

## Women: Minimum to Pray

The minimum amount of prayer that women and girls 12 years old and up must say varies according to several opinions:

- Opinion that [RMH](#) approves of:
  - [Birchot ha'shachar](#) (from [al netilat yadaim](#)--to [u'maflee la'asot](#))
  - [Birchot haTorah](#) (from [la'asok b'divrei Torah](#)--to [notein haTorah](#))
  - [Yevarechecha/Eilu divarim she'ein/Eilu divarim she'adam](#)
  - [Elohai neshama](#)
  - [Asher natan 'sechvi... gomel chasadim tovim l'amo Yisrael](#)
  - [Shema](#) (first line of [shema](#) plus [Baruch shem kevod malchuto l'olam va'ed](#))
  - If they choose to say the morning [amida](#), they should precede it with [emet, v'yatziv](#) until [ga'al yisrael](#).
- [Ramban](#): Women should say at least the [amida](#) of [shacharit](#) and of [mincha](#).
- Another opinion: Women must say some prayer every day (but it may be any type of prayer, not only the fixed prayer services).
- Another opinion: Women do not need to say the [amida](#) and [emet v'yatziv](#) on [Shabbat](#) and [Jewish festivals](#) (that is, whenever we are not asking for anything).
- Women who have small children who require the mother's constant attention should not say any prayers except for [birchot ha'shachar](#) and [birchot haTorah](#).

For more on women and the [shema](#), see [Women and Shema in Shacharit](#).