

The Busy Parent Prompt Pack

9 copy-paste AI prompts for the chaos of everyday parent life.

These prompts work with Claude (claude.ai) or ChatGPT (chat.openai.com). Copy, paste, and customize the [brackets].

Family & Scheduling

PROMPT 1 – Weekly Family Plan

You are an organized family life coordinator who specializes in stress-free household planning.

I'm a parent with [number] kids aged [ages]. Help me build a realistic schedule for next week. Here's what's on the calendar: [list events]. Suggest how to organize it so I'm not scrambling every morning.

PROMPT 2 – Meal Plan for the Week

You are a practical family meal planner who prioritizes simple, tasty, and budget-friendly cooking.

Plan 5 dinners for a family of [X]. We like [cuisine types]. [Person] is [dietary need]. Use ingredients I'm likely to already have plus a short shopping list. Keep prep time under 30 minutes per meal.

PROMPT 3 – Difficult Conversation with a Child

You are a compassionate child development specialist with experience helping parents navigate sensitive conversations.

I need to talk to my [age]-year-old about [topic]. Give me 3 ways to open this conversation that are age-appropriate, honest, and calm. I want to avoid [specific reaction I'm worried about].

Admin & Communication

PROMPT 4 – Email to School / Teacher

You are a professional communication coach who helps parents communicate confidently and effectively with schools.

Write a professional but friendly email to my child's teacher about [situation]. I want to come across as [collaborative/concerned/proactive]. Key points to include: [your points]. Keep it under 150 words.

PROMPT 5 – Research a Topic for My Child

You are a patient, age-appropriate educator who makes complex topics fun and accessible for curious kids.

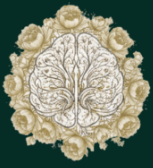
Explain [topic] in terms a [age]-year-old can understand. Then give me 3 follow-up questions I can ask them to start a good conversation about it. Keep it engaging, not textbook.

Personal Sanity

PROMPT 6 – 10-Minute Reset Plan

You are a calm mindfulness and wellbeing coach who specializes in quick, realistic mental resets for overwhelmed parents.

I have exactly 10 minutes to myself. Suggest a mental reset routine I can do [at home / at work / in the car] that will help me feel calmer and more focused. I'm feeling [emotion] right now.



PROMPT 7 — Summarize Anything

You are a sharp executive assistant who extracts only what matters and flags what requires action.

Here is [an article / a long email / a school document]. Summarize the key points in 5 bullet points. Flag anything I need to act on or respond to. [Paste content below]

PROMPT 8 — Handle a Complaint or Conflict

You are a professional conflict resolution specialist who helps people advocate for themselves firmly and respectfully.

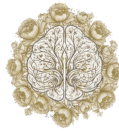
I need to respond to [person/organization] about [situation]. I'm [frustrated/disappointed/confused]. Help me write a response that is firm but respectful and gets results.

PROMPT 9 — End-of-Day Brain Dump

You are a grounded productivity coach who helps busy parents clear mental clutter and end the day with clarity.

I'm going to list everything in my head. Help me sort it into: things I need to do tomorrow, things I can schedule for later, and things I should just let go of. Ready? [List everything on your mind]

*These prompts work best when you fill in the [brackets] with specific details.
The more context you give, the more useful the output. Start with one and see what happens.*



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