

THE AI-READY PARENT CHECKLIST

Emotional Intelligence meets Artificial Intelligence

**A quick-read guide for parents who refuse to raise
mindless scrollers.**



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**“Most parents teach kids to stay safe online.
Fewer teach them to think online.”**

I created this checklist because I kept hearing the same question:

"Will AI make kids smarter or lazier?"

The truth is — it depends on how we teach them to use it.

As a certified CBT coach, I help parents lead with Emotional Intelligence (EI) and Executive Function (EF) — because these skills shape how our kids think, focus, and adapt in an AI-driven world. This checklist will help you quickly see where your family’s strengths are, and where a few intentional tweaks can make a huge difference.

The average 11-year-old interacts with algorithmic systems 1,200+ times per week — often without realizing it. (MIT Cognitive Tech Study, 2025)

Grab a pen - lets see where your family really stands.

Checklist - Part 1: Foundational Thinking

1. Curiosity Over Convenience

“If your child thinks ChatGPT is magic, we’ve got work to do.”

- Do they ask how AI gets its answers before trusting them?
- Can they explain what predictive means in plain language?

Parent Score:

2. Digital Empathy

“AI can fake tone – but kids who understand emotion can spot the fake.”

- Can your child tell when text sounds human versus robotic?
- Do they consider how their digital words affect real people?

Parent Score:

3. Focus Muscle (Executive Function in Action)

“Attention is the new superpower – & every notification is kryptonite.”

- Can they finish a task before checking another app?
- Do they use tools like timers or chunking to manage time?

Parent Score:

4. Healthy Skepticism

“AI doesn’t think – it predicts. Teach your kids the difference.”

- Do they question if information could be wrong or biased?
- Have they ever compared two AI-generated answers for accuracy?

Parent Score:



Checklist - Part 2: Emotional Intelligence

5. Emotional Regulation

"Before we teach each kid to code, we teach them to calm down."

- When they feel frustrated online, do they pause or react?
- Do they know breathing or grounding tricks when emotions spike?

Parent Score:

6. Digital Integrity

"Copy-paste ethics start early."

- Do they understand plagiarism, AI-authorship, and crediting creators?
- Do they value effort over shortcuts?

Parent Score:

7. Social Awareness

"Your tone online matters as much as your tone at the dinner table."

- Do they recognize sarcasm, nuance, and emotional cues in text?
- Can they spot when an AI image or post might mislead someone?

Parent Score:

8. Cognitive Flexibility

"When AI changes — and it will — can your child adapt?"

- Are they open to learning new tools or updates without panic?
- Do they see technology as a partner, not a threat?

Parent Score:





Checklist - Part 3: Real-World Habits

9. Tech-Life Balance

“AI should make life easier — not replace living it.”

- Do they set daily limits or no-screen zones?
- Do you model healthy tech boundaries yourself?

Parent Score:

10. Growth Mindset Meets AI

“Kids who see mistakes as data — not failures — will thrive in any future.”

- When AI gets something wrong, do they analyze why?
- Do they use feedback to improve rather than feel defeated?

Parent Score:

★ When you finish, highlight the 2 lowest scores — those are your starting_points for growth.



If this checklist opened your eyes... lets build the habits that close the gap.

Every parent I coach says the same thing:

"I wish Id started this sooner."

But the good news? Once you understand what's missing, progress happens fast.

In my **6-week Raising Digital Natives Bootcamp**, I help parents turn these 10 principles into everyday habits that stick — without guilt, overwhelm, or screen-time battles.

You'll walk away knowing how to:

- Build Emotional Intelligence in the digital age
- Strengthen Executive Function (focus, planning, self-control)
- Guide your child to use AI tools ethically and intelligently



Join the 6-Week Bootcamp



Not ready yet? Join the free Raising Digital Natives group for weekly insights.

*"Before this, I thought AI literacy meant blocking apps.
Now my son explains how algorithms work – and we're both calmer
online."*

– Lena R., Mom of Two, Atlanta