



Build Your Family AI Playbook

When you ask AI for parenting help without any context, you get parenting advice designed for nobody. This guide walks you through building a Family Brief — a short document that tells AI everything it needs to know about your household. Write it once. Use it every week.

"Generic advice is nobody's advice."

AI doesn't know your kids' ages, your work schedule, your dietary restrictions, or that Tuesday nights are already impossible. Without that context, every suggestion it gives you has to be translated into your actual life — which defeats the purpose.

A Family Brief fixes this. It's not a complicated setup. It's a short document you paste at the start of any AI conversation about your family. Everything after that — meal plans, schedules, hard conversations, health questions — comes back tailored to you.

Part 1 — Build Your Family Brief (20 minutes)

Work through each component below. Write your answers anywhere — a notes app, Google Doc, or the back of an envelope. You'll combine them at the end into one brief.

Component 1: Your Kids

Step 1: Describe each child in a few sentences

Name (or initial), age, grade, personality, interests, any dietary restrictions or allergies, learning style, and anything else that shapes how you parent them day to day.

EXAMPLE ANSWER

"Maya, 9, 4th grade. Active, social, strong-willed. Loves soccer and anything creative. Picky eater — no mushrooms, hates anything "mushy." Does best with a heads-up before transitions. Jake, 6, 1st grade. Easygoing, imaginative, obsessed with dinosaurs. Needs more wind-down time than most kids. No food issues."

You don't have to write a biography. A few honest details go a long way.

Component 2: Your Family Schedule

Step 2: Describe the structure of your week

What are the recurring commitments? School hours, activities, work schedules, childcare pickups, any days that are especially packed or especially free?

EXAMPLE ANSWER

"Both parents work full time. Kids are in school 8–3. Maya has soccer Tuesday and Thursday 4–6pm, games on Saturday mornings. Jake has nothing structured yet. We batch cook Sunday. Friday nights are low-key — no commitments. Mornings are chaotic. Evenings are tight."

The more AI knows about your real week, the better it can suggest things that actually fit.



Component 3: Your Household Rules and Values

Step 3: Name what matters most in your home

Screen time rules, bed time philosophy, how you handle conflict, what you want your kids to learn, anything you feel strongly about. This shapes the kind of advice AI gives you.

EXAMPLE ANSWER

"We limit screens to 1 hour on school nights. We don't do bribes or threats — we try to explain our reasoning even to the little one. Dinner together most nights is non-negotiable. We're big on honesty and less worried about perfection. We want our kids to be resilient, not just compliant."

There's no right answer here. Just be honest about what you actually believe, not what sounds good.

Component 4: Your Current Priorities and Challenges

Step 4: Name what's hardest right now

What's taking up the most mental energy? What feels unsolved? What's coming up that you're thinking about? AI is most useful when it knows where you're stuck.

EXAMPLE ANSWER

"Jake is struggling with reading and we're trying to figure out how much to push vs. let it unfold. Maya has been having friendship drama at school. I'm running low on dinner ideas that both kids will actually eat. We're also trying to figure out summer childcare."

Update this section every month or two. Your challenges change — your brief should too.

Component 5: Your Preferences

Step 5: Tell AI what kind of help you actually want

Do you want options or a single recommendation? Do you want practical or emotional support? Short answers or thorough ones? Do you have any strong opinions AI should know about?

EXAMPLE ANSWER

"I prefer a few focused options over a long list. I don't need a lot of hand-holding — just give me the thing. I trust pediatric guidance but I'm skeptical of parenting trends. I'd rather have an honest "I'm not sure" than a confident wrong answer."

This one feels optional but it's not. It's the difference between AI that helps and AI that annoys.

Your Completed Family Brief Template

Copy this template, fill in your answers, and save it somewhere easy to find. Paste it at the top of any AI conversation about your family before asking your question.

FAMILY BRIEF

OUR KIDS:

[Name/initial], [age], [grade]. [Personality, interests, dietary notes, anything relevant.]

[Repeat for each child.]

OUR SCHEDULE: [Recurring commitments, work hours, activities, easy vs. hard days.]

OUR RULES & VALUES: [Screen time, bedtime, discipline approach, what matters most.]

CURRENT PRIORITIES/CHALLENGES: [What's hardest right now. Update regularly.]

HOW I LIKE HELP: [Options vs. recommendations, short vs. thorough, any preferences.]

Paste this at the start of any conversation about your family. It takes 10 seconds and changes everything that follows.

Part 2 — Use It Every Week (6 Scenarios)

For each scenario: paste your Family Brief first, then use the prompt below. The brief is the context. The prompt is the question.

Scenario 1: Weekly Planning Session

PASTE YOUR FAMILY BRIEF, THEN USE THIS PROMPT

"Here's what's on the calendar this week: [list events, appointments, deadlines]. Help me think through the week — what needs prep, what might be tight, and where I have breathing room. Flag anything I might be underestimating."

Do this Sunday evening. Takes 10 minutes and makes the whole week easier to navigate.



Scenario 2: Meal Planning

PASTE YOUR FAMILY BRIEF, THEN USE THIS PROMPT

"Plan 5 weeknight dinners for this week. Account for our schedule and the kids' preferences. Prioritize meals that share ingredients and can be prepped ahead. Give me a combined grocery list at the end, organized by section."

Your brief already includes dietary restrictions and schedule — AI uses both automatically.

Scenario 3: School or Learning Research

PASTE YOUR FAMILY BRIEF, THEN USE THIS PROMPT

"I'm trying to figure out [school situation, learning challenge, or education decision]. Give me a clear, honest overview of what I should know, what questions I should be asking, and what options I have. Flag anything where I should talk to a professional."

AI won't know your school district specifics, but it's excellent at framing the right questions.

Scenario 4: Health Question

PASTE YOUR FAMILY BRIEF, THEN USE THIS PROMPT

"[Child's name] has been [symptom or situation] for [timeframe]. Give me a plain-language overview of what this might be, what I can do at home, and clear signs I should call the pediatrician. Don't alarm me unnecessarily, but don't downplay it either."

AI is not a doctor. Use it to get informed before the appointment, not instead of one.

Scenario 5: Planning a Hard Conversation

PASTE YOUR FAMILY BRIEF, THEN USE THIS PROMPT

"I need to talk to [child's name] about [topic]. Give me 3 ways to open this conversation that are honest, age-appropriate, and match how we communicate in our house. Tell me what to expect and how to handle it if they shut down or get upset."

Works for screen time limits, friendship problems, grief, big life changes, and more.

Scenario 6: Activity and Event Planning

PASTE YOUR FAMILY BRIEF, THEN USE THIS PROMPT

"We need to plan [event or activity — birthday, weekend, school break, family trip]. Our constraints: [budget, timeline, energy level, any other limits]. Suggest 3 realistic options that fit our family. Give me a short pros/cons for each."

The word "realistic" does a lot of work here. Without it, you get suggestions that sound great and don't fit your life.



Keeping Your Brief Fresh

Your family changes faster than most things. A brief that's six months old might have the wrong ages, the wrong challenges, or activities that have long since ended. A quick review every month or two is all it takes.

→ When to update

A child moves to a new grade or school, you change jobs or schedules, a new challenge comes up, a current challenge gets resolved, your family's priorities shift.

Even small updates — changing an age, adding a new activity — make the advice noticeably better.

Quick Wins This Week

One step at a time. Start with the brief.

Write your Family Brief using the five components above (20 minutes)

Save it somewhere you can copy it in under 10 seconds

Use it with Scenario 1 or 2 this week

Notice how different the response feels compared to asking without context

Update Component 4 (Current Priorities) every month — it's the one that changes fastest

Want help setting this up for your family? We're here.

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