## WHO SHOULD PRAY

## 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 *Psalms*, saying blessings, and saying the *shema*, but not while saying the *anida*.

REASON It is difficult to concentrate while holding a baby.

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