

# AI Basics for Parents

What every parent needs to know — without the overwhelm



## You Don't Have to Be a Tech Person to Understand AI

Only about 10% of people use AI meaningfully right now. But AI is already in your home, your child's future, and almost every industry that will employ them. No jargon. No judgment. Just honest answers to the questions every parent is asking — but maybe afraid to ask out loud.

### WHAT IS AI?

**Artificial Intelligence** is when a computer is taught to think, learn, and make decisions — kind of like a person does. Normally computers follow exact instructions. AI learns from **examples**. The more it sees, the smarter it gets.

Think about how a child learns to recognize a dog. You don't give them a rulebook. You show them dogs over and over, and eventually they just know. AI learns the same way — except instead of a few examples, it learns from millions. That's it. That's AI.

### AI IS ALREADY IN YOUR LIFE

You use it every single day without realizing it:



#### Face ID on your phone

AI learned your face and recognizes you instantly every time you unlock.



#### Google Maps & Waze

AI predicts traffic in real time and reroutes you before you know there's a problem.



#### Netflix & Spotify

Every recommendation is AI that has learned your taste over time.



#### Your spam filter

AI reads every incoming email and decides what's junk before you see it.



#### Siri, Alexa & Google

Voice assistants hear your words, understand what you mean, and respond — all AI.



#### Amazon "You might also like"

AI studying millions of purchase patterns to predict what you want next.

### SHOULD I BE WORRIED?

A little awareness is healthy. Panic is not helpful. AI is a tool — like a car, the internet, a smartphone. All changed the world dramatically. In every case, the people who understood new technology early had a significant advantage. The families who start this conversation now are giving their kids a head start. That's exactly why this book exists.

# ChatGPT vs Google & How to Start



## CHATGPT VS GOOGLE — WHAT'S THE DIFFERENCE?

When you Google something, it finds pages that already exist and shows you links. When you use AI — like ChatGPT or Claude — it **generates a brand new answer** based on everything it has learned.

**Google:** "Here are 10 links about birthday cakes."

**AI:** "Here's a custom birthday cake recipe using the ingredients in your kitchen right now."

One retrieves. One creates. That's the shift that changes everything.

## HOW DO I START?

Go to [chat.openai.com](https://chat.openai.com) or [claude.ai](https://claude.ai) · Create a free account · Then try any of these:

"Explain photosynthesis to me like I'm 8 years old."

"Give me 5 easy dinner ideas using chicken and broccoli."

"Help me write a thank you note to my child's teacher."

"Plan a weekend family trip to Jacksonville — 2 adults, 2 kids."

"What questions should I ask at my next doctor's appointment?"



## There is no wrong way to start. ♥

AI is infinitely patient, judgment-free, and always available. Every parent who opens this guide is already giving their child a head start. The only step that matters is the first one.

*The Adventures of Navi the Navigator — helping families close the AI gap, one coloring page at a time.*

🛒 [Get the Book on Amazon](#)

📄 [Download Free Activity Page](#)

🌐 [theadventuresofnavi.com](https://theadventuresofnavi.com)