Level Up Your Parenting With AI

What is Generative AI?

Generative AI learns from huge amounts of data and uses patterns it finds to produce new, original outputs. Unlike search engines that show you existing answers, generative AI can create something new based on your prompts.

Think of AI as part of your parenting toolbox.

Like any good tool, AI is most powerful in the right hands — *yours*! It's here to help, not to replace real connections with your child.
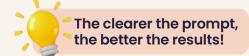
The Art of Prompting

Prompting is simply how we communicate with AI tools like ChatGPT and Copilot.

Prompt engineering is when we refine and experiment with our prompts to get the outputs we want.

Tips to Prompt Like A Pro

- **Give clear instructions** of the results you want.

- **Provide details** such as the age of your child or the problem you want to solve.

- **Share your intention or goal** by explaining the context.

💡 **The clearer the prompt, the better the results!**

Using AI for Parenting

Here's how to make AI work for you:

1. **Ask** for ideas or suggestions (e.g., advice on managing screen time).

2. **Use your judgment** — see what feels right for your family.

3. **Assess your next steps** with care. Do you need to get more information or seek professional expertise?

Knowing the Limits

🤝 AI tools are helpful assistants, but they should never replace professional expertise.

🚫 Always verify AI outputs. AI tools often make mistakes or sound confident but be wrong.

💖 Keep human judgment at the centre of your parenting.