

# Muslimaat

## A Beginner's Guide to Wearing Hijab

Faith.  
Dignity.  
Identity.  
Strength.

Cover with confidence.  
Live with purpose.



Step-by-Step  
Visual Guide



Practical Tips  
for Everyday Wear



Modesty with  
Confidence & Grace

# Welcome & Contents

Faith. Dignity. Identity. Strength.

This booklet is a gentle beginner-friendly guide for readers who want to understand and begin wearing hijab with knowledge, care and confidence.

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Note: This guide gives general educational information. For personal religious rulings, ask a trusted qualified scholar or local mosque teacher.

# 1. What Is Hijab?

Hijab is often described as a head covering, but in Islam it is part of a wider way of modesty: faith, dress, behaviour, speech and character. The scarf is a visible reminder of worship and Muslim identity, but the heart of hijab is sincerity and obedience to Allah.

Begin with intention.

A beginner does not need to know every style. Start with the purpose: to dress modestly, protect dignity and grow closer to Allah.

## The spirit of hijab

- Modesty: choosing clothing and conduct that avoids unnecessary display.
- Dignity: valuing yourself beyond appearance.
- Identity: showing Muslim faith with calm confidence.
- Strength: making a sincere choice even when it feels new or challenging.

## 2. Islamic Foundations

The Qur'an instructs believing women to guard modesty and draw their coverings over their chests, and also mentions outer garments for public modesty. Scholars have discussed details of hijab through Qur'an, Sunnah and legal schools. The general beginner guidance is to cover the hair, neck and chest and wear loose, non-transparent clothing.

### Qur'an 24:31

This verse includes the instruction for believing women to draw their veils over their chests and to guard modesty.

### Qur'an 33:59

This verse refers to believing women drawing outer garments over themselves as a sign of modesty and protection.

Important: Muslim scholars differ on some details, such as the face and hands. This booklet follows a broad beginner approach and encourages readers to seek reliable local teaching.

### 3. Modesty Checklist

A practical hijab outfit is not only about the scarf. It works best when the whole outfit supports modesty and comfort.

- Hair is covered.
- Neck is covered.
- Chest is covered with enough fabric.
- Clothing is loose and does not outline the body.
- Fabric is not see-through.
- The outfit is suitable for the setting: school, work, masjid, travel or family gatherings.
- The style is safe, comfortable and not painfully tight.

Quick mirror check:

Can I move, bend and walk comfortably while staying covered? Is my scarf secure without being too tight? Does my outfit match the purpose of modesty?

## 4. What You Need

### Hijab scarf

Jersey is beginner-friendly; chiffon is elegant but may need pins; cotton is breathable.

### Undercap

Keeps hair secure and helps the scarf stay in place.

### Magnets or pins

Use safely. Magnets are useful for avoiding holes in fabric.

### Loose modest outfit

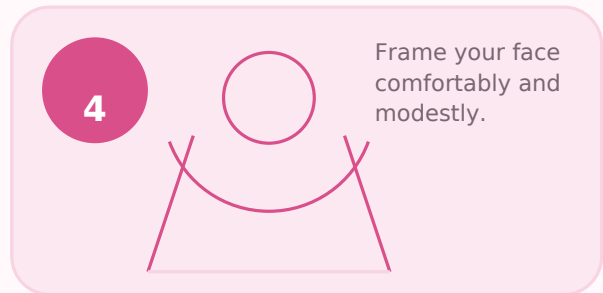
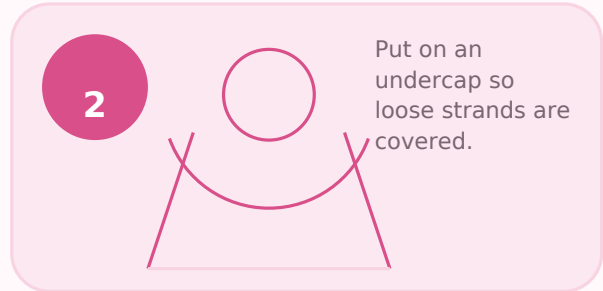
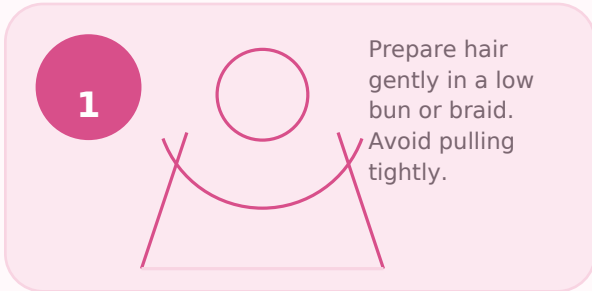
Pair the scarf with loose tops, abaya, jilbab or other modest clothing.

### Small travel kit

Spare magnet, safety pin, hair tie and small mirror.

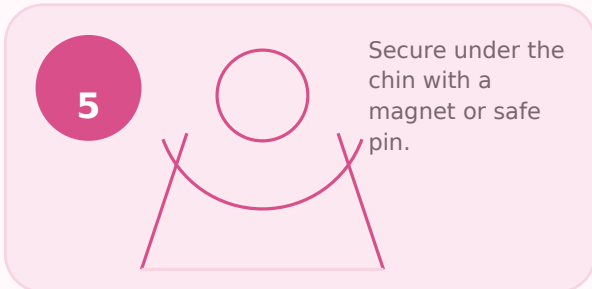
## 5. Step-by-Step Visual Guide: Steps 1-4

This simple wrap is suitable for beginners because it is secure, modest and easy to practise.



Tip: Practise at home first. The first few attempts may take time, and that is completely normal.

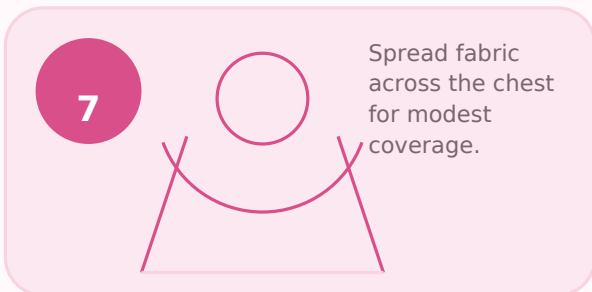
## 5. Step-by-Step Visual Guide: Steps 5-8



Secure under the chin with a magnet or safe pin.



Wrap the longer side around the neck or shoulder.



Spread fabric across the chest for modest coverage.



Final check: hair, neck and chest are covered.

Safety note: Do not pin too close to the skin. Avoid sharp pins for young children and keep magnets away from small children.

Alternative: For a no-pin beginner style, use a stretchy jersey scarf, cross the ends, and tuck one side over the shoulder while keeping the chest covered.

## 6. Practical Tips for Everyday Wear

### Fabric choices

- Jersey: secure, stretchy and ideal for beginners.
- Chiffon: light and elegant, often needs an undercap and pins.
- Cotton: breathable for warm days and casual use.
- Modal/viscose: soft and drapes nicely, but may slip depending on texture.

### Hair and comfort care

- Avoid very tight buns or constant pulling. Dermatology sources warn that repeated tension from tight hairstyles can contribute to traction alopecia.
- Change the position of your bun or braid sometimes to reduce pressure.
- Let hair dry before covering where possible, and keep undercaps clean.
- Choose breathable fabrics in hot weather and warmer layers in winter.

## 7. Confidence & Beginner Advice

Wearing hijab for the first time can feel emotional. Some people feel excited; others feel nervous. Both responses are normal. The key is to build confidence through knowledge, support and sincere intention.

When people ask:

You can answer simply: "I wear hijab as part of my faith and modesty." You do not need to debate or over-explain.

### Helpful beginner habits

- Keep two easy hijabs ready for busy mornings.
- Practise one reliable style before trying many styles.
- Find a supportive sister, teacher or family member.
- Remember that hijab is a journey of worship, not a fashion competition.

## 8. Frequently Asked Questions

### **Can I wear colours?**

Yes, many women wear colours. The overall aim should remain modesty, dignity and avoiding deliberate display.

### **What if my hijab slips?**

Try an undercap, jersey scarf, magnets, or a less silky fabric.

### **Do I have to be perfect before wearing hijab?**

No. Hijab can be part of your growth. Keep learning and improving sincerely.

### **What about school or work?**

Choose safe, neat and comfortable styles. Keep a spare scarf or magnet in your bag.

### **Who should I ask for religious details?**

Ask a trusted qualified scholar, female teacher, local mosque or reliable Islamic institute.

# Muslimaat

**Faith - Dignity - Identity - Strength**

### Branding area

Add your organisation logo, website, email, phone number and social media handles here. This draft uses "Muslimaat" as the brochure brand until a logo is supplied.

## Sources checked for content

- Qur'an 24:31 - Quran.com translation: <https://quran.com/an-nur/31-64>
- Qur'an 33:59 - Quranic Arabic Corpus / translations: <https://corpus.quran.com/translation.jsp?chapter=33&verse;=59>
- Quran.com tafsir on 33:59: <https://quran.com/33:59/tafsirs/en-tafisr-ibn-kathir>
- British Skin Foundation, traction alopecia: <https://www.britishskinfoundation.org.uk/conditions/traction-alopecia>
- British Association of Dermatologists, traction alopecia: <https://www.bad.org.uk/pils/traction-alopecia>

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