



4-Week AI Slow-Start Plan

For parents who feel behind: a calm, no-panic path from “I should figure this out” to one useful family habit.

All ages

4 weeks, low pressure

No panic

WEEK 1

Parent-only warmup

- Open one AI tool yourself.
- Ask it to explain something you already understand.
- Notice where it is useful, vague, or wrong.
- Write one family boundary you already believe.

WEEK 2

One supervised session

- Sit with your kid for 15 minutes.
- Ask AI for help planning something real: dinner, study, chores, a trip.
- Say out loud what you will not share.
- Ask: “How would we check this?”

WEEK 3

Build one useful thing

- Make a tiny family tool: checklist, tracker, quiz, packing list, allowance table.
- Let your kid improve the prompt.
- Use the output in real life once.
- Talk about what worked and what did not.

WEEK 4

Make it a habit

- Pick one weekly AI use that earns a place in family life.
- Set your privacy rule.
- Set your homework rule.
- Review: tool, thinking, verification, human backup.

“We are not rushing into AI. We are learning it like a family tool: slowly, together, and with rules we can explain.”

By the end, your family should have:

1 useful AI habit

1 privacy rule

1 homework rule

1 human-backup rule

Starter prompts for Week 1

“Explain this topic in three levels: parent, 10-year-old, teenager.”

“What could be wrong or incomplete in your answer?”

“Interview me before you give advice. Ask one question at a time.”

Do tonight: Start with Week 1 tonight. Do not hand the tool to your kid first.

raisingaikids.org/resources/four-week-ai-slow-start-plan