

Cribsheet

by Emily Oster

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Write a One-Page Decision Brief**

For one parenting dilemma, list the evidence, the likely benefit, the family cost, and the option you actually prefer. Make the decision from the page, not from the anxiety spiral.

MON TUE WED THU FRI SAT SUN

⁰² **Ask the Base-Rate Question First**

Before reacting to a scary headline or story, ask: how common is this outcome, and how large is the risk change? Let the base rate set the emotional volume.

MON TUE WED THU FRI SAT SUN

⁰³ **Run a Seven-Day Reversible Trial**

Choose the smallest version of a new sleep, feeding, screen, or routine decision. Try it for seven days, write down what actually happens, then update without shame.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Price the Perfect Answer**

When you find the supposedly optimal parenting move, price it in time, money, sleep, coordination, and resentment. If the cost is too high, choose the good-enough version on purpose.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Retire One Panic Metric**

Stop tracking one number that creates more worry than insight. Replace it with a calmer observation: energy, mood, connection, recovery, or whether the routine is sustainable.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Make a Stop-Researching Rule**

Set the point where you will stop reading and decide: two credible sources, one conversation with your partner or pediatrician, and one review date. No more midnight reopening of the case.