

# Mom Creator Prompt Mini Pack

25 plug-and-play content prompts for Instagram, TikTok, and Pinterest.

## How to use this pack

Copy a prompt into ChatGPT. Replace [brackets] with your niche, audience, or topic. Generate 10 options, pick the best one, post it. That's it.

## Instagram (carousels + reels)

- Write 10 carousel hooks about [topic] in a warm, mom-next-door voice.
- Turn this tip into a 7-slide carousel with a CTA on slide 7: [paste].
- Give me 10 reel hooks starting with 'POV:' for a mom in [niche].
- Write a 30-second voiceover script teaching one tip about [topic].
- Draft 10 caption first-lines that stop the scroll for [audience].
- Rewrite this caption to add a story + a CTA: [paste].
- Plan 9 grid posts for next week with a mix of value, story, and offer.
- Write 5 'save this for later' style posts about [topic].
- Give me 10 carousel ideas that lead naturally into my [offer].

## TikTok

- Brainstorm 10 TikTok hooks for a mom creator in [niche], 3 seconds max.
- Write a 45-second script teaching [tip] in a casual, talking-head style.
- Give me 5 trend-style hooks I can adapt to [niche].
- Turn this blog post into 5 short TikTok scripts: [paste].
- Draft 10 'storytime' opening lines for content about [topic].

## Pinterest

- Write 20 Pinterest pin titles for a post about [topic], under 60 chars.
- Generate 10 keyword-rich pin descriptions for [post].
- Brainstorm 15 pin design ideas (text overlays) for [niche].

- Plan a 30-day Pinterest schedule with 3 pins per day for [blog].
- Give me 10 long-tail keyword ideas for [niche] for Pinterest SEO.

## **Bonus prompts**

- Write 5 polite DM scripts for replying to brand collab requests.
- Draft 3 friendly story slides asking my audience what they need most.
- Give me 10 weekly content themes for a 3-month mom-creator calendar.
- Write a 'meet me' intro post for new followers in 150 words.
- Create 5 testimonial-style posts I can record in under 60 seconds.
- Brainstorm 10 lead magnet ideas a mom in [niche] would download today.

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