

# BABY CARE OR PRAYER

## Baby Care instead of Praying

A mother of young children who require her continual attention should skip saying prayers, even for an entire day, if it will take her attention away from caring for her baby.

## When You May Nurse a Baby while Praying

If a baby is clean, a woman may nurse a baby while reading *Psalms*, saying blessings, and saying the *shema*, but not while saying the *amida*.

**REASON** It is difficult to concentrate while holding a baby.