



Which AI Tool For Which Job?

A parent-friendly map: which tool for a quick answer, homework help, image work, coding, private writing, and family planning — and which jobs should never go to AI at all.

Parents

12 minutes

Printable resource

Quick everyday question — "What's the capital of...?" or "Translate this."

Use Grok, ChatGPT, Claude, Gemini, Perplexity, or your phone's assistant. Fast, public, low risk. Pick the one you already pay for. None of them need your family's private details for this. Sources: for facts that matter, ask the tool to show its source and check it.

Homework help — "Explain this chapter" or "Quiz me."

Use ChatGPT, Claude, Gemini, Grok, or a school-sanctioned tool. These models explain well, give examples, and quiz on command — better tutors than answer-givers. Watch out: the student still does the writing, math, and thinking. AI explains and quizzes; the kid does the work.

Image work — birthday card, family poster, story illustration

Use DALL·E (in ChatGPT), Midjourney, Adobe Firefly, Stable Diffusion (local or hosted), Grok image, or Gemini image. Each has different strengths: DALL·E is easy and safe for kids, Midjourney has the strongest artistic look, Firefly is trained on licensed material, Stable Diffusion is best for offline or private. Watch out: most tools still struggle with faces. For photos of real family members, use a real photo.

Coding help — small web page, study game, fix a script

Use Claude, ChatGPT, Gemini, Cursor, or GitHub Copilot. Coding assistants are the most useful place AI is a true force multiplier — a kid can build a real project in an afternoon. Watch out: AI writes plausible-looking code that may not run. Test everything before trusting it.

Private writing — sensitive email to a teacher, family budget note, personal reflection

Use Claude, ChatGPT (with history off), a local model, or a model running on your own machine. Privacy matters most here. Pick tools that do not train on your inputs by default. For the most sensitive writing, use a local model or turn off training and history. Never paste real names, addresses, or identifying details into a model whose data policy you haven't checked.

Family planning — trip, meal plan, weekly schedule

Use any of the major models. Grok and ChatGPT are good for this. The differences are small. AI plans are good starting points, not final answers. You still know your kid's sleep schedule, your budget, and which weekends the in-laws are visiting.

"The job of this resource is not to crown a winner. It is to help you pick the right tool for the right moment."

The 30-second tool test

Before you open any AI tool, ask: what job am I doing, which tool is best for that job, what's the privacy posture, and who is in the loop? If you can't answer all four, slow down.

The 30-second tool test

What job am I doing right now?

Which tool is best for that job today?

What's the privacy posture?

Who is in the loop?

Make it yours

Our rule: _____

We will try: _____

Ask a human when: _____

Do tonight: Pick one job from this week — a homework question, a meal plan, a draft email — run the 30-second test, and use the rule.