

# Parent Sheet For Our Book Of The Month

***Under My Hijab*** written by Hena Khan and Illustrated by Aaliya Jaleel

**Link to the online reading of the story:**

<https://www.rebeccacheetham.newham.sch.uk/page/?title=Book+Of+The+Month&pid=68&action=saved>

***What is the overarching theme/message of the book? Can we encapsulate this into one word or phrase that is easy for everyone to understand?***

- Hijab – This is not a barrier and it is an item of clothing.
- “I am not my Hijab.”
- Being an individual, being unique.

***Why is the message or theme entrenched in the book important to disseminate with everyone in our community?***

- To understand why women wear a Hijab and it’s normalcy.
- To debunk myths and stereotypes about this item of clothing.
- To celebrate differences in culture, tradition and religious observance.
- Increase knowledge and understanding and to show that wearing a Hijab is not a barrier to the roles people play in society and the jobs they might want to do.

***Thinking about the theme/message, what quotes from the book jump out at you that relate to the theme or message?***

- “My hair shines bright like my future.”
- “Her bright pink Hijab looks so cheerful tucked into her tidy white coat.”
- “These wonderful girls and smart women inspire me with all that they do, I can wear Hijab like each one of them or try something totally new.”
- “When she cracks a board into pieces, I’m amazed her hijab stays in place.”

***Here are some activities that you can do with your child in regards to exploring the book’s themes or ideas:***

Activity:	Target Audience:
Lock in World Hijab Day in your diaries; 1st February Click here for more information: <a href="https://worldhijabday.com/">https://worldhijabday.com/</a>	Parents/carers
Self-portraits – similar features, features that differentiate us.	All children

<p>Look at different occupations,          Baker, doctor, camp/scout leader, artist, sports person etc          What would you want to be when you are older?          It is important for children to see women and women with a hijab in a variety of different roles.</p>	<p>All children.</p>
<p>Talk to your child about items of clothing that are important to you/to them? What are they? Why are they important?          Ask your child to draw a picture of their important item of clothing.</p>	<p>All children.</p>
<p>If you know someone who wears a hijab, it might be a nice idea for your child to ask about the hijab; why they wear it? / how it makes them feel? I'm sure most people would be very happy to talk about why it is important to them.</p>	<p>All children</p>
<p>Could you make an Eid celebration card with your child for them to give to one of your muslim friends, one of their nursery friends, or to one of our muslim members of the team?</p>	<p>All children</p>
<p>Photography and Craft by @habiba_momming_baking</p>  <p>DIY Muslim Spoon Dolls</p>	<p>All children</p>