

AI FOR BUSY MOMS

MAKING LIFE EASIER

1. Time-Saving AI Apps

- 🗣️ **Google Assistant / Siri / Alexa** – Set reminders, send messages, check weather.
- 🗣️ **Otter.ai** – Transcribe meetings and voice notes.
- 📅 **Google Calendar / Calendly** – Schedule and automate reminders.
- 🛒 **Instacart / Amazon Fresh** – AI-powered grocery shopping and meal planning.
- ✅ **Todoist / Trello** – AI task managers to organize family and work tasks.
- ✍️ **ChatGPT / Jasper AI** – Automate emails, summarize articles, draft social media posts.

3. AI for Kids' Learning & Fun

- 🎓 **Khan Academy Kids** – Personalized educational content.
- 📖 **Epic! Books** – AI recommends books based on a child's reading level.
- 🌐 **Duolingo** – Fun language learning through AI-driven lessons.

📌 **Mom Hack:** Set up AI-powered **screen time management** for healthy digital habits.

5. AI for Black Moms in Advocacy & Parenting

- 🗣️ **Color of Change AI Tools** – Helps with social justice and policy advocacy.
 - 👨👩 **WeParent** – AI-driven scheduling for co-parents.
 - 💬 **Nia: Black Mom Chatbot** – AI-powered advice tailored for Black mothers.
- 🔍 **Did You Know?** AI can help navigate **school choice**, provide culturally relevant educational tools, and streamline your parenting routine.

2. AI-Powered Meal Planning & Grocery Shopping

- 🍴 **Mealime** – AI-generated meal plans based on dietary needs.
 - 📄 **Paprika** – Saves and organizes recipes, generates shopping lists.
 - 🍷 **Yummly** – AI suggests recipes based on ingredients at home.
- 💡 **Tip:** Use AI to generate a weekly meal plan and automatically create a grocery list!

4. AI for Managing Work-Life Balance

- 📅 **Motion / Reclaim AI** – Smart scheduling apps that balance meetings and family time.
 - ⏳ **RescueTime** – Tracks and optimizes productivity.
 - 📄 **Fathom AI** – Automatically records and summarizes Zoom calls.
- 💡 **Pro Tip:** Let AI handle scheduling, so you can focus on what matters most!

Try These AI Prompts for a Smarter Mom Life

- 💡 **For Meal Planning:**
“Create a simple, healthy meal plan for a family of four for the week.”
- 📁 **For Productivity:**
“Suggest ways to streamline my daily schedule as a working mom.”
- 👨👩 **For Parenting Advice:**
“How can I help my Black child feel affirmed in school?”
- ✈️ **For Travel Planning:**
“Plan a budget-friendly weekend getaway for a family of four.”