221935 - She drank something because she forgot that she was fasting, and her mother told her that she had broken a fast, so she broke the fast, then she made up that day; does she have to do anything further?

the question

I was sleeping after sahoor (pre-dawn meal), then I had a nightmare, and I woke up screaming, so my mother brought me some water and I drank it, but I forgot that I was fasting. Then I went back to sleep. When I woke up and I wanted to complete my fast, my mother told me: You broke your first when you drank something, and she made me break my fast. Is this regarded as breaking the fast deliberately? Please note that I made up that day later on, and I want to know what my expiation is, because I am female and my father takes care of me because I am still young. What should I do?

Detailed answer

Praise be to Allah.

Firstly:

If a fasting person eats or drinks during the day in Ramadan by mistake (because he forgot he was fasting), his fast is still valid and he does not have to make up that day or offer expiation. Please see the answer to question no. 50041.

The fact that you drank this water by mistake does not affect your fast, so you should have completed the fast of that day. As you broke the fast based on what your mother told you, and you made up that day, then you have done what is required of you, and you do not have to offer expiation, because expiation is only required of the one who breaks the fast during the day in Ramadan by having intercourse. Please see the answer to question no. 38074

And Allah knows best.