THE HONEST AI INCOME SERIES

50 WAYS TO MAKE MONEY with AI



SINGLE PARENTS

- ✅ Ready-to-use tools
- ✅ Automation workflows
- ✅ Spreadsheet templates
- ✅ Where to find customers

THE HONEST AI INCOME SERIES

50 Ways to Make Money with AI

for Single Parents

Each idea rated for difficulty, cost, risk and evidence, with prompts you can copy and use today.

How this book is checked

Last updated: 02/11/2026.

Each idea is checked against sources. Here is what that means, and what it does not.

- Sources opened and read: for 45 of 50 ideas, at least one source was opened and read (the date is on each idea, in the line "Source check").
- Of those, 13 ideas have every cited link opened, and 32 have some links opened and others only seen in search results.
- 2 ideas rest only on search results we have not yet opened, and 3 have no source we could find. Check those yourself before relying on them.
- Prices shown are asking prices on sellers' listings. They are not what anyone earns. We found no reliable income figures, and we do not promise any income.
- Rules change. Benefits, tax, work-rights, privacy and advertising rules differ by country and over time. The table "Rules to check yourself" at the end of the book names who to ask.
- This is general information, not legal, tax, financial or immigration advice.
- Found a mistake or a broken link? Tell us and we will fix it and update the date.

A note before we start

This book is not financial, legal, tax, benefits or employment advice. We do not promise that you will earn anything. Many people earn nothing from some of these ideas, and some ideas will not suit your skills, your benefits, your shared-care arrangements or your free hours.

Where we found a reliable income figure, we show it with its source. Where we did not, the card says so plainly. Prices you see are asking prices on listings, not earnings. We never invent numbers, stories or customers.

Rules change. Platform terms, tax rules and contract law are updated often. Every card shows the date we read each source. Please open the official pages yourself before you act.

Hello, and welcome

Raising children on your own means you are already doing two jobs. You are not behind, and you do not need to do more than a little. This book is a quiet menu of 50 small things you can try in the gaps of your day, with AI doing the slow parts and you staying in charge.

Each idea sits on its own few pages, laid out the same way, so you always know where to look. Pick one that feels doable this week. Ignore the rest for now. Your children come first; these ideas are small extras, built to fit a nap-time block, a school-run gap or a quiet hour after bedtime.

Good news for tired people: every idea has a **Your first hour** section, so you can find out in one sitting whether it suits you. Every idea has **copy-and-paste prompts**, so you never face a blank screen. And every idea ends with a small **helper** you save in your own AI tool, so the second time is quick.

Two things before you earn anything: tell the office that pays your benefits, and keep your children's details out of everything you make. Both are covered in plain words in the check near the start of this book. A promise from us: we would rather tell you an idea is crowded or risky than sell you a dream.



A gentle path from the first idea to a keepable habit. Money is never guaranteed, and you can stop at any step.

The benefits and children check

Every idea in this book points back to this page. Read it once, before you earn anything. It takes five minutes and can save you months of trouble.

Extra money can change what you receive from the government, even small amounts, and the rules differ by country, state and payment type. Not reporting it can lead to a repayment demand or worse. Ask the office that pays you before your first sale. It is a normal question and they hear it often. Keep a simple record of what you sell, and never hide income.

United States. Help such as SNAP, Medicaid, TANF and housing assistance is run by states, counties and local agencies, each with its own limits, so there is no single rule. Start with your caseworker or your state benefits office.

United Kingdom. Universal Credit falls by 55p for every 1 pound you earn once you pass any work allowance, and people responsible for a child get a higher allowance (check the current figures on GOV.UK). Self-employed people normally report their earnings every month. The first 1,000 pounds of gross trading income a year can be tax exempt; above that you register for Self Assessment.

Australia. Services Australia says that people on Parenting Payment must tell it about business income, and that you report every fortnight (every two weeks) even when your income is zero. Check the current rules on the Services Australia website before you start.

Canada. The Canada Child Benefit is worked out from your adjusted family net income on last year's tax return, and is recalculated each July. Self-employed income goes on your tax return, so ask the Canada Revenue Agency how your side income will count.

Your children's privacy. Never put your child's photo, full name, school or location into a product, a listing or a sample file. Use made-up names and pictures you drew or own. In the US, the Federal Trade Commission explains that names, photos and videos of children under 13 are personal information under the COPPA rule. Keep your children's details out of AI tools too.

Shared care and your co-parent. If you share care, read any court order or parenting plan before you build a schedule, a handover note or a message script, and never put the other parent's private details into a product or an AI tool. Write for the general case, with made-up names.

Your job and your contract. If you have an employer, re-read your contract for rules on outside work, conflicts of interest and who owns what you make. Never do side work on your employer's time or equipment, and never use your employer's documents, data or client lists. If a letter or request touches your own working rights, check the official page for your country, because flexible working rights differ.

Marketplace and advertising rules. Selling sites have seller terms, many have rules on disclosing AI-made items, and advertising and review rules differ by country. Read the current terms before you list anything, and do not make health or learning promises about your products.

Tax. Income from small sales is taxed in different ways in each country, and the amount you can keep before tax or benefit rules apply changes over time. Ask your tax office or a registered adviser. Nothing in this book is tax advice.

Scams aimed at busy parents. A real employer never asks you to pay to get a job, buy a starter kit up front, or cash a cheque and send money back. Be careful with "work from home" offers, paid "guaranteed income" courses, and anyone who offers to claim benefits for you for a fee.

If it feels heavy. You are already doing a great deal. Do one small thing at a time, protect your sleep, and talk to someone you trust or a local support line if it all piles up. This book is general information, not medical or counselling advice.

Ideas 31, 32 and 37 turn parts of this check into sheets for your own use. The table "Rules to check yourself" at the end of the book names who to ask in each country.

How each idea page works

What this is	One or two plain sentences on what you would actually do.
Badges	**Green** easy, low cost or low risk **Amber** some skill, money or care needed **Red** hard, costly or risky
At a glance	How soon money might arrive, what it can earn (only with a source), weekly hours, how crowded it is.
Is this a good fit for you?	Honest notes for a parent with small gaps of time, including what to do if you only have an hour a day.
Your first hour	Small numbered steps so you can start today.
Copy-and-paste prompts	Four steps: research, build a sample, find your first client or listing, then check and improve. Each prompt has a short note on what a good answer looks like.
Keep it	A reusable helper to save inside your AI tool.
Stay safe	The benefits and children check, the privacy rules and the red flags for that idea.
Where this comes from	Our sources, whether we opened them, and the date we read them.

Using the prompts well

1. **Fill in the brackets.** Anything in [CAPITALS AND BRACKETS] is for you to replace with your own details.
2. **Keep your children's details out.** Never paste your child's name, photo, school or address, or your co-parent's or a customer's private details, into an AI tool. Use made-up names and keep it general.
3. **Check everything.** AI can sound sure and be wrong. Open the sources it names. Never publish or send a fact you have not checked yourself.
4. **Be honest about using AI.** If a client or platform asks, say how you used it. Some platforms and client briefs require a label or ban it outright.
5. **Treat [CHECK] as a to-do.** Where a prompt or an answer marks something [CHECK], it means "confirm this on an official page before you rely on it".

The map of all 50 ideas

Every idea in one picture. The colour shows which part of the book it lives in.

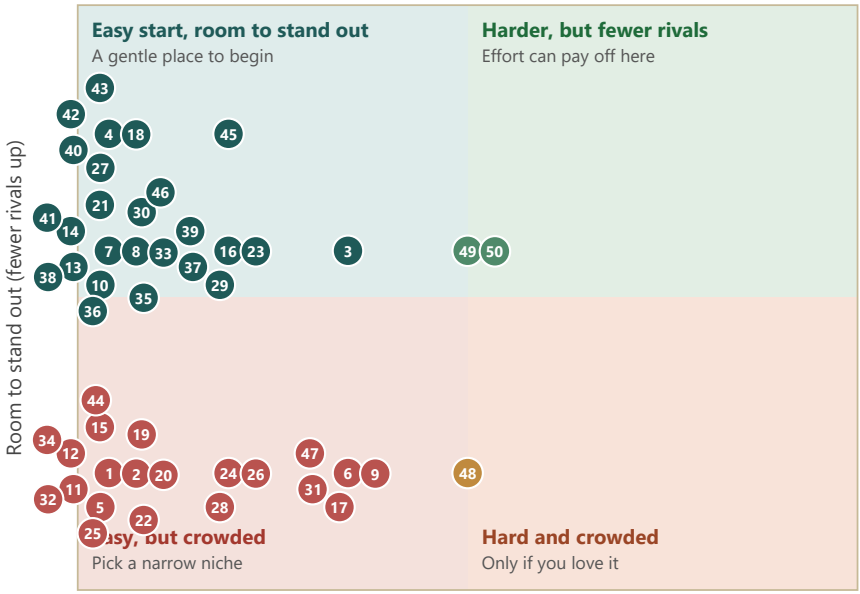
Plans and planners other parents want · Printables for little ones, no kid photos · Words that work · Help for small businesses from the couch · Spreadsheets that do the sums · Work that fits a nap-time block · Let the computer do the boring bits

1 Nap-Time Dinner Planner for One...	2 A Chore Board Where the Grown-Up's...	3 Two-House Calendar for Shared Care	4 Sick-Day Survival Kit	5 Back-to-School Paperwork Binder
6 Budget Sheet for Lumpy Pay	7 Lunchbox Rotation Cards	8 Holiday-Care Survival Calendar for...	9 Homework Routine Sheets for a Solo...	10 Bedtime Story-Starter Cards
11 Handover-Day Feelings Charts	12 The One-Adult Birthday Party Run Sheet	13 Quiet-Time Activity Box Cards	14 Packing Lists for Handovers Between...	15 Visual Routine Boards
16 Plain-Language Letters for Renters...	17 Returning-to-Work CV Rewrites for...	18 The Flexible-Work Request Letter Pack	19 Newsletters for the School P&C or PTA	20 About Pages for Parent-Run Businesses
21 Replies to Reviews for Local Shops	22 FAQ Pages for Parent-Facing Businesses	23 Appointment Reminder Text Templates	24 Quote Template for Cleaners and...	25 Rate Cards for Home Businesses
26 Google Business Profile Tune-Up	27 Caption Sets for Tradie Photos	28 Invoice Chasing Email Set	29 Welcome Packs for Tutors	30 Event Copy for Parent Fundraisers
31 Side-Income Log with Fortnightly...	32 Bill-Day Calendar and Sinking Fund...	33 Childcare Cost Tracker	34 Single-Parent Dinner Budget Calculator	35 Sunday Review Prompts for Tired...
36 Class Gift Budget Planner	37 Neighbour-Swap Rota Sheets	38 Outgrown-Clothes Listing Packs	39 Pickup-Helper Calendar for...	40 Sports-Club Fee Reminder Kit for...
41 Private Family-Update Newsletter	42 Welcome Packs for Parent-Group Admins	43 Handover Notes for Part-Time...	44 Informal-Carer Handover Pack	45 Local Help Guide for New Single...
46 Emails Asking for Extra Time at Work	47 Calm Co-Parent Message Scripts	48 n8n Content Calendar for Your Own Shop	49 n8n Receipt Log for Your Own Records	50 n8n Contact-Form Follow-Up for Your...

Hard does not mean bad

On each idea page you will see badges for difficulty, cost and risk. A **red badge is not a stop sign**. It is a price tag.

In most markets, the harder an idea is to start, the fewer people finish it. So a harder idea can mean **less competition**, and a skill that is **harder for newcomers to copy**. An easy idea has the opposite problem: anyone can start it tomorrow, so you have to stand out.



Effort to start: difficulty, cost and risk (easier on the left, harder on the right)

Each dot is one idea, numbered as in the menu. Positions are our own rough judgement from the notes on each idea page, not a measurement, and not a promise of income.

- **Top left:** easy and with room. A friendly first project.
- **Top right:** hard but quiet. Worth it if the skill excites you.
- **Bottom left:** easy but busy. Choose a narrow niche.
- **Bottom right:** hard and busy. Only if you truly love it.

Contents

Part 1: Plans and planners other parents want

1. Nap-Time Dinner Planner for One Adult and One Child 19
2. A Chore Board Where the Grown-Up's Jobs Show Too 25
3. Two-House Calendar for Shared Care 30
4. Sick-Day Survival Kit 35
5. Back-to-School Paperwork Binder (One Country, One Adult) 40
6. Budget Sheet for Lumpy Pay (Benefits, Shifts and School Holidays) 45
7. Lunchbox Rotation Cards (28 Lunches, One Parent, One Child) 50
8. Holiday-Care Survival Calendar for Working Parents 55

Part 2: Printables for little ones, no kid photos

9. Homework Routine Sheets for a Solo Parent (Executive Function, Not Worksheets) 61
10. Bedtime Story-Starter Cards (a 10-Minute Co-Written Story) 66
11. Handover-Day Feelings Charts 71
12. The One-Adult Birthday Party Run Sheet 76
13. Quiet-Time Activity Box Cards (Twenty No-Screen Ideas for a 30-Minute Block) 81
14. Packing Lists for Handovers Between Two Homes 86
15. Visual Routine Boards 91

Part 3: Words that work

16. Plain-Language Letters for Renters and School Meetings 97
17. Returning-to-Work CV Rewrites for Parents 102
18. The Flexible-Work Request Letter Pack 107
19. Newsletters for the School P&C or PTA 112
20. About Pages for Parent-Run Businesses 117
21. Replies to Reviews for Local Shops 122
22. FAQ Pages for Parent-Facing Businesses (Add-On to an About Page) 127

Part 4: Help for small businesses from the couch

23. Appointment Reminder Text Templates 133
24. Quote Template for Cleaners and Handymen 138
25. Rate Cards for Home Businesses (Niche: Baking, Lawn Care, Tutoring) 143
26. Google Business Profile Tune-Up 148
27. Caption Sets for Tradie Photos 153
28. Invoice Chasing Email Set (Bundle for One Trade: Cleaners) 158

29. Welcome Packs for Tutors 163
30. Event Copy for Parent Fundraisers (P&C Template Pack) 168

Part 5: Spreadsheets that do the sums

31. Side-Income Log with Fortnightly and Monthly Totals 174
32. Bill-Day Calendar and Sinking Fund Sheet Matched to Your Pay Cycle 180
33. Childcare Cost Tracker: Cost per Week and per Hour 185
34. Single-Parent Dinner Budget Calculator (for a Budget Bundle) 190
35. Sunday Review Prompts for Tired Parents (A Three-Minute Weekly Check-In) 195
36. Class Gift Budget Planner (Teachers, Birthdays and the End-of-Year Collection) 200
37. Neighbour-Swap Rota Sheets (Sharing Childcare With People You Trust) 205

Part 6: Work that fits a nap-time block

38. Outgrown-Clothes Listing Packs (No Child Photos) 211
39. Pickup-Helper Calendar for Grandparents and Neighbours 216
40. Sports-Club Fee Reminder Kit for Volunteer Treasurers 221
41. Private Family-Update Newsletter (for grandparents, no child photos) 226
42. Welcome Packs for Parent-Group Admins 232
43. Handover Notes for Part-Time Working Parents 237
44. Informal-Carer Handover Pack (sitter sheet bundle) 242
45. Local Help Guide for New Single Parents 247
46. Emails Asking for Extra Time at Work (School Pickups and Sick Days) 252
47. Calm Co-Parent Message Scripts (schedules and handovers) 257

Part 7: Let the computer do the boring bits

48. n8n Content Calendar for Your Own Shop 263
49. n8n Receipt Log for Your Own Records 268
50. n8n Contact-Form Follow-Up for Your Own Small Business 273

The whole menu at a glance

A quick way to pick: start with green. Each little picture shows the level at a glance: three bars for difficulty, coins for cost, a shield for risk.

#	Idea	Level	Cost	Risk
1	Nap-Time Dinner Planner for One Adult and One Child	Beginner	Free	Low
2	A Chore Board Where the Grown-Up's Jobs Show Too	Beginner	Free	Low
3	Two-House Calendar for Shared Care	Beginner to Intermediate	Free	Low to Medium
4	Sick-Day Survival Kit	Beginner	Free	Low
5	Back-to-School Paperwork Binder (One Country, One Adult)	Beginner	Free	Low
6	Budget Sheet for Lumpy Pay (Benefits, Shifts and School Holidays)	Intermediate	Free	Medium
7	Lunchbox Rotation Cards (28 Lunches, One Parent, One Child)	Beginner	Free	Low
8	Holiday-Care Survival Calendar for Working Parents	Beginner	Free	Low
9	Homework Routine Sheets for a Solo Parent (Executive Function, Not Worksheets)	Intermediate	Free	Medium
10	Bedtime Story-Starter Cards (a 10-Minute Co-Written Story)	Beginner	Free	Low
11	Handover-Day Feelings Charts	Beginner	Free	Low
12	The One-Adult Birthday Party Run Sheet	Beginner	Free	Low
13	Quiet-Time Activity Box Cards (Twenty No-Screen Ideas for a 30-Minute Block)	Beginner	Free	Low

14	Packing Lists for Handovers Between Two Homes	Beginner	Free	Low
15	Visual Routine Boards	Beginner	Free to Low	Low
16	Plain-Language Letters for Renters and School Meetings	Beginner	Free	Medium
17	Returning-to-Work CV Rewrites for Parents	Intermediate	Free	Medium
18	The Flexible-Work Request Letter Pack	Beginner	Free	Low
19	Newsletters for the School P&C or PTA	Beginner	Free	Low
20	About Pages for Parent-Run Businesses	Beginner	Free	Low
21	Replies to Reviews for Local Shops	Beginner	Free	Low
22	FAQ Pages for Parent-Facing Businesses (Add-On to an About Page)	Beginner	Free	Low
23	Appointment Reminder Text Templates	Beginner	Free	Low to Medium
24	Quote Template for Cleaners and Handymen	Beginner	Free	Low to Medium
25	Rate Cards for Home Businesses (Niche: Baking, Lawn Care, Tutoring)	Beginner	Free to Low	Low
26	Google Business Profile Tune-Up	Beginner	Free	Low to Medium
27	Caption Sets for Tradie Photos	Beginner	Free	Low
28	Invoice Chasing Email Set (Bundle for One Trade: Cleaners)	Beginner	Free	Medium
29	Welcome Packs for Tutors	Beginner	Free	Low to Medium
30	Event Copy for Parent Fundraisers (P&C Template Pack)	Beginner	Free	Low

31	Side-Income Log with Fortnightly and Monthly Totals	Intermediate	Free	Medium
32	Bill-Day Calendar and Sinking Fund Sheet Matched to Your Pay Cycle	Beginner	Free	Low
33	Childcare Cost Tracker: Cost per Week and per Hour	Beginner	Free	Low
34	Single-Parent Dinner Budget Calculator (for a Budget Bundle)	Beginner	Free	Low
35	Sunday Review Prompts for Tired Parents (A Three-Minute Weekly Check-In)	Beginner	Free	Low
36	Class Gift Budget Planner (Teachers, Birthdays and the End-of-Year Collection)	Beginner	Free	Low
37	Neighbour-Swap Rota Sheets (Sharing Childcare With People You Trust)	Beginner	Free	Low to medium
38	Outgrown-Clothes Listing Packs (No Child Photos)	Beginner	Free	Low
39	Pickup-Helper Calendar for Grandparents and Neighbours	Beginner	Free	Low to Medium
40	Sports-Club Fee Reminder Kit for Volunteer Treasurers	Beginner	Free	Low
41	Private Family-Update Newsletter (for grandparents, no child photos)	Beginner	Free	Low
42	Welcome Packs for Parent-Group Admins	Beginner	Free	Low
43	Handover Notes for Part-Time Working Parents	Beginner	Free	Low
44	Informal-Carer Handover Pack (sitter sheet bundle)	Beginner	Free	Low
45	Local Help Guide for New Single Parents	Intermediate	Free	Low

46	Emails Asking for Extra Time at Work (School Pickups and Sick Days)	Beginner	Free	Low
47	Calm Co-Parent Message Scripts (schedules and handovers)	Intermediate	Free	Medium
48	n8n Content Calendar for Your Own Shop	Advanced	Low	Medium
49	n8n Receipt Log for Your Own Records	Advanced	Low	Medium
50	n8n Contact-Form Follow-Up for Your Own Small Business	Advanced	Low	Medium

PART 1

Plans and planners other parents want

Meal plans, calendars and kits that make a solo parent's week easier, written for one adult and sold to others in the same boat.

1 2 3 4 5 6 7 8

1 Nap-Time Dinner Planner for One Adult and One Child

A printable four-week dinner plan with no repeats, a one-page shopping list per week and a "rescue meals" page for the nights when everything goes wrong. Every meal takes about 15 minutes and uses leftovers on purpose.

Difficulty Beginner **Cost** Free **Risk** Low **Crowd** High for "picky eater"

The balance. Easy to start, which is why many people do it. You will need a narrow niche or a clear edge.

At a glance

How soon might money arrive?	Weeks to months; many first listings sell nothing
What can it earn?	No reliable income figure found. One rival 8-week picky-eater menu pack was seen, its price was not visible, and free planners are common.
Time each week and what AI does	3 to 5 hrs per week; AI drafts meal ideas, you cook-test and decide
Does it grow?	A finished PDF can be sold again and again, but it needs fresh listings and the odd update
How crowded is it?	High for "picky eater" in general. A plan built for one adult, one child, 15-minute dinners and leftovers is far less crowded.

Where it fits	 US  UK  AU  CA (shopping lists need local names for foods; swap "courgette" and "zucchini")
Skill level	Beginner
Money to start	Free (a document or Canva account you already have; free Payhip signup)
What can go wrong	Low, rising to Medium if you make health or allergy claims

Is this a good fit for you?

Most meal plans are written for a family of four with two cooks. Yours is written for one tired adult and one small critic, which is exactly why another solo parent will trust it. You can build it in the evening after bedtime, or in a nap-time or school-hours window, and it costs nothing to start.

Only 1 hour a day? Spend 30 minutes asking AI for ideas and picking five to cook this week, then 30 minutes laying out one finished week of the plan.

Your first hour

About an hour in all, one small step at a time

1. Ask AI for 20 cheap 15-minute dinners for one adult and one child, with no recipe copied from anywhere.
2. Delete anything your own child would never eat, then cook-test five of the rest this week.
3. Lay out week one in Canva or Google Docs: five dinners, one leftover night, one shopping list.
4. Write three lines for the listing: who it is for, what is inside, what it is not (no medical or allergy advice).

Copy-and-paste prompts

Paste each one into any AI chat tool. Replace every [BRACKET] with your own details first. Read the answer critically before you use it.

Step 1 Research

```
I am a single parent in [YOUR COUNTRY] making a four-week dinner
plan for one adult and one child aged [CHILD AGE]. List 10 reasons a
solo parent might want a plan like this that a family-of-four plan
does not meet (for example cooking for two, leftovers, one grocery
run). Do not invent statistics or say what sells best. Tell me to
browse existing paid and free plans myself and note what they miss.
```

What to look for. Reasons that match your real evenings, and no numbers or "bestseller" claims.

Step 2 Build a sample

```
Suggest 20 dinners for one adult and one child that take 15 minutes
or less and use ordinary supermarket food in [YOUR COUNTRY]. For
each give the name, 5 to 8 ingredients and 3 short steps in my own
plain words. Do not copy any published recipe. Mark anything with
common allergens as [CHECK] and do not give any nutrition or health
claims. I will cook-test each one before using it.
```

What to look for. Meals with short ingredient lists, nothing you would not cook yourself, and every allergen flagged.

Step 3 Find first client or listing

```
Write an honest listing description (under 150 words) for my
printable dinner planner: [DESCRIBE WHAT IS INSIDE]. Say it is for
one adult and one child, that I tested the meals myself, and that it
is not medical or nutrition advice. State how AI was used: [HOW YOU
USED AI]. Do not promise results, do not invent reviews and do not
use any child's name or photo.
```

What to look for. A calm, true description with no promises about eating habits.

Step 4 Check and improve

```
Check my listing below against these questions: Does it promise any
health or eating result? Does it say how AI was used? Does it copy a
rival's wording? Is anything unclear about the file type or what the
buyer gets? List problems and suggest 3 edits. Do not add features I
did not describe. Listing: [PASTE YOUR LISTING]
```

What to look for. At least one softened promise, and a clear AI statement.

Keep it: your own reusable helper

You have just done the job once. Now save it as a small helper inside your own AI tool, so next time it takes two minutes. Name it **My Dinner Planner Helper** and paste this into its instructions.

Save Instructions for your helper

```
You are a meal-plan drafting assistant for a single parent who
makes printable dinner plans for one adult and one child and
may sell them. The parent cook-tests every meal and decides
every line. You only suggest.

Ask, one short question at a time: (1) Which country are you
in, so I use the right food names? (2) How old is the child?
(3) Which foods must be left out? (4) How many minutes can
dinner take?

Output format:
1. Dinners with a name, 5 to 8 ingredients and 3 short steps in
plain words.
2. A shopping list for the week.
3. A list headed "[CHECK]" for any common allergen, any food-
safety question and any step you are unsure about.

Rules: Never copy a published recipe. Never give nutrition,
health or allergy advice, and never promise a child will eat
anything. Never invent facts, prices or reviews. Never ask for
or use a child's name, photo, school or location. Remind the
parent to cook-test each meal. Plain, friendly language. End
every reply with: "Please cook-test each meal and check
allergies yourself. You are in charge."
```

Where. Claude: create a Project and paste into Project instructions. ChatGPT: create a Project or custom GPT and paste into Instructions. Gemini: create a Gem and paste into Instructions.

Each time you use it. Write "Task = 5 dinners for one adult and one child aged 5, UK, 15 minutes, no nuts." Cook-test before you add a meal to the plan.

Check yourself, every time.

- Cook every meal once and strike any you would not serve yourself.

- Confirm there are no health claims and no child details anywhere in the file.

Your file

A four-week printable dinner plan with weekly shopping lists and a rescue-meals page, plus an editable copy.

File: `dinner-planner-one-adult-one-child` (a suggested name for your own copy, which you build with the prompts above).

Stay safe

The rules to know. Do the benefit check first (see "The benefits and children check" near the start of this book). Write your own recipes or use well-known basics; never copy a blogger's recipe or a rival pack's wording or layout. Do not claim a plan helps with "picky eating" as a medical or nutrition outcome, and tell buyers to check allergies and their child's needs with a doctor or dietitian. Payhip lets creators sell digital downloads with free signup (read 31/10/2026). If you also sell on Etsy, read the current Etsy House Rules on disclosing AI use before you list.

Red flags. Promising that kids will "eat everything", or selling recipes you never cooked.

Child safety. See the check near the start of this book.

Where this comes from.

Source check: opened and read on 31/10/2026 (2 of 4 links; the rest seen in search results, not yet opened)

Payhip, read 31/10/2026 (digital downloads, free signup). Rival pack and free planner seen in demand research 01/11/2026, not re-opened, check before relying on them: Your Kid's Table pack, free planner. UK allowance: GOV.UK, read 31/10/2026.

2 A Chore Board Where the Grown-Up's Jobs Show Too

A printable routine and chore board in three age bands (4 to 5, 6 to 7, 8 and up), with a row for the parent's tasks too, plus an editable version. Language is neutral, so no "good girl" or "lazy boy" labels, and rewards are optional.

Difficulty Beginner · **Cost** Free · **Risk** Low · **Crowd** High

The balance. Easy to start, which is why many people do it. You will need a narrow niche or a clear edge.

At a glance

How soon might money arrive?	Weeks to months
What can it earn?	No reliable income figure found. Listed prices seen on Etsy were about $1 to $6 for chore charts; these are asking prices, not earnings.
Time each week and what AI does	2 to 4 hrs per week; AI drafts job lists, you check each one against real life
Does it grow?	Repeatable digital file, but a very crowded keyword
How crowded is it?	High: many cheap charts. A "one adult household" board for ages 4 to 8 where the parent's own jobs are on the board is the open corner.
Where it fits	US UK AU CA
Skill level	Beginner
Money to start	Free (Canva or Google Docs)

What can go wrong	Low

Is this a good fit for you?

In a two-parent home a chore chart often shows the kids against the adults. In your home there is one adult, so the honest chart shows the team: "Mum is doing the dishes, you are drying". That insight is yours and rivals do not have it. You can build it in one evening hour.

Only 1 hour a day? Spend 30 minutes picking jobs per age band and 30 minutes building one page you would hang on your own fridge.

Your first hour

About an hour in all, one small step at a time

1. Ask AI for 12 age-fit jobs for each band, then cross out anything unsafe or unrealistic for your own home.
2. Add a "grown-up jobs" row so the board shows shared effort.
3. Build one page in Canva or Google Docs with clear boxes and large print.
4. Use it at home for three days and note what you would change.

Copy-and-paste prompts

Paste each one into any AI chat tool. Replace every [BRACKET] with your own details first. Read the answer critically before you use it.

Step 1 Research

```
I am a single parent in [YOUR COUNTRY] designing a chore and routine
board for children aged [AGE BAND] where the parent's own tasks also
appear. List 8 things a chore chart for a one-adult home should do
differently from a generic chart. Do not invent statistics or say
what sells. Tell me to browse current listings myself and note which
ones show the parent's jobs.
```

What to look for. Practical design ideas with no sales or child development claims.

Step 2 **Build a sample**

```
List 12 age-appropriate household jobs for children aged [AGE BAND],
then list 6 jobs the parent does that could sit on the same board.
Use neutral wording (no "good" or "bad" labels) and mark any job
with a safety risk as [CHECK]. Suggest a simple layout: columns,
boxes, one line of helper text. I will design the page myself.
```

What to look for. Jobs that suit the age, with safety risks flagged.

Step 3 **Find first client or listing**

```
Write an honest listing (under 150 words) for my printable chore
board: [DESCRIBE IT]. Say who it is for, what files are included and
how to print or edit them. State that AI helped with the job lists:
[HOW YOU USED AI]. Do not promise that children will behave or that
chores will be done. Do not invent reviews.
```

What to look for. A listing that describes the file and nothing more.

Step 4 **Check and improve**

```
Review my listing and sample page below. Does anything promise
behaviour change? Does any wording shame a child? Is the AI use
stated? Is anything copied from another seller? List problems and
suggest 3 edits without adding features I did not describe. Listing:
[PASTE LISTING]
```

What to look for. Any shaming wording found and fixed.

Keep it: your own reusable helper

You have just done the job once. Now save it as a small helper inside your own AI tool, so next time it takes two minutes. Name it **My Chore Board Helper** and paste this into its instructions.

Save **Instructions for your helper**

```
You are a design-text assistant for a single parent who makes
printable chore and routine boards for children and may sell
them. The parent designs the page and decides every job.

Ask, one short question at a time: (1) Which age band is the
board for? (2) Which jobs are safe and realistic in your home?
(3) Do you want rewards, and if so what kind? (4) Which tool
will you build it in?

Output format:
1. A list of age-fit jobs, plus a short list of jobs the parent
does, to show on the same board.
2. Neutral wording for each box and a one-line helper note.
3. A list headed "[CHECK]" for any job that has a safety risk.

Rules: Use neutral language with no "good" or "bad" labels and
nothing that shames a child. Never use brand-name characters or
copy another seller's layout. Never promise behaviour change or
child development results. Never use a real child's name or
photo. Plain, friendly language. End every reply with: "Test
the board at home for a few days and check each job yourself.
You are in charge."
```

Where. Claude: create a Project and paste into Project instructions. ChatGPT: create a Project or custom GPT and paste into Instructions. Gemini: create a Gem and paste into Instructions.

Each time you use it. Write "Task = 12 jobs for ages 6 to 7 and 5 parent jobs, neutral wording, no rewards." Test the board at home first.

Check yourself, every time.

- Read every box and remove any wording that could shame a child.
- Confirm all art is yours or licensed and no real child is shown.

Your file

A printable three-age-band chore and routine board with a parent-tasks row, plus an editable copy.

File: `chore-board-solo-parent` (a suggested name for your own copy, which you build with the prompts above).

Stay safe

The rules to know. Do the benefit check first (see "The benefits and children check" near the start of this book). Use your own wording and artwork; do not copy a rival's layout, icons or character art, and do not use brand-name cartoon characters. Avoid claims about behaviour change or child development outcomes. If you sell an editable version, say which app it opens in. Etsy and Payhip each have their own seller rules; read them before you list (Payhip read 31/10/2026).

Red flags. Reward systems that push guilt or shame, or sample pages that show a real child's name.

Child safety. See the check near the start of this book.

Where this comes from.

Source check: opened and read on 31/10/2026 (1 of 2 links; the rest seen in search results, not yet opened)

Payhip, read 31/10/2026. Price evidence seen in demand research 01/11/2026, not re-opened, check before relying on it: RankHero, printable chore chart.

3 Two-House Calendar for Shared Care

A colour-coded month view in Google Sheets and PDF with ready-made 2-2-3 and week-on-week rotations, handover days marked and a packing checklist for the bag that travels between houses. The buyer picks their pattern and the colours fill themselves.

Difficulty Beginner to Intermediate | **Cost** Free | **Risk** Low to Medium | **Crowd** Medium

The balance. A gentle start with room to stand out. A good place to begin.

At a glance

How soon might money arrive?	Weeks to months
What can it earn?	No reliable income figure found. Asking prices seen: about $4.99 to $17.90 for custody planners on Payhip and Etsy; these are listed prices, not earnings.
Time each week and what AI does	3 to 6 hrs to build, 1 hr a week after that for listings and replies
Does it grow?	One generator sheet can serve many schedules
How crowded is it?	Medium: several planners and journals, but few pre-built 2-2-3 and week-on-week generators sold alongside a packing list
Where it fits	US UK AU CA (terms differ: "custody", "contact", "parenting time")
Skill level	Beginner to Intermediate (a Google Sheets formula or two)

Money to start	Free
What can go wrong	Low to Medium: the product must never read as a court document or legal advice

Is this a good fit for you?

Many single parents share care across two homes, so you know how a "whose week" mix-up feels. If you do not share care, you can still build this by asking friends who do and testing with made-up schedules. It suits kid-free evening hours well.

Only 1 hour a day? Spend 40 minutes on the calendar grid and 20 minutes on a one-page packing checklist.

Your first hour

About an hour in all, one small step at a time

1. Build a 4-week rotating grid for 2-2-3 and one for week-on-week.
2. Use AI to help with the Sheets formula that colours days by parent, and test it with fake dates.
3. Add a packing checklist (school uniform, medicine bag, chargers) with no child names.
4. Export the PDF and write the listing, saying clearly that it is a planner, not a legal document.

Copy-and-paste prompts

Paste each one into any AI chat tool. Replace every [BRACKET] with your own details first. Read the answer critically before you use it.

Step 1 Research

```
I want to make a shared-care calendar in Google Sheets for parents
in [YOUR COUNTRY]. Explain in plain words how a 2-2-3 rotation and a
week-on-week rotation work. Do not give legal advice, do not say
which arrangement is best, and do not invent statistics. Tell me to
browse existing planners myself and note what they miss.
```

What to look for. Neutral explanations, and a reminder that you are not giving legal advice.

Step 2 Build a sample

```
Help me build a Google Sheets calendar where I enter a start date
and choose 2-2-3 or week-on-week, and each day fills with Parent A
or Parent B colours. Give me the layout and the formulas step by
step. Use fake dates and made-up names only. Mark any formula you
are unsure about as [CHECK] so I can test it.
```

What to look for. Formulas you can test with fake dates, with uncertain ones flagged.

Step 3 Find first client or listing

```
Write an honest listing (under 150 words) for my shared-care
calendar: [DESCRIBE IT]. Say it is a planner for personal use, not a
legal document and not legal advice. Say AI helped with the
formulas: [HOW YOU USED AI]. Do not say it is court approved. Do not
invent reviews or use real names.
```

What to look for. A clear "planner, not legal advice" line and no legal-sounding claims.

Step 4 Check and improve

```
Check my listing and instructions below. Does anything sound like
legal advice or "court approved"? Do any sample files show real
names or dates? Are the steps clear for someone who has never used
Sheets formulas? List problems and suggest 3 edits. Text: [PASTE
LISTING AND INSTRUCTIONS]
```

What to look for. Every legal-sounding phrase found and removed.

Keep it: your own reusable helper

You have just done the job once. Now save it as a small helper inside your own AI tool, so next time it takes two minutes. Name it **My Shared-Care Calendar Helper** and paste this into its instructions.

Save Instructions for your helper

```
You are a spreadsheet assistant for a single parent who builds
a shared-care calendar in Google Sheets and may sell it as a
planner. The parent tests every formula and decides every line.
You only suggest.

Ask, one short question at a time: (1) Which schedules should
the sheet offer, for example 2-2-3 or week-on-week? (2) Which
country, so I use the right terms? (3) Which colours do you
want for Parent A and Parent B? (4) What do you want on the
packing checklist?

Output format:
1. The sheet layout and the formulas, step by step, using fake
dates and made-up names such as Parent A and Parent B.
2. A packing checklist with no child names.
3. A list headed "[CHECK]" for every formula you are unsure
about.

Rules: Never give legal advice and never say which arrangement
is right or what a court will accept. Never call the product
court approved. Never ask the buyer for real names, dates or
child details. Never invent facts, prices or reviews. Plain,
friendly language. End every reply with: "Please test every
formula with fake dates. This is a planner, not legal advice.
You are in charge."
```

Where. Claude: create a Project and paste into Project instructions. ChatGPT: create a Project or custom GPT and paste into Instructions. Gemini: create a Gem and paste into Instructions.

Each time you use it. Write "Task = add a week-on-week option that switches on Fridays, fake dates only." Test with at least two start dates.

Check yourself, every time.

- Test every formula across a month end and a year end.

- Search the listing and the sheet for "legal", "court" and any real name, and remove them.

Your file

A Google Sheets calendar with pre-built 2-2-3 and week-on-week generators and a one-page packing checklist.

File: `two-house-calendar-generator` (a suggested name for your own copy, which you build with the prompts above).

Stay safe

The rules to know. Do the benefit check first (see "The benefits and children check" near the start of this book). Give no legal advice and do not tell buyers what arrangement is right or how courts decide; send them to a family lawyer or family relationship service in their own country for that. Use only made-up names such as "Parent A" and "Parent B". Do not copy a rival's design. Never ask buyers for their real schedule or child details.

Red flags. Product descriptions that say "court approved" or "legally accepted", or sample files with real dates and names.

Child safety. See the check near the start of this book.

Where this comes from.

Source check: opened and read on 31/10/2026 (1 of 4 links; the rest seen in search results, not yet opened)

Payhip, read 31/10/2026. Prices seen in demand research 01/11/2026, not re-opened, check before relying on them: Etsy listing, Payhip Custody Compass, OurFamilyWizard blog.