

AI FOUNDATIONS FOR PARENTS

A plain-English Guide to Understanding AI

Learn how to use it yourself at home to help
your kids use it the right way at school.

2026



@inxrbl.ai
www.inxrbl.ai
anthony@inxrbl.ai

A Note From Anthony:

**If you're confused about AI, then congratulations!
You're just like 99% of the parents out there.**

I'm hoping to help you with that.

As the father of a middle schooler, a high school student, and a college freshman, believe me, I get it.

AI is everywhere and everyone seems to have the same feeling - "I'm falling behind, but I have no idea where to even start." Give yourself some grace, AI has taken exponential leaps these last 2 years, and we as a society are struggling to keep up.

I put together this guide as a quick introduction for parents on the basics of what AI is. While this guide gives you the mindset and the vocabulary, it can't show you, live, which tool to use for your kid's specific homework tonight. That's what the webinar is for! Come join us, live, for an upcoming session.

I genuinely believe that I will have failed as a father if I don't prepare my children for a world that will rely on AI for nearly everything.

I've spent the last 3 years studying and learning AI. I'm not an AI expert....I'm just a few steps ahead of you. Come see all AI can do for you!





TABLE OF CONTENTS

A clear path through the essentials.

Section 1 — What is AI?

What is AI actually doing and how does it work?
What's the difference between AI and Generative AI?

Section 2 — How to “Talk to” AI

Learn how to prompt, iterate, and verify, the most important skills for any AI user.

Section 3 — Cheating versus Coaching

Turn AI anxiety at school into AI confidence at home by understanding and establishing your own boundaries.



WHAT AI ACTUALLY IS



WHAT AI ACTUALLY IS

AI is software trained to recognize patterns in information and use them to produce a useful response. It learns from examples (text, images, sound, or data). It then uses mathematical models to estimate what is most likely to come next. AI does not think, understand, or have intentions like people do; it generates outputs from patterns and instructions.

HOW DOES AI WORK?

AI takes an input, such as a question, image, or data set, processes it through a trained model, and returns an output. Quality depends on the training, the instructions, and the information available. AI can help enormously, but it can also be confidently wrong, so human judgement remains essential.

WHAT IS GENERATIVE AI?

Generative AI creates new content, including words, images, audio, video, and code. It does not retrieve a finished answer from a hidden library. It generates a response one piece at a time by predicting what best fits the prompt and context. While it is both flexible and creative, it is not automatically accurate.

THE SIMPLE TAKEAWAY

AI is a powerful pattern-recognition and content-generation tool, not a person or an unquestionable authority. Use it to explore, explain, and create. Check important information, and make the final decisions yourself.



WAIT..THERE'S MORE THAN CHATGPT?

Many people have heard of, and likely used, ChatGPT. But there are so many more tools out there and it can quickly become **overwhelming** to understand what each can do.

THE 3 AI TOOLS EVERY PARENT SHOULD KNOW



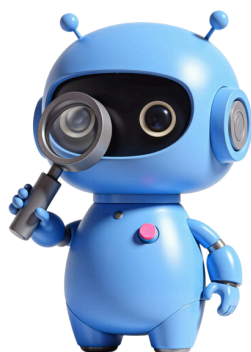
ChatGPT



Claude

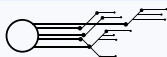


Gemini Notebook



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And more importantly, how you can leverage all three



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TALKING TO AI

Knowing what AI is doesn't help if you don't know how to drive it. Most people give up after one vague, disappointing attempt. Let's fix that!

THE FOUR INGREDIENTS OF A GOOD PROMPT

- **Context** — who you are and what situation you're in.
- **Task** — exactly what you want done.
- **Format** — how you want the answer delivered (a list, a short paragraph, a table).
- **Constraints** — length, tone, or things to avoid.

EXAMPLE

"I'm a parent explaining fractions to a 4th grader who's struggling. Give me 3 analogies using pizza or sports, under 100 words each. Make a bullet point list. Be sure to write so a 4th grader and an exhausted mom can understand."

THREE HABITS THAT MAKE YOU EFFECTIVE

- 1 Treat the first answer as a draft, not a verdict. Follow up and refine it the way you would with an employee's first attempt.
- 2 Require that anything factual, cited, or numeric before be "verifiable", as this limits hallucinations/false data.
- 3 Practice on low-stakes personal tasks first like a meal plan, party ideas, a work email draft before touching anything related to your kids' schoolwork.



LET'S TRY IT

Let's have a little fun and try it out to see the difference. Open up a browser and head to www.chatgpt.com.

1 Without using the four ingredients of a good prompt, type a generic request.

Example: "I need a study guide for learning about the Alamo."

2 Note the output you get...what do you like, what do you not like?

3 Now let's try it using our four key ingredients of a good prompt

THE FOUR INGREDIENTS OF A GOOD PROMPT

(Context) – I'm a parent, trying to teach my uninterested, uninspired middle school student about the battle that took place at the Alamo. (Task) — create a outline style study guide that helps explain why the Alamo was so important. (Format) — have the format be an outline with facts, timelines, and questions we can use to test his knowledge. (Constraints) — Make it no more than 3 pages, and write it for someone who reads at an 8th grade level. Make it fun and interesting. Avoid long dry explanations.

NOTE HOW DIFFERENT THE RESPONSES WERE. ALL BECAUSE OF HOW YOU PROMPTED

WHERE I MESSED UP

I said before, I started just like you. I'm a dad who learned as much as I could so I could pass that on to my kids. But my first lesson fell flat on its face.

I was trying to get my (then 15) year old son to use AI for school work. I went way too detailed, way too fast, and after about 10 minutes I could see he was pulling away...overwhelmed, uninterested.

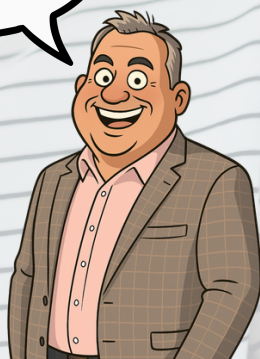
So I told him we wouldn't do any more....but before we called it a night let's just do something silly. Let's have AI make a picture of our dog playing for our favorite NFL team.

With a few more key strokes, we were laughing, adding details, and he was completely into it.

The lesson here – have some fun with it. AI is a tool, sure....but it's supposed to make our life easier and LESS stressful. Not more. If you see the kid struggling or “glossing over” - don't be afraid to stop and inject a bit of silliness.



**HAIL TO THE
COMMANDERS**



TOPIC 3

AVOID THE “CHEATING”

Now that you understand what AI is and how to direct it, you have the vocabulary to make sense of the line schools are actually trying to draw.

THE REAL DISTINCTION

AI doing the thinking for the student is cheating. AI helping the student think is coaching.

GREEN LIGHT (helps thinking)

Explain a concept three different ways

Generate extra practice problems

Quiz the student Socratically instead of giving answers

Translate dense textbook language into plain English

RED LIGHT (replaces thinking)

Writing the essay for me

Solving the homework outright

Doing the assignment start to finish

Submitting AI work as the student's own

HOW TO SUPERVISE THIS AT HOME

- Sit with your child while they use AI for schoolwork; don't hand them the tool unsupervised.
- Prompt the AI to ask questions instead of giving answers: “Act as a tutor, don't give me the answer, ask me guiding questions instead.”
- Talk to them about why the line exists (not just that it exists) so they can make good calls when you're not in the room.

ABOUT THE SCHOOL POLICY EMAILS

Most school “AI bans” target unsupervised, ungraded submission of AI-generated work as the student's own.

They're not banning the existence of AI in your household. Understanding that distinction is often enough to turn the anxiety into a plan.

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A MOMENT OF PROGRESS

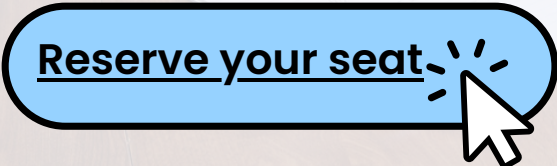
YOU'VE BUILT THE FOUNDATION

This guide gives you the mindset and the vocabulary. What it **can't** do is show you, live, exactly which tool to use for your kid's specific homework tonight.

THATS WHAT OUR FREE WEBINAR IS FOR

Learn all about specific tools, study-ready use cases, and real world strategies you can try immediately.

I build a real study system on screen using an actual student's material



Reserve your seat