

# WHO SHOULD PRAY: WOMEN

## WOMEN'S REQUIREMENTS TO PRAY

### Women's Requirements To Pray

For women's and girls requirements to pray, see [Women: Prayer](#).

## 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 *Psalm*s, saying blessings, and saying the *shema*, but not while saying the *amida*.

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