

FREE DOWNLOAD

# The AI Mom's Quick-Start Cheat Sheet

Your at-a-glance guide to the best AI tools, quick-start tips, and a 7-day plan to go from curious to confident.

---

From Melissa Ryan | [Simple AI Mom](#)

[www.simpleaimom.com](http://www.simpleaimom.com)



## The Big Three *Start with one, add more later*



### ChatGPT

*Best for: Everyday tasks*

Meal plans, emails, homework help, creative writing. Great all-rounder with a free tier.



### Claude

*Best for: Longer projects*

Thoughtful, nuanced responses. Excellent for planning, research, and complex problem-solving.



### Gemini

*Best for: Google integration*

Connects to Gmail, Docs, Calendar. Great if you live in the Google ecosystem.

## 5 Quick-Start Tips

1. Be specific — the more detail, the better the result
2. Use "act as" framing: "Act as a meal planner..."
3. Ask follow-ups — it's a conversation, not a search
4. Always review and edit AI output before using
5. Save your best prompts in a Notes app for reuse

## 7-Day "Try One Thing" Plan

DAY 1

Sign up for ChatGPT (free) and ask it to introduce itself

DAY 2

Plan tomorrow's dinner — use the meal plan prompt from this guide

DAY 3

Rewrite one email — paste a draft and ask AI to polish it

DAY 4

Help with homework — ask AI to explain a concept in kid-friendly terms

DAY 5

Create a bedtime story — personalized for your child

DAY 6

Try a new tool — sign up for Claude or Gemini, compare the feel

DAY 7

Plan your week with AI — use the schedule optimizer prompt

---

**Remember:** You don't need to master everything. One tool, one prompt, one win at a time.

You've got this, mama!



## Ready to Go Deeper?

---

This cheat sheet is just the beginning. My full **AI Starter Kit for Moms** includes 10 modules, 44 prompts, Canva templates, and a step-by-step 30-day plan.

Plus you'll join a private community of moms learning AI together.

[Get the Full AI Starter Kit for Moms](#)

[www.simpleaimom.com](http://www.simpleaimom.com)

Follow for daily AI tips made for moms

Instagram & Facebook @simpleaimom

Simple AI Mom | AI Made Easy for Busy Moms