



5 Prompt Patterns for Moms

Persona Pattern

"Act as [persona]. Provide outputs that [persona] would create."

Example Prompt:

"Act as a toddler sleep consultant. Give me advice for helping my two-year-old stay in bed after 2am wakeups."

Formula Pattern

"Give me a step-by-step plan to achieve [goal], with [constraints]."

Example Prompt:

"Give me a 3-step afternoon routine for two toddlers that includes a quiet activity, snack, and cleanup, and takes less than 90 minutes total."

Audience Pattern

"Write [content] tailored to [audience persona]."

Example Prompt:

"Write a 3-sentence update about our baby's sleep schedule tailored for my very supportive but very childless group chat."

Question Refinement Pattern

"When I ask a question about [topic], suggest a better version and ask me if I want to use it."

Example Prompt:

"Whenever I ask a parenting question, suggest a more specific version if you think it will give me a clearer answer."

Flipped Interaction Pattern

"Ask me questions to help you achieve [goal]. Continue asking until you have what you need."

Example Prompt:

"Ask me questions to help you make a weekly meal plan for my family of 5 with picky toddlers and limited cooking time."



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