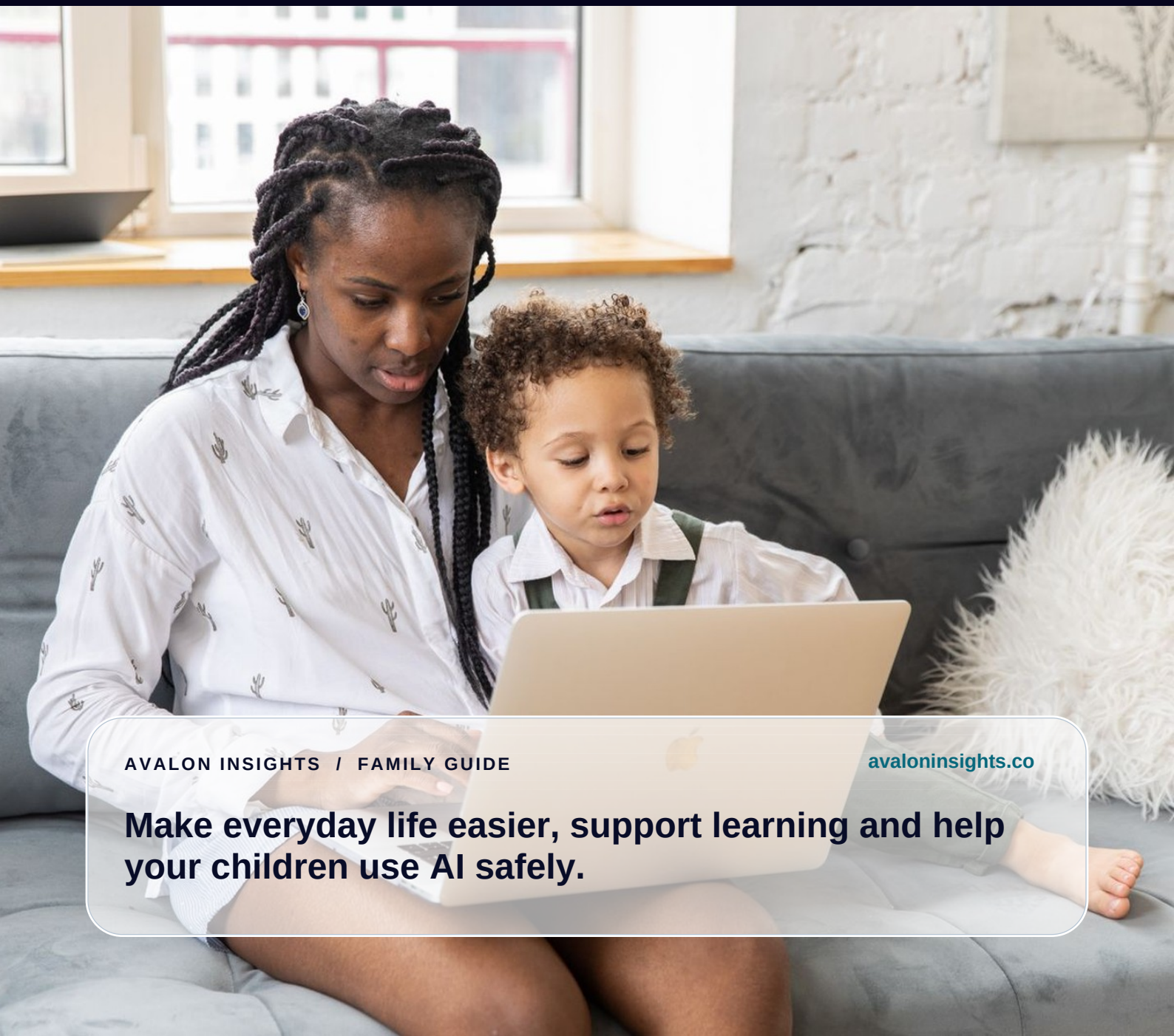
AVALON INSIGHTS

THE FAMILY GUIDE TO EVERYDAY AI

AI for Parents



AVALON INSIGHTS / FAMILY GUIDE

avaloninsights.co

Make everyday life easier, support learning and help your children use AI safely.

A little help with everyday life.

Plan dinner, draft a message or find another way to explain a homework topic.



TWO TERMS TO KNOW

What is AI?

Artificial intelligence lets computers do tasks such as recognising pictures, understanding language and answering questions. You may have used it in a voice assistant such as Siri or Alexa.

What is generative AI?

Tools such as ChatGPT and Gemini create text, images or audio in response to a request. A tool you can talk to in a conversation is called a chatbot.

TRY ASKING

“Suggest three dinners for four people that take less than 30 minutes.”

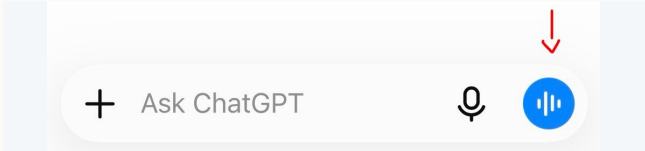
CHECK THE ANSWER

A reply can sound convincing and still contain mistakes. Verify important details before you act.

Prefer to talk?

Voice can help when your hands are busy or when you want to practise speaking.

ChatGPT Voice



VOICE CONTROL

ChatGPT Voice

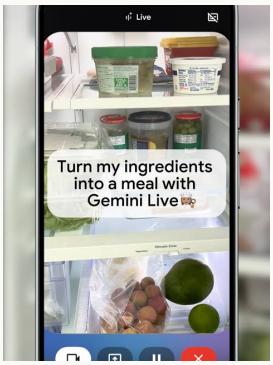
Open Voice and allow microphone access if prompted. Ask it to slow down, speak in another language or ask one question at a time.

Gemini Live

Google Gemini Live

Open Live in the Gemini app. If camera sharing is available, check your surroundings before pointing it at an object or ingredient.

LIVE CAMERA VIEW



TRY ASKING

“What can I cook in 20 minutes? Give me one step at a time.”



USE THE CAMERA CAREFULLY

Keep faces, addresses and private documents out of view. Confirm what it recognised and check food or appliance safety yourself.