THE MUSLIM MOTHERHOOD

Muslim Mama Memo Card

A card to share with your birth team

Assalamu alaikum (peace be upon you) and hello. I am the mother you're going to support today. I'm Muslim, and I'd like to share a little about my faith so you can support me well.

My name is _____

Modesty

- ☐ Covering my body is an important part of my faith. I would like:
- ☐ My hair and body covered, from head to knee, as much as possible
- ☐ If I'm wearing a niqab (face covering), please keep it close by for me
- ☐ I'd like full control over my clothing, and when I choose to be covered or uncovered

Qur'an & prayers

- ☐ My partner and I would like to recite the Qur'an, or listen to a recording, during labour and birth
- ☐ Please don't play music, or ask first if you'd like to
- ☐ My partner would like to pray in the corner of the room without being disturbed, unless there's an emergency — this takes around five minutes

Male presence

- ☐ I'd feel most comfortable being cared for by female practitioners
- ☐ Please keep the number of people in the room to a minimum, to protect my privacy
- ☐ Please let me know in advance if a man needs to enter the room

Newborn rituals

- ☐ My partner and I would like to recite the call to prayer (adhan) into our baby's ear — please don't interrupt us
- ☐ We might ask you to record this moment for us
- ☐ We'd like to rub a small amount of softened date onto our baby's palate (tahneek) — this is safe for our baby, and we'd appreciate your support

Your language

- ☐ Please treat me as someone who has planned a considered birth in line with my faith
- ☐ If you're not sure how to pronounce my name, please just ask me

I'll be glad to answer any questions after my baby is born. Thank you for respecting my choices, and for working with us for my baby's wellbeing and mine.

Adapted, with permission, from the original Muslim Mama Memo Card by Abla Benyahia (@theshemsdoula).

A companion to Your Rights in Maternity Care by The Muslim Motherhood. General information, not medical advice. © The Muslim Motherhood.