



From Tears to Smiles

Use a simple crying checklist to consider your baby's needs one by one and respond in a calm, organized way.

Helps Your Child Grow



Emotional Functioning

When you come into view, check what your baby may need, and stay close as they settle, your support helps them recover from distress and experience a calm response.



What You'll Need

Crying Checklist	
	Check Temperature
	Hungry
	Sleepy
	Needs a Diaper Change
	Diaper Rash

Crying Checklist

What You'll Need

1. A checklist of common reasons for crying or fussing



Show Up Calmly

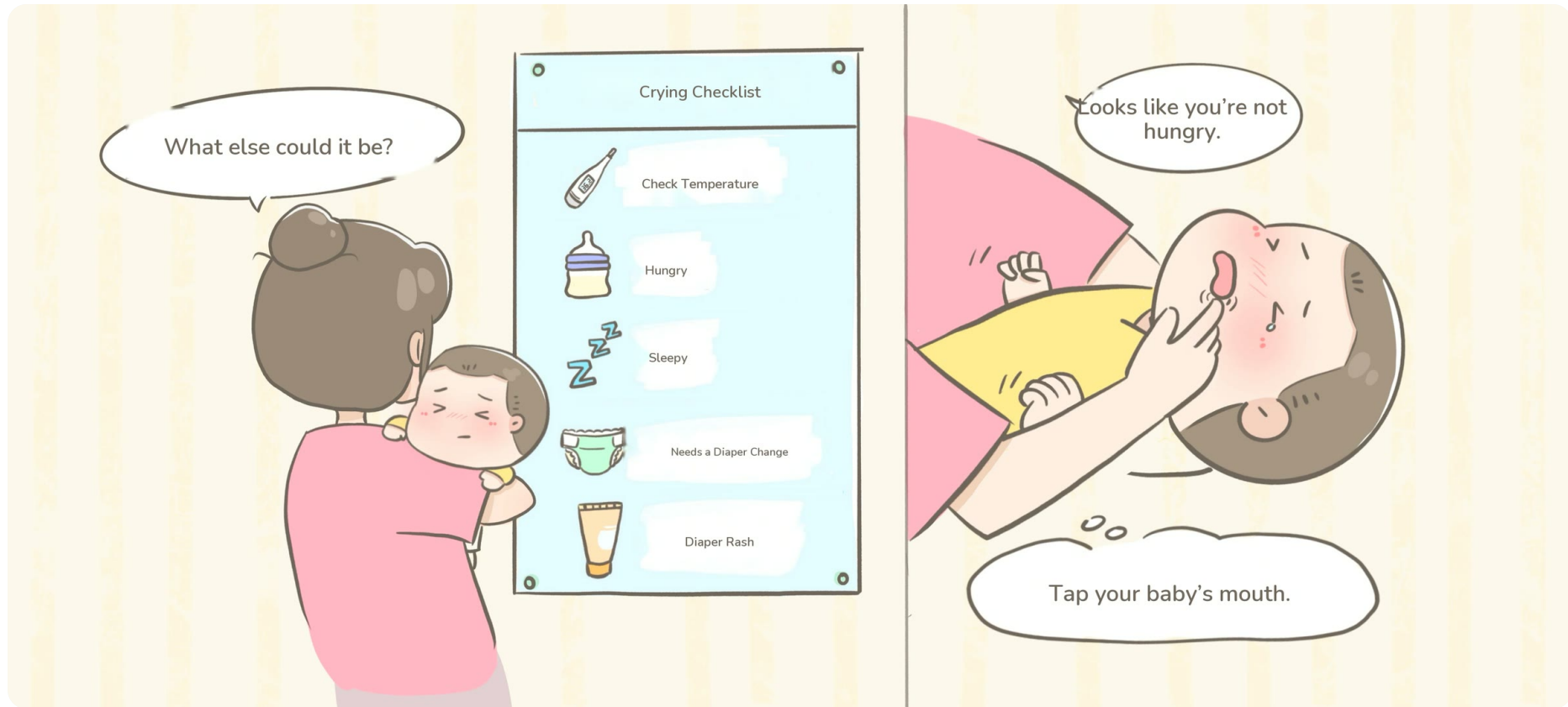
Your baby is crying. Begin by coming close, speaking softly, and offering a cuddle. Your calm, steady presence can help your baby gradually settle from an intense state.

Observations

- Cries to attract your attention
- Notices and looks at your face

Tips

- At two months, your baby cannot clearly communicate feelings through expressions or gestures. Crying is one of their main ways to signal a need.
- A two-month-old does not usually calm strong feelings entirely alone. They depend on a caregiver's responsive presence.
- Pause to steady yourself before responding. Your calm voice, face, and touch can help your baby settle.



Check One Need at a Time

If the reason is not clear right away, that is okay. Work through the checklist one item at a time. A predictable sequence can help you respond more calmly and consistently while your baby cries.

Observations

- Looks toward you while crying as if asking for help
- Cries in a way that seems to signal discomfort

Tips

- If you feel overwhelmed, ask another caregiver to take over while you recover.
- If the cry sounds unusual or your baby cannot be comforted, they may be unwell. Contact a healthcare professional when needed.
- A checklist can reduce the uncertainty that makes a crying spell feel chaotic.
- Watch for body signals such as squirming, sucking, or changes in facial expression.



Stay Close as Your Baby Settles

Once you identify and address the likely need, continue with gentle pats, a calm voice, or another familiar soothing response. Repeated experiences of crying, receiving a response, and gradually settling help your baby become familiar with the process of calming with your support.

Observations

- Cries more softly as you comfort them
- Relaxes into your presence or cuddle

Tips

- Your baby cannot regulate strong feelings independently yet, but repeated comfort from you helps them experience how calm returns.
- As you check each possibility, softly tell your baby what you are doing so they can continue to hear your reassuring voice.