



Parenting, Supported.

*Raise, understand and guide your child,
with artificial intelligence.*

10 prompts to understand, talk, guide,
set limits and take care.

Free for the SYSTINFO community



GOOD TO KNOW

A helping hand, not a judge.

Raising a child is tiring, full of doubt and often improvised. In 2026, assistants like ChatGPT, Gemini or Le Chat can explain a behavior, find the words for a delicate topic or suggest an activity. They buy you some calm, but they do not know your child. Three reflexes first.

- **You decide, not the screen**

AI offers general ideas. You alone know your child, their story and what suits them. Keep the final word.

- **A health doubt, a real opinion**

For a fever, a delay or a worry, AI does not examine. It prepares your questions, it does not replace the doctor.

- **Your child grows up with AI too**

Your children will meet these tools early. Better to guide them and set rules than to pretend to ignore them.

The right reflex: AI sheds light, you decide, and a health doubt always goes to a professional.
systinfo.org · systinfo.ai · blog.systinfo.ai



THE METHOD

Five moves, ten prompts.

Guiding your child comes down to five moves: understand what they live, talk with the right words, feed their curiosity, set limits on screens and AI, and take care of them and of yourself. These 10 prompts give you words and calm every day.

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

01 Understand

· 2 prompts

02 Talk

· 2 prompts

03 Guide

· 2 prompts

04 Set limits

· 2 prompts

05 Take care

· 2 prompts



The Behavior Decoded

PROMPT TO COPY

Role: you are a pediatrician with a reassuring tone.

Context: my child is [age] and for [how long] they [describe the behavior].

Task: help me understand what is going on.

Format: the likely causes for their age, what stays normal, the signs that should alert me, and three reactions to try this very evening.

What you get

A reading key for tonight. Understanding what sits behind a behavior calms the parent and guides the response.



The Age Explained

PROMPT TO COPY

Role: you are a child development specialist.

Context: my child is entering their [age] and I am no longer sure what to expect.

Task: paint me a picture of this stage.

Format: what they live at this age, their needs, what helps them grow, and one demand to drop to give them room to breathe.

What you get

A map of the age they cross. Knowing what is normal at each stage saves needless alarm and avoids expecting too soon.



The Difficult Topic

PROMPT TO COPY

Role: you are a caring educator.

Context: I have to talk about [sensitive topic] with my child of [age].

Task: help me find the right words.

Format: a simple explanation fit for their age, the words to avoid, the questions they will surely ask, and how to reassure them at the end.

What you get

The words ready before the talk. Raising a sensitive topic with the right words protects the child and avoids missteps.



The Tantrum Calmed

PROMPT TO COPY

Role: you are a positive-parenting coach.

Context: my child of [age] melts down when [situation], and I lose my patience.

Task: give me a way to react calmly.

Format: what to say in the moment, what to avoid, how to talk about it after, and one phrase to help me stay grounded.

What you get

A plan for the storms. Knowing what to do during the meltdown defuses the clash and keeps you on the right side.



The Thousand Whys

PROMPT TO COPY

Role: you are a science explainer for children.

Context: my child of [age] asks me [their question], and I am stuck.

Task: give me a clear and honest answer.

Format: a one-minute explanation in their words, a vivid image or comparison, and a small question to send back to spark their thinking.

What you get

An answer that feeds their curiosity. Replying honestly, without lies or clutter, keeps a child eager to learn.



The Activity That Teaches

PROMPT TO COPY

Role: you are a creative activity leader.

Context: I have [how long] ahead with my child of [age], at home, no screen.

Task: suggest an activity that is fun and teaches.

Format: three simple ideas with what each one teaches, the everyday materials needed, and how to adapt it if they get hooked.

What you get

Shared time that leaves a trace. A chosen activity keeps the child busy and teaches them something, with no screen.



The Screen Rules

PROMPT TO COPY

Role: you are a media-education advisor.

Context: my child of [age] keeps asking for [screen or app] and I want workable rules.

Task: help me set a clear frame.

Format: a reasonable screen time for their age, three simple rules to post on the wall, and how to react without shouting when they go over.

What you get

A frame the whole family can hold. Clear, posted screen rules end the endless bargaining and the shouting.



The Child and AI

PROMPT TO COPY

Role: you are a family digital expert.

Context: my child of [age] is starting to use AI like ChatGPT for [use].

Task: teach me to guide them without banning it.

Format: what they can do for their age, the guardrails to set, what they must never share, and how to teach them to doubt the answers.

What you get

A child who uses AI with a step back. Guiding them early beats banning it, and teaches them not to believe everything.



The Bedtime Ritual

PROMPT TO COPY

Role: you are a child-sleep specialist.

Context: bedtime for my child of [age] turns into a fight almost every night.

Task: build me a soothing ritual.

Format: a thirty-minute flow step by step, what helps them settle, what excites them and should be avoided, and what to do if they get back up.

What you get

Softer evenings for everyone. A steady ritual settles the child, shortens bedtime and gives you back your evenings.



The Parent Restored

PROMPT TO COPY

Role: you are a support for tired parents.

Context: I look after [family situation] and I lack the time to catch my breath.

Task: help me recharge without guilt.

Format: three realistic breaks in a packed day, a way to ask for help around me, and a kind word for the days of doubt.

What you get

A parent who lasts the distance. Caring for yourself is not a luxury, it is what lets you keep going for them.



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