiar



Don't wait for your child to read before they memorize.

Think about it — your kids picked up "Jack and Jill" long before they could read a single word of it, or even understand what it meant. They still remember it today. Memory doesn't wait for literacy. It never did.

Keep the Qaida going, but keep it separate — don't mix it with memorization.

Begin hifdh with the basic surahs they already repeat in salah. Don't reach for big goals in week one and burn out by week three. This isn't a race.

"We have certainly made the Quran easy for remembrance." (Surah Al-Qamar, 54:17)

It was made easy on purpose. Let it stay that way in your home. This is about instilling love for Allah and His words in their hearts — not about how fast you get there.

Try this today: Ask your child to recite one thing they already know by heart from before. Notice — they already started, before you even began.

6

Revision is the
real deal



New material is exciting. It's honestly amazing how fast kids can absorb it. But absorbing was never the hard part — retaining is. That's where the real effort lives.

So each session, revision comes first. What they already know, before anything new. This builds the habit in the right order from day one, and that order sticks with them long after this starter phase ends.

The Prophet ﷺ gave us the exact picture for this: "The example of the one who memorizes the Quran is like the owner of tied camels — if he keeps holding onto them, he retains them, but if he lets them loose, he loses them." (Bukhari & Muslim)

Revision is the holding on. Don't skip it for the thrill of something new.

Try this today: Flip your order this week — revision first, new material second. See how it feels.



Celebrate consistency
and seek from Him!



It was never about how much gets done in a day. It's about small, steady effort, repeated — that's the whole secret.

"The most beloved of deeds to Allah are those done consistently, even if small." (Bukhari & Muslim)

Let that be your compass on the days you only manage five minutes. Five minutes, done consistently, beats an hour done once a week randomly.

So pat your child's back. Encourage them, out loud, every single day they show up — not just on the days they finish a surah.

Talk to them about the reward of loving the Quran, not just the reward of memorizing it.

And make dua for them aloud, in front of them, so they hear you ask Allah on their behalf.

"Our Lord, grant us from among our spouses and offspring comfort to our eyes." (Surah Al-Furqan, 25:74)

Let them hear that dua and know it includes them.

Try this today: After today's session, say one specific thing you noticed them do well — then make a short dua for them out loud before you close the mushaf.

NEEHA MUNAWAR

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30 Day Hifdh Tracker



DAY	NIYYAH + DUA	SURAH	HIFDH ((Verse No.)	MURAJA'AH	APPRECIATE
1		An Naas	1		
2			2	1	
3			3	1--2	
4			4	1--3	
5			5	1--4	
6			6	1--5	
7				1--6	 First surah complete
8		Al Falaq	1	Naas Revision	
9			2	Prev surah + 1	
10			3	Prev surah + 1--2	
11			4	Prev surah + 1--3	
12			5	Prev surah + 1--4	
13				Prev Surah + Falaq Full	 Second surah complete
14				All prev surahs (Naas + Falaq)	

15		Al-Ikhlās	1	All prev surahs (Naas + Falaq)	
16			2	Prev surah + 1	
17			3	Prev surah + 1--2	
18			4	Prev surah + 1--3	
19				Prev surah + Ikhlās Full	🌱 Third surah complete
20				All prev surahs (Naas + Falaq + Ikhlās)	
21		Al Kauthar	1	All prev surahs (Naas + Falaq + Ikhlās)	
22			2	Prev surah + 1	
23			3	Prev surah + 1--2	
24				Prev surah + Kauthar Full	
25				All Surahs	🌱 Fourth surah complete
26				All Surahs	
27				All Surahs	
28				All Surahs	
29				All Surahs	
30				All Surahs	

Alhamdulillah
Next On Your Hifdh
Journey...



If you've made it through these seven steps and started walking them out, honestly — **congratulations**.

You're already on the path to raising a hafiz. That's not a small thing. Its the start of a **legacy**.

But I have to be honest with you about something else, too.

I've watched too many moms start this journey with so much enthusiasm — and then quietly flicker out a few months in. Not because they didn't care. Not because they weren't capable. But because the resistance got heavier than they expected.

A child who pushes back some days. A spouse who doesn't quite understand why this matters so much to you. Relatives with comments that sting more than they should, even when you know they mean well.

This is the part no starter guide usually tells you about. And it's exactly where most moms need something a checklist can't give them — **support**.

A place to be honest about the hard days. Sisters who are in it too, who won't judge you for the day you skipped, and who'll remind you why you started when you forget.

If any of this sounds familiar, you don't have to carry it alone.

Follow us on Instagram **@hifdhqueens** – its where we talk through exactly these things.

The resistance, the unsupportive moments, the doubt. And we keep each other going, one ordinary day at a time.

Be a part of our growing community and lookout for upcoming products. In sha Allah.

You made dua for your child at the start of this journey. Let this be part of the answer to that dua – people around you who help you keep your word to Allah.

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