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 *amida*.

REASON It is difficult to concentrate while holding a baby.

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