

# Pregnancy Chart

## Month By Month Recommendations

Month	1	2	3	4	5	6	7	8	9
<b>Qur'an</b>  Complete at least one Qur'an Suratu Maryam for easy childbirth  Suratul Qadr every day 7x for easy childbirth	Suratu Yasin & Suratus Saffat on Thurs night (Blow on stomach)	Suratul Mulk on Thurs night & Friday (Blow on stomach)	Suratul Aali Imran on Thurs night & Friday	Suratud Dahr on Thurs night & Friday In the 1 <sup>st</sup> rakat of every salaa recite Suratul Qadr* After salaa recite Suratul Qadr & Suratul Kawthar with hand on stomach	Suratul Hamd on Thurs night & Friday In the 1 <sup>st</sup> rakat of every salaa recite Suratul Nasr*	Suratul Waqia on Thurs night & Friday In the 1 <sup>st</sup> rakat of Maghribayn salaa recite Suratul Teen*	Suratu Yaseen & Suratul Mulk On Thurs night & Friday In salaa recite Suratul Qadr* & Suratul Ikhlas*. Recite Suratul Nahl after Salat Layl	AFTER FAJR 2x Suratul Teen on Saturday Suratu Yaseen on Monday Suratul Furqan on Tuesday Suratud Dahr on Wednesday Suratu Muhammad on Thursday Suratus Saffaat on Friday	Suratul Hajj on Thurs night Suratul Fatir on Friday In Zhuhr & Asr Salaa recite Suratul 'Asr & Suratul Zhariyat Recite Suratul Qadr all the time
<b>Diet</b>  Avoid processed food	Quince or Apples and Pomegranates on Friday	Quince, milk and meat in moderation	Wheat, meat, skimmed milk and a little honey in the mornings	Quince, honey and a pomegranate every day	Dates every morning and olives, dates and quince at night	Figs and olives for breakfast. Avoid fatty foods such as oli, butter and fatty meat	Watermelon.	Lots of yoghurt and honey. Pomegranate on Friday for breakfast. Use vinegar once a week in food	Dates and meat in moderation. Avoid spices
<b>Other</b>  Stay in wudhoo  Recite Yaa Allah Yaa Khaaliq Yaa Baariu YaMusawiru Every day	Recite Adhan & Iqama before every salaa with hand on stomach	Recite salawat 100x on Thurs and Friday	Recite Salawat 100 before salaa with hand on stomach	Recite 25:74** & Recite Istighfar 7x after every salaa Pray Salat Layl (Shab)	Recite Adhan & Iqama before every salaa with hand on stomach	Recite Adhan & Iqama before every salaa with hand on stomach	Recite Adhan & Iqama before every salaa with hand on stomach Recite Salawat 140x after every meal. Pray Salat Layl especially on Monday	Recite Adhan & Iqama before every salaa with hand on stomach	Avoid looking at pictures and in the mirror. Banish bad thoughts

\* After Suratul Hamd

\*\* 25:74 رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا