

תענית יד

הזה, בזמן הזה, the מנהג is pregnant and nursing women fast only on יום כיפור and תשעה באב. Nursing is considered two years after birth, even if the woman is not actually nursing.

The רמב"ם learns that it is a מצות עשה to cry out to הקב"ה whenever there is a צרה.