

PRESCHOOL

Your back-to-school guide to bots

AI is a helpful tool. *It can also do harm.*



AI cheerfully helps you convert baking measurements, translate a sentence into any language, and compare sports teams, economies, and cultures from around the world. It also types back and forth with you about your child — day or night — without ever really knowing them.

As you prepare yourself and your child for back-to-school season, remember that AI is optimized to tell people what they **want** to hear, as opposed to what they **need** to hear. *AI uses people to develop itself.*

So, sure, when creativity is low on day-to-day stuff, ask AI for help. Here are three ideas:



Need an instant activity idea?

Tell AI what you have on hand and get an immediate, age-appropriate game.
Try, “Give me a simple activity for a 4-year-old using sticky notes and paper clips.”



Looking for recipes your picky eater will enjoy?

AI can give you fast, kid-friendly meal ideas that take your child’s allergies or aversions into account. Search, “How can I sneak zucchini into a snack for my toddler?”



Tired of the same old sleepytime stories?

Create a personalized bedtime story that’s customized to your child’s favorite cozy things.
Ask AI to, “Write a 2-minute bedtime story about a unicorn who skateboards before bed.”

When it comes to legitimate mental health support — during back-to-school or any other season — lean on clinical expertise, lived experience, and a beating heart.

Your child is human. Shouldn’t their therapist be human, too?

The humans at Brightline are ready to help — in-person and online appointments available.

(888) 255-1329

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