



Bathroom Etiquette

Excerpt from "Modifying Behavior/Teaching Adab with the Quran and Sunnah: A Mother's Notebook"
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Habits are usually more easily learned at young ages---it's hard to teach an old dog new tricks, per say. I have found that to be the case as my little ones tend to remember to wash their hands after coming out of the bathroom as well as remember to say duas (or ask which one to say) more than the older ones.

We try to review, on a regular basis, the etiquette of using the bathroom. Not only is this an issue of manners, but also one of health and safety, so of course, it is important to review this regularly.

Sometimes I physically "re-enact" the whole process of going to the bathroom, taking the kids through each step of going to the bathroom (from the dua for entering to the dua for leaving).

Here is an outline of what might be covered when reviewing Bathroom Etiquette.

Remembering Allah



What do we say before entering the bathroom?

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ
الْخُبْثِ وَالْخَبَائِثِ .



Allahumma inni 'authu bika minal khubthi wal khaba'ith
Oh Allah, I seek refuge with you from all evil and evil doers.

Narrated By Anas: Whenever the Prophet (sal-Allâhu alayhi wa sallam) went to answer the call of nature, he used to say, "Allahumma inni a'udhu bika minal khubuthi wal khaba'ith i.e. O Allah, I seek Refuge with You from all offensive and wicked things (evil deeds and evil spirits)." (Bukhari, 144)

Following the Sunnah



Which foot do we step first with into the bathroom?



We step into the bathroom with our left foot first.

Hazrat Aisha (RadiAllahu anha) says, "Sayyidina Rasulullah (Sallallahu alayhi wa sallam) liked to begin with the right while combing his hair; while performing ablution (wudhu) and when putting on his shoes. (Also in every other deed, he first began with the right then the left).

Commentary.

This (beginning from the right) is not confined to the three acts mentioned in this Hadith. Sayyidina Rasulallah (Sallallahu alayhi wa sallam) began everything with the right, that is why every other deed' has been added in the translation of the Hadith. The basic rule is, that all those things that reflect dignity and elegance, while putting on these the right is preferred, and when removing them the left is begun with, as when putting on clothes, shoes etc. When one enters the Masjid, one enters with the right foot and leaves with the **left foot** first, as this is the place of dignity and greatness. Contrary to this, in those things that do not have elegance in them, for instance when entering the toilet. (Tirmidhi) from The Hadith Software.

Using the Bathroom

1. When using the bathroom, make sure you **SIT** completely on the toilet or squat directly over the mirhad. When using a mirhad, make sure you do not squat back too far or up too close to the edge so that your urine and feces miss the mirhad (uck!)

3. After you have relieved yourself, make **ISTINJA** (clean yourself).

Parents should demonstrate how to do so properly for younger kids. (and it won't hurt to review it with the older ones insha Allah).

"...And Allâh loves those who make themselves clean and pure [i.e. who clean their private parts with dust (which has the cleansing properties of soap) and water from urine and stools, after answering the call of nature]." (9:108)

Narrated by Ibn 'Abbas: Once the Prophet, while passing through one of the grave-yards of Medina or Mecca heard the voices of two persons who were being tortured in their graves. The Prophet said, "These two persons are being tortured not for a major sin (to avoid)." The Prophet then added, "Yes! (They are being tortured for a major sin). Indeed, one of them never saved himself from being soiled with his URINE while the other used to go about with calumnies (to make enmity between friends). The Prophet then asked for a green leaf of a date-palm tree, broke it into two pieces and put one on each grave. On being asked why he had done so, he replied, "I hope that their torture might be lessened, till these get dried."

3. When you are finished using the toilet or mirhad, **FLUSH** it. If you cannot reach the handle, be sure to ask a grown up or older brother or sister to flush it immediately as it will probably stink soon if you don't. (Phew!)

4. Before you leave the bathroom, make sure the **FLOOR** is clean, if not spray it down and squeegee if necessary.

Leaving the Bathroom



When we leave the bathroom, what do we say?

غُفْرَانِكَ.



Ghufranak.

I ask Your (Allah's) forgiveness.

(Hisnul Muslim)



When we leave the bathroom, what foot do we step out



with?

We step out of the bathroom with our right foot first.

Hazrat Aisha (RadiAllahu anha) says, "Sayyidina Rasulullah (Sallallahu alayhi wa sallam) liked to begin with the right while combing his hair; while performing ablution (wudhu) and when putting on his shoes. (Also in every other deed, he first began with the right then the left).

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Upon leaving the bathroom, wash your hands with soap and water.



Note:

It is common, in Yemen, and maybe other Middle Eastern countries for the bathroom sink to be located outside of the toilet area, thus hands are washed after leaving the bathroom. Of course in America, most sinks are in the bathroom, so this is done prior to leaving the bathroom.