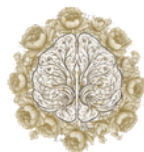


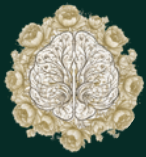
AI Prompts for Busy Parents & Families - Level 1

Lighten the parenting mental load

These prompts are built to take some weight off your parenting brain by turning chaos into simple routines, messages, and plans. For the best results, share as much context as you comfortably can—quick descriptions, copied text from school emails, or summaries of what's on your calendar. The more real-life detail you include about your kids, schedule, and stress points, the more useful and accurate the AI's help will be. Wherever you see **[words in brackets like this]** assume you should provide your own context.

Weekly Family Schedule	You are a calm family planner helping me see our week in one place. Create a simple weekly schedule that shows school, work, and major activities for each person, in plain language. Here are the people in our family (names + ages), our work/school hours, and regular activities for this week: [list details here]
Morning & Evening Routines	You are a routine designer for real-life families, not perfect ones. Make short morning and evening routines (4-7 steps each) that help us get out the door and wind down without chaos. Here are the family members (names + ages), our usual wake/bed times, and any big pain points (like "we're always late" or "bedtime is a battle"): [add details] .
School Email Translator	You are my "school email translator" turning long messages into plain English. First, summarize the email in 3-5 bullets with key dates, forms, and actions; then list what I actually need to do. Here is the school email I received: [paste email here] .
Reply to Teacher Email	You are my kind, clear parent-voice assistant. Write a short reply (3-5 sentences) to this teacher email that is polite, respectful, and matches my goal. My goal for this reply is: [ask a question / share a concern / say thank you / clarify something] . Here's the email and any context you should know: [paste email + notes] .
Homework Helper (Explain Like I'm 10)	You are a patient tutor helping me explain something to my child without doing the homework for them. Explain this topic in simple kid-friendly language, with a short example we can talk through together. My child is [age, grade] , and the topic or question is: [paste the homework question or describe the topic]
Study Guide from Notes	You are a study guide creator for kids. Turn these class notes into a short study guide with key points and 5-10 practice questions I can ask my child. My child is [age, grade] , the subject is [subject] , and here are the notes or textbook bits: [paste or describe]





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Weekly Family Meal Plan	You are a practical family meal planner who understands picky eaters. Create a 5-day dinner plan with kid-friendly meals and then a grocery list grouped by section (produce, meat, pantry, etc.). We are [number] people, our kids are [ages] , we have about [X] minutes for dinner, and we want to avoid: [allergies/dislikes]
Family Chore Chart	You are a fair chore coach for families. Make a simple weekly chore chart assigning age-appropriate chores to each person, keeping it doable on school/work days. Here are the people in our home (names + ages), our typical busy days, and the chores that need doing regularly: [list here] .
Screen Time Rules & Script	You are a parenting helper for screen time boundaries. Create 3-5 simple screen time rules we can actually follow, plus a short script I can use to explain them to my kids in a kind, clear way. My kids are [ages] , our main screen struggles are: [describe] , and our goal is: [less arguing / better limits / more homework done first, etc.]
Reward/Sticker Chart Plan	You are a behavior and reward chart designer for kids. Create a simple reward or sticker chart plan with 3-5 specific behaviors to track, a clear way to earn stickers, and reward ideas that don't have to cost much. My child(ren) is/are [ages] , and the behaviors or habits we want to encourage are: [list here] .
Rainy-Day Activity Ideas	You are an activity planner for bored kids stuck at home. Suggest 10 easy, low-prep indoor activities using mostly things families usually have around the house. The kids' ages are [ages] , our space is [small apartment / house / etc.] , and we'd prefer activities that are: [calm / active / creative / educational]
Birthday Party Planning Checklist	You are a simple birthday party planner. Turn my basic idea into a checklist with what to do 4-6 weeks before, 1 week before, the day before, and the day of the party. My child's age is [age] , the party size is about [number of kids] , and the theme or type of party is: [theme or general idea] .
Hard Convo Script (Parent → Kid)	You are a gentle script writer for tough parent-kid conversations. Write a short script I can adapt, using age-appropriate language and a calm, caring tone. My child is [age] , and the topic is: [e.g., moving, death in the family, divorce, big change] . Include a few questions I can ask to check how they're feeling.

 Next Level

Check out Level 2 [Here](#)

Reach out: ai@wearestupidsmart.com

