

FREE RESOURCE FROM MOMAITOOLKIT.COM

Your *AI Starter Kit* for Moms

Top 5 AI tools to start with today • 10 must-have ChatGPT prompts
Your weekly AI routine template

**No tech experience needed. No subscriptions required.
Just practical tools that give you time back.**

SECTION 1 OF 3

Top 5 Free AI Tools to Start With Today

These tools work right in your browser — no downloads, no credit card, no tech degree required.

1. ChatGPT (free plan)

chatgpt.com

Your all-purpose AI assistant. Think of it as a super-smart friend available 24/7.

Try it for: Ask it to write a grocery list from a recipe, draft a birthday message, explain a school concept to your child, or brainstorm dinner ideas.

2. Canva AI (free plan)

canva.com

Design anything beautifully in minutes — even with zero design skills.

Try it for: Create school flyers, birthday party invitations, Instagram posts, or chore charts. The AI suggests layouts and writes captions for you.

3. Notion AI (free trial)

notion.so

An AI-powered notebook, planner, and family organizer in one place.

Try it for: Build a family meal planner, manage your to-do list, or organize a home renovation project. Notion AI helps fill in the blanks.

4. Otter.ai (free plan)

otter.ai

Transcribes conversations and meetings automatically.

Try it for: Record a pediatrician appointment, a school meeting, or a phone call so you never miss a detail. Searchable transcripts in seconds.

5. Perplexity AI (free)

perplexity.ai

A smarter search engine that actually answers your question with sources.

Try it for: Great for researching kid-friendly activities, school project help, parenting questions, or comparing products before you buy.

SECTION 2 OF 3

10 ChatGPT Prompts Every Mom Needs

Copy and paste these straight into ChatGPT (chatgpt.com). Tweak anything in [brackets] to fit your life.

1. Meal Planning Made Easy

"Give me a 5-day dinner plan for a family of [4] using simple ingredients. Include one vegetarian meal. We like [Italian and Mexican] food."

Why it works: Saves 20+ minutes of staring at the fridge every evening.

2. Instant Grocery List

"Based on this recipe: [paste recipe], create a grocery list organized by store section."

Why it works: Never buy the wrong thing again.

3. Explain It to My Kid

"Explain [photosynthesis / fractions / the American Revolution] to a [7]-year-old using a fun analogy."

Why it works: Homework helper for every subject and age group.

4. Calm the Chaos Email

"Write a polite but firm email to [my child's teacher / HOA / doctor's office] about [the situation]. Keep it under 150 words."

Why it works: Handles the emails you dread writing.

5. Toddler Activity Generator

"Give me 5 indoor activities for a [2]-year-old using only things I probably have at home."

Why it works: Rainy day lifesaver.

6. Budget Brainstorm

"Help me find 3 ways to reduce my monthly [grocery / entertainment / subscription] spending without feeling deprived."

Why it works: Small savings add up fast.

7. Bedtime Story on Demand

"Write a short bedtime story for a [5]-year-old who loves [dinosaurs / unicorns / space]. Make it 300 words and end with them falling asleep."

Why it works: Personalized stories every night, zero effort.

8. Packing List Generator

"Create a packing list for a [3]-day trip to [the beach] with [2 kids under 6]. Include snacks, entertainment, and safety items."

Why it works: Never forget the sunscreen again.

9. Self-Care Micro-Plan

"I have [20 minutes] to myself today. Suggest 3 ways to genuinely recharge based on my interests: [reading, walking, quiet]."

Why it works: Because you matter too.

10. Side Hustle Ideas

"Give me 5 realistic ways a stay-at-home mom with skills in [cooking / organizing / teaching / crafts] can earn extra income from home."

Why it works: Start small, think big.

SECTION 3 OF 3

Your Weekly AI Routine Template

Spend just 15 minutes per day with AI and reclaim hours each week. Here's a simple routine that works around nap times, school hours, or evenings.

MONDAY — Plan the Week (15 min)

ChatGPT: Ask for a 5-day meal plan based on what's in your fridge.

Notion AI: Dump your week's tasks into Notion and let AI organize them by priority.

Canva AI: Design one social post or family schedule for the week (optional).

TUESDAY — Tackle Admin (10 min)

ChatGPT: Draft any emails, messages, or responses you've been putting off.

Otter.ai: Turn on transcription for any important calls or appointments today.

WEDNESDAY — Learn Something New (10 min)

Perplexity: Research one thing you've been curious about — a product, a health question, a recipe technique.

ChatGPT: Ask it to explain one concept your child is learning in school this week.

THURSDAY — Creative Day (15 min)

Canva AI: Create something fun: a birthday card, a chore chart, a vision board square.

ChatGPT: Generate a personalized bedtime story for tonight.

FRIDAY — Review & Recharge (10 min)

ChatGPT: Ask: "What are 3 small wins I can celebrate this week?" Then list them.

Notion: Check off completed tasks. Move anything unfinished to next week.

Perplexity: Search one self-care or personal development idea for the weekend.

You're all set! Start with just ONE tool and ONE prompt this week.

Browse 28+ more free AI tools at momaitoolkit.com

Questions? hello@momaitoolkit.com