

Claude,
Meet Your Family

Train Claude to know your family.

Twenty minutes. Then you stop explaining your whole life every single time.

for moms running the whole damn show



first, get Claude open.

Set it up once on your laptop. Then run your life from your phone.

Never used Claude? Two minutes. Here's everything.

Open a browser on your laptop. Go to **claude.ai**. Sign up with your Google account (fastest) or your email. Free works for everything in this guide.

The next 20 minutes (Sections 02–06) are so much easier on a laptop. Bigger screen, real keyboard, copy-paste actually works. Mac, Windows, Chromebook, doesn't matter. Just don't try this on your phone.

After the setup is done, download the Claude app so you can use it from the school pickup line.

- **iPhone:** App Store, search "Claude by Anthropic"
- **Android:** Google Play, search "Claude by Anthropic"
- **Mac or Windows desktop app (optional):** claude.ai/download

Log into the app with the same account you just made. Same Claude, same family context, follows you everywhere.

You're going to tell Claude four things, once, so it stops asking you who's in your house every time. Custom Instructions, Memory, a Project, and a context doc. Twenty minutes total. We'll walk through each one.

Don't worry about understanding it all upfront. Just follow the moves.

why **this exists.**

You're the one who knows. That's the whole problem.

Practice is Tuesday. Show-and-tell is Thursday. The well-check is the 22nd. Your mother-in-law is coming the weekend after. The flight's already booked for the away game.

Nobody else holds all of this. Not your partner, not the group chat, not the calendar app you keep meaning to use. You.

So when you finally sit down to use AI to make any of this easier, you have to re-explain everything every single time. Which kid, which sport, which weekend, which school. By the time you've typed the setup, you could've done the thing yourself.

This fixes it.

Twenty minutes from now, Claude will know your family. Not kind of. Actually. Every chat after this starts with Claude already up to speed.

What you walk away with

- Claude that remembers your family without being re-told
- A project set up for your household
- A reusable context doc you'll use forever
- Three prompts that prove it's working

How long this takes

- 10 minutes · the four setup moves (Sections 02–05)
- 10 minutes · the context document (Section 06)
- 2 minutes · the test prompts (Section 07)

That's it. Coffee (or Monster, or wine, whatever you prefer ;) in hand. Let's go.

the **always-on settings.**

Custom Instructions. Set them once. Forever.

What this does: Claude reads these two answers on every single chat, in every project, no matter what you ask. Set them once and forget.

- **On claude.ai (web):** Click your name or initials in the bottom-left corner → **Settings** → **Profile** tab.
- **On the phone app:** Tap your initials in the top-left → **Settings** → **Profile**.
- **On the Mac/Windows app:** Same as the web. Bottom-left corner.

You'll see two text boxes.

"What should Claude call you?"

Your first name. That's it.

"What should Claude know about you?"

Leave this empty for now. We're going to fill it with a real one-page context doc in Section 06 (the context builder does the typing for you). No point writing the short version now and replacing it in twenty minutes.

Hit **Save** at the bottom of the page and move on.

turn on **memory.**

The stuff Claude picks up as you go.

What this does: Memory lets Claude remember things you mention in passing across chats. Birthdays. Sports schedules. Your sister's name. You don't fill anything in. You just turn it on, and Claude learns as you talk to it.

- **On claude.ai (web):** Same place as before. Initials in the bottom-left → **Settings** → **Personalization** tab → scroll to **Memory**.
- **On the phone app:** Initials in top-left → **Settings** → **Personalization** → **Memory**.

What to do right now

Find the Memory toggle. Make sure it's **on**. That's it. We'll feed it in the next two moves.

the **power-up.**

Connectors. Optional. Worth it.

What this does: Connectors let Claude actually see your accounts (Google Calendar, Gmail, Drive) instead of just hearing about them.

Difference between "we have practice Tuesday at 5:30" (you typed it) and "practice is at 5:30 today, the field is the one off 41st, here's the weather" (Claude pulled it).

For anything about running your calendar, this one's the unlock.

- **On claud.ai (web):** Initials in bottom-left → **Settings** → **Connectors** tab.
- **On the phone app:** Initials in top-left → **Settings** → **Connectors**.

Click the connector you want, log in with that Google account, approve the permissions Claude asks for.

Worth connecting

- Google Calendar · the biggest one. Claude reads your schedule, drafts events, finds conflicts before they happen.
- Gmail · "what did the coach say about Saturday?" Claude finds it. Same for the teacher, the orthodontist, anyone.
- Google Drive · for the digital business, the tax docs, the school forms you keep losing.

Skip the developer ones (GitHub, Linear). Not your scene.

Privacy, real talk

Connectors are read-only by default. Claude sees what you let it see. You can disconnect anytime. If you have a work Google account, connect a personal one instead.

level up with **projects. (optional)**

Skip this on day one. Come back when you want to.

What this does: A Project is a separate folder for one area of your life with its *own* extra context layered on top of your Profile. Chats inside that project know everything in your Profile *plus* whatever you tell the Project.

You probably don't need this yet. Your full family context will fit in Profile (Section 06). Projects matter when you want to keep your work life separate from your family life, or when one kid has so much going on (heavy sports calendar, IEP, college plans) they deserve their own space.

- When your Profile starts feeling too crowded
- When you want a "Work" Claude that doesn't know about the kids
- When one kid needs their own context (heavy sports, IEP, big season)

WHERE TO FIND IT (*when you're ready*)

- **On claude.ai (web):** Left sidebar → **Projects** → "+ New project".
- **On the phone app:** Menu icon (top-left) → **Projects** → "+ New project".

For now, skip it. Move on to Section 06.

the context dump.

The part nobody does. The part that changes everything.

What this does: You're writing Claude a one-page cheat sheet about your life. Who's in your house, how you want to be talked to, what's on your plate this season. You paste it into your Profile once (the same field from Section 02, just replace the short version). From now on, every single chat — anywhere, on any device — starts with Claude already knowing all of this. No more "let me explain my family" tax.

You're briefing a smart helper who's never met you. Keep it tight. Don't overthink it.

Open this on your laptop: themomload.com/context-builder

Tap through the questions, hit Copy at the end. The form does all the formatting. Ten minutes.

The three things to cover (everything else is optional)

1 · The people

- You: name, age, what you do
- Your partner if you've got one: name, age, what they do
- Each kid: name, age, grade, sport or main activity, one or two things that matter (allergies, IEP, custody schedule, whatever)

2 · How you want to be talked to

- Tone: direct, warm, blunt, dry, whatever you actually are
- Format: no em dashes, short answers, no padding
- Never do: no therapy suggestions, no disclaimers, no three clarifying questions before answering one

3 · What you're working on right now

- The big stuff on your plate this season
- Projects or goals in motion

Optional, only if you've got bandwidth

- Recurring stuff: school calendar, sports seasons, work rhythm
- Custody schedule
- Where you live, doctors, pets, cars

You can always come back and add later. Done is better than complete.

After you hit Copy on the form, switch back to Claude (the tab you left open). Don't paste it into a chat. You're putting it in the same Profile field you used in Section 02 — this version replaces the short one.

- **On claud.ai (web):** Initials in the bottom-left → **Settings** → **Profile** tab → find "**What should Claude know about you?**" → select all the text in that box → paste the new context over it → click **Save**.
- **On the phone app:** Initials in top-left → **Settings** → **Profile** → tap the "What should Claude know about you?" box → select all → paste → save.

That's it. Every new chat — Family HQ project, no project, on your phone, on your laptop, anywhere — now starts with Claude knowing all of this.

three starter prompts.

Open any new chat. Run these.

The sanity check

What do you know about my family?

Should rattle off your kids' names, ages, sports, the basics from your context doc. If it's vague, the context didn't save. Go back and check.

The real-world test

It's Sunday night. Walk me through what my week probably looks like based on what you know.

Should reference actual patterns from your doc. Sports nights. Work-from-home days. Custody handoffs. Whatever you put in.

The proof

Draft a quick text to [partner's name] about [something small and specific to your life this week].

Should use your partner's actual name, your actual tone, and write something that sounds like you. Not a corporate email.

five-minute ***maintenance.***

Once a month. That's the whole plan.

- Re-read your Family HQ Context. Update anything that's changed (new sport season, kid moved up a grade, work shift, custody change).
- Check Memory (Settings → Personalization → Memory). Delete anything outdated. Add anything Claude missed.
- New big thing in your life? Add a project for it.

Done.

ChatGPT & Gemini.

You don't have to use Claude. Here's the straight read.

Claude (what you just set up)

BEST AT writing that sounds like a real person, long conversations, detailed instructions, projects with persistent context, remembering your family.

WEAKEST AT real-time web search, image generation.

PRICE free tier. Paid is about \$20 a month.

ChatGPT

BEST AT image generation, voice mode, biggest ecosystem of custom add-ons.

WEAKEST AT sometimes too eager to please. Default writing voice can feel generic.

PRICE free tier. Paid is about \$20 a month.

SETUP TRANSLATION Custom Instructions live in Settings → Personalization. Projects exist but are newer. Memory works similarly.

Gemini

BEST AT Google integration. If your whole life is in Google Calendar and Gmail, this matters a lot.

WEAKEST AT writing voice. Tends to sound like a Google product.

PRICE free tier. Paid bundled with Google One AI Premium.

SETUP TRANSLATION Gems are the project equivalent. Memory is more limited.

If you want one that talks like a real person and remembers your family, Claude. If you want image generation and voice, ChatGPT. If everything you own is Google, Gemini. The same setup runs in any of them.

You're set up. Claude knows your family. Now you're set up.

When you're ready for more, The AI Calendar Cheat is the next step. One calendar that runs your whole house.

now go run the damn show.