

OF SHAIKH AL-ALBAANEE -rahimahullaah:

Questioner : “I read in a book that if the pregnant women or the breast-feeding women fear for themselves, or for their child, that they should abstain from fasting, and should feed a needy person in place of each day, and that it is not obligatory upon them to make up the days. So how correct is this saying? We hope that you can clarify.”

Shaikh al-Albaanee: “Making up the days is not obligatory upon them, but rather *kaffaarah* (compensation) of feeding a needy person for each day is obligatory. This is the correct answer.

As for the aforementioned condition, i.e. that if the pregnant woman or a breast-feeding woman fear for themselves or for their child, then this condition is just an *ijtihaad* (personal deduction) from some of the scholars, and it should not be put as a duty upon the pregnant woman or the breast-feeding woman, because the Prophet (صلى الله عليه وسلم) said:

<< Allaah -the Exalted and Most High- has remitted fasting from the pregnant woman and the breast-feeding woman.>>¹

Then Ibn `Abbaas said in explanation of His Saying -He the Most High:

﴿فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامُ مَسْكِينٍ﴾

[[Sooratul-Baqarah (2):184]]

[[Meaning: So whoever amongst you is ill, or upon a journey, then let him fast the same number of other days; and as for those of you who can fast with difficulty, then they have the option of feeding a needy person in place of each day.]]

Ibn `Abbaas -radiyallaahu `anhu- said: “Upon the pregnant woman and the breast-feeding woman is to feed (the needy).”

Meaning the aforementioned condition is not to be found, i.e. that the pregnant woman and the breast-feeding woman have to fear for themselves or for their child.”

¹ Hasan Saheeh: Saheeh Sunan Abee Daawood (no.2408).