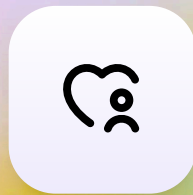


OpenAI

# ChatGPT at home

A practical parent guide for using ChatGPT for family life, learning, and everyday support



# This guide is for parents who want a simple, useful way to start using ChatGPT at home.

It focuses on practical everyday tasks, better prompting, safe use, and family-friendly ways to use ChatGPT with teens.

# ChatGPT works best as a flexible helper



## Everyday tasks

Plan meals, make lists, find quick answers, organize the week



## Family life

Brainstorm dinner ideas, make schedules, help parents explain tricky topics to kids, reduce daily friction



## Learning and homework

Break down assignments, review lessons, create study plans, explain concepts in age-appropriate language



## Create and play

Write stories, invent games, make posters, brainstorm fun weekend activities



## Projects and planning

Draft emails, outline family projects, compare choices, map out next steps

# Parents can use ChatGPT to save time, get organized, and make everyday communication easier.



## Planning

Use ChatGPT to create a weekly family schedule, meal plan, packing list, or carpool checklist.



## Communication

Draft a text to another parent, a thank-you note, a school email, or a clear reminder.



## Problem solving

Think through a choice, compare summer camp options, or turn a messy to-do list into a step-by-step plan.



## Organization

Summarize a document, explain a form, or pull out the most important next steps.

# ChatGPT can be especially useful when parents stay involved, not as a replacement for judgment or teaching.



## Learn together

Ask for weekend science projects, book ideas, history questions, or simple explanations of a topic your child is studying.



## Build confidence

Ask for kid-friendly practice tips, age-appropriate goals, or encouraging language after mistakes.



## Create together

Make a family game night poster, a short story, a team cheer, or a themed activity for the weekend.



## Practice writing

Help your child draft or revise thank-you notes, invitations, reflection prompts, or short messages in more than one language.



## Support homework

Break an assignment into steps, quiz your child on key facts, or ask for practice questions at the right level.

# Use a better prompt

Prompting means giving ChatGPT the information it needs to be useful. A strong prompt usually includes three parts:

---

**Task**

What do you want ChatGPT to do?

---

**Context**

What should it know about your child, schedule, audience, or constraints?

---

**Output**

What should the answer look like: a list, table, text message, plan, script, or checklist?

---

**Example basic prompt**

Help me plan our week.

---

**Stronger prompt**

Make a simple Monday-Friday schedule for a family with two school-age kids, one evening practice, and a parent working full time. Include dinner ideas, homework time, and a short bedtime routine.

# Family-friendly prompt patterns

Give me 3 options and explain the pros and cons of each one.

Turn this into a checklist I can use on my phone.

Please keep this simple and practical.

Ask me 3 questions before you answer so you can tailor this better.

Write this in a way a 10-year-old can understand.

Rewrite this to sound warmer and shorter.

# Best practices for teens

## Using ChatGPT safely at home

- Don't share sensitive personal information unless it is truly necessary.
- Double-check important answers, especially anything related to school policy, health, legal issues, money, or deadlines.
- Watch for bias, missing perspective, or advice that sounds overly confident.
- Use critical thinking, and check trusted sources when you need current information.
- Treat ChatGPT as a helper. Parents still make the final call.

## Ensure your teen is getting the most out of ChatGPT

- Use it to learn, visualize, practice, brainstorm, and create — not to avoid thinking.
- Ask your child to explain the answer back in their own words.
- Review important outputs together, especially schoolwork or advice.
- Encourage questions like:
  - “Can you explain that more simply?”
  - “Can you show me another example?”
- Use parental controls where available to help keep the experience age-appropriate.

# Best practices for parents

ChatGPT works best when families set clear expectations and stay involved, to help teens build healthy habits, judgment, and balance.

**Start with conversation, not surveillance**

Ask how your teen is using ChatGPT, what they find helpful, and where they still have questions.

---

**Set shared expectations**

Agree on when AI use is appropriate for homework, creativity, planning, or everyday questions and when independent thinking should come first.

---

**Keep devices and use visible when possible**

Especially for younger teens, encourage use in shared family spaces or with periodic check-ins.

---

**Create boundaries around time and balance**

Make sure AI use does not replace sleep, movement, family time, friendships, or offline hobbies.

---

**Talk about trust and privacy**

Remind teens not to share sensitive personal information or treat every answer as correct.

---

**Adjust as they mature**

Younger teens may need more structure; older teens often benefit from greater independence with ongoing conversations and accountability.

---

**Model healthy use**

Let teens see adults using technology thoughtfully — as a tool, not a constant companion.

# Starter prompts parents can use right away

## At home

Plan 3 easy weeknight dinners for a busy family with one picky eater.

Help me organize a weekly schedule for my kids that includes school, activities, homework, and bedtime.

## For your child

Adding detail, like your children's ages or grade level, food preferences, interests, or daily schedule, can help you get more useful, relevant answers.

Help me explain fractions to my 8-year-old, with 3 simple examples.

Give me 5 ways to help my child build confidence in sports after a tough game.

## For school or forms

Here is a photo of a school form. Summarize the important parts and tell me what I need to do next.

Turn this assignment into a step-by-step study plan for the next 4 days.

## Just for fun

Create a fun family game night poster with bright colors and a playful style.

Give us 5 indoor weekend activity ideas for two kids ages 7 and 10.

# A simple 3-step routine for new users

01

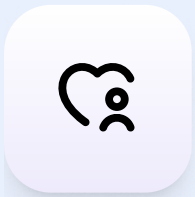
Start with one real problem from your day or week.

02

Ask ChatGPT for a first draft, then improve it with one follow-up question.

03

Save or copy the useful parts into your real life: your calendar, message thread, checklist, or family plan.



# ChatGPT does not need to be used in a complicated way to be valuable

For most families, the best place to start is with everyday life: planning, explaining, organizing, creating, and reducing small moments of friction. The more clearly you describe what you need, the more useful the result is likely to be. Additional resources for teens and parents can be found [here](#).