2 Under 2 Quick-Reference Cards

Quick-Reference Cards

6 systems for two kids under 2 -- pick the one you need right now.

For: _____

Tape this near the door or the fridge -- glance at it, not a checklist to finish.

C1 = when they both need you, C2 = feeding, C3 = naps, outings, and you.

1



Who Goes First

Attend to the biggest need first -- a safe crib cry for a minute is okay.

C1

2



Say It To Them

Tell your toddler the plan out loud, not just the baby.

C1

3



The Yes Space

One childproofed corner where it's safe to step away for a minute.

C1

4



Give Them a Job

Fold a cloth, bring water, hold the baby -- a real job, not a wait.

C2

5



Pack the Night Before

Bag packed the night before, carrier on -- heading home early still counts.

C3

6



Say Yes to Help

Groceries, laundry, holding the baby -- when help is offered, say yes.

C3

Two kids, one of you -- pick a system, not a performance.

Not a checklist to finish -- just the six things that make today easier.