27017 - Does the mother have the right to stop her daughter fasting because of nutrition?

the question

Is it the mother’s right to stop her daughter from observing voluntary fasts, naming nutrition as the reason? Is it permissible for the daughter in this situation to fast despite her mother’s objections?

Detailed answer

Praise be to Allah.

The parents have the right to prevent their child – be it a son or a daughter – from observing voluntary acts of worship, whether they are Hajj, fasting, jihad or others, especially if the parents think that doing this voluntary action will be harmful to the child, or if the parents have some need that cannot be met otherwise. But in the case of obligatory duties they have no such right. If the child is prevented by his parents from observing a voluntary act of worship, then Allaah will reward him.