

The Time We Save

An Artificial Intelligence Philosophy on Parenthood and Responsibility

Give me back Time.
I am raising children
in a world learning to think
with machines.

I embrace these machines
they call artificial intelligence,
with boundaries around
what I ask of them
and what I ask of myself.

I welcome its help
the possibilities it offers,
the questions it helps me explore,
and above all, the Time it returns
to a life already full.

Still, I will always ask myself:
What am I gaining?
What am I handing over?

Let AI help me find the words.
I must still know what I mean.
Let it challenge my thinking.
I must still do the thinking.
Let it offer an answer.
I must be willing to question.

For twenty dollars a month,
I have a trusted assistant
I can afford.

I bring it questions,
unfinished thoughts,
work that would take me hours.

But AI is not my brain,
my heart,
or my intuition.

I can trust its assistance
and still question its answers.
I remain responsible
for what I believe,
what I create,
and how my choices affect others.

The most precious commodity
AI can give me is Time.
I want to spend it with my children.

Children do not distract us from
more important work.
They are the most important work.
The survival of our species
depends on the generations we raise,
on our willingness to protect them,
guide them,
and help them care
for the world they will inherit.

That responsibility belongs
in the technologies we build.

Do no harm
must shape what I build,
what I sell,
and what I am willing to stop.

I want AI that supports
our capacity to live,
to communicate,
to care for one another.

I will judge its progress
partly by the lives
our children can lead beside it.

As parents, we must protect them
without teaching them to fear every change.
We must guide them
while giving their judgement room to grow.

I want them to question AI,
to question authority,
to decide for themselves
what deserves their trust.

I want to understand the technologies
my children will encounter.
For as long as I live,
I will keep learning,
keep listening,
keep taking responsibility
for what I place in their hands,
and the judgement I help them build
for when my Time is gone.

This is my philosophy of AI:
I welcome its possibilities,
question its authority,
and remain accountable for its use.

And when it gives me back Time,
let me close the screen
and give that Time back
to my children.