

# How Do Bedtime Prayers Benefit Children?



Helps to inculcate gratitude to the Almighty for the blessings



Serves as a way to calm and clear their minds before sleeping



Promotes a sense of security from the Almighty



Helps in living a disciplined life



Helps to strengthen family bonds when praying together at night



Teaches children to be humble and kind



Helps children to learn to forgive others



Helps to build trust and faith