

Your Child Is the Hero

How to Create a Personalized Children's Book
Using AI — Even If You're Not a Writer or Artist

by Courtney Gordon

A Step-by-Step Guide for Parents

Welcome! ■

Imagine your child opening a beautifully illustrated storybook — and discovering that **they** are the main character. Their name, their personality, their favorite things woven into every page. Their eyes light up. They point at the pictures and say, *"That's ME!"*

Until recently, creating a custom children's book meant hiring an author and an illustrator — easily hundreds or thousands of dollars. But thanks to AI tools that are now free and easy to use, **any parent can do this**. No writing experience needed. No design skills required. Just a little time, a lot of love, and this guide.

In the next few pages, I'll walk you through the entire process — from brainstorming the perfect story to holding a finished book in your hands (or on your screen). Every step includes exact instructions, copy-paste prompts, and practical tips.

Why This Matters

- Children who see themselves in stories develop stronger self-esteem and a deeper love of reading
- A personalized book makes an unforgettable gift for birthdays, holidays, or "just because"
- You'll create a keepsake your family will treasure for years

■ *Let's make your child the hero of their own story.*

What You'll Need ■■■

The best part? Everything you need is **free** (or very low cost).

✓ ChatGPT

Free account at chat.openai.com — this is your AI writing partner. It will help you brainstorm, write, and polish your story.

✓ Canva

Free account at canva.com — this is your design studio. You'll use it to create illustrations, lay out pages, and export your finished book.

✓ 2–3 Hours

That's it! Most parents finish their first book in a single afternoon or evening session.

✓ Your Child's Details

Their name, age, favorite things, personality quirks — the magic ingredients that make the story personal.

✓ Optional: AI Image Generator

Tools like DALL-E (built into ChatGPT Plus), Ideogram, or Leonardo AI can create custom illustrations. We'll cover free options.

■ *Pro tip: Gather your child's details before you start. It makes the whole process faster and more fun!*

Step 1: Choose Your Story Idea ■

Every great book starts with a great idea. Don't overthink this — kids love simple stories with clear themes. Here are some tried-and-true categories:

- **Adventure** — Your child goes on a quest — finding treasure, rescuing a friend, exploring a magical land.
- **Bedtime** — A gentle, calming story perfect for winding down. Think cozy settings and soft endings.
- **Learning** — Weave in a lesson — counting, ABCs, kindness, sharing, or overcoming fears.
- **Celebration** — A birthday adventure, holiday story, or "welcome to the family" tale for a new sibling.
- **Superhero** — Your child discovers a superpower and uses it to help others.
- **Animal Friend** — Your child befriends a magical animal and goes on an adventure together.

Brainstorm Prompt for ChatGPT:

I want to write a personalized children's book for my [age]-year-old child named [Name]. They love [interests] and their personality is [traits]. Give me 5 fun story ideas that would make them the hero. Keep each idea to 2-3 sentences.

Step 2: Create Your Hero ■

The magic of a personalized book is in the details. The more specific you are when describing your child to the AI, the more the story will feel like it was written *just for them*.

Details to Gather:

- Full first name (and any nickname they love)
- Age
- Physical description (hair color, eye color, favorite outfit)
- Personality traits (brave, silly, curious, shy, kind)
- Favorite things (animals, colors, foods, toys, activities)
- Best friend or sibling to include as a sidekick
- A fear or challenge they're working on (helps create the story arc!)
- Their dream adventure (space, underwater, jungle, fairy kingdom)

Hero Description Prompt:

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Here is the main character for my children's book: Name: [Name], Age: [age],  
Appearance: [description], Personality: [traits], Loves: [interests], Challenge:  
[fear/challenge], Best friend: [name]. Please remember these details for our story.
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■ *Save this description! You'll reuse it for illustrations later too.*

Step 3: Write the Story with AI

Now for the fun part — writing! You don't need to be a writer. ChatGPT will do the heavy lifting. Your job is to guide it with good prompts and tweak the output until it feels right.

Tips for Great Results:

- Ask for **8-12 pages** of story (about 50-100 words per page)
- Specify the reading level: "**written for a [age]-year-old**"
- Ask for **rhyming** if you want a Dr. Seuss feel, or **simple prose** for easy reading
- Request a **clear beginning, middle, and end** with a positive message
- Don't settle for the first draft — ask ChatGPT to **revise and improve**

Ready-to-Use Prompts:

Adventure Story:

Write a 10-page children's picture book story for a [age]-year-old named [Name]. [Name] is [personality traits] and loves [interests]. In this story, [Name] discovers a magical [object] that transports them to [setting]. They must [challenge] to save the day. Write it at a [age]-year-old reading level with simple, vivid language. Include a positive message about [value like bravery/kindness]. Number each page.

Bedtime Story:


Write a gentle, calming 8-page bedtime story for [age]-year-old [Name]. [Name] is [traits] and loves [interests]. The story should start with [Name] getting ready for bed, then going on a dreamy adventure through [magical setting]. End with [Name] falling peacefully asleep. Use soft, soothing language. Include repetition for a comforting rhythm.

Learning Story:

Write a fun 10-page story for [age]-year-old [Name] that teaches [concept: counting/ABCs/sharing/etc]. [Name] is [traits] and loves [interests]. Weave the lesson naturally into an adventure where [Name] uses [concept] to help their friend [friend name] solve a problem. Keep it playful and age-appropriate.

Superhero Story:

Write an exciting 10-page story where [age]-year-old [Name] discovers they have the superpower of [power related to their personality]. [Name], who is [traits] and loves [interests], must use their new power to help their neighborhood when [problem]



happens]. Include their best friend [friend] as a sidekick. End with a message about how real heroes are kind.

Step 4: Create the Illustrations ■

You don't need to be an artist! There are several easy, free (or cheap) ways to create beautiful pictures for your book.

Option A: Canva (Easiest)

- Search Canva's library for **children's book illustrations** — thousands of free graphics
- Use Canva's **AI image generator** (Magic Media) to create custom scenes
- Mix and match clip art, backgrounds, and text for each page

Option B: AI Image Generators

- **DALL-E** (via ChatGPT Plus) — describe a scene and get an illustration
- **Ideogram.ai** (free tier) — great for stylized, storybook-quality art
- **Leonardo.ai** (free tier) — excellent for consistent character styles

Tips for Consistent Characters:

- Write a **detailed character description** and paste it into every image prompt
- Specify the **art style** each time (e.g., "watercolor children's book illustration")
- Use the same **color palette** across all images
- Keep outfits and hair consistent — mention them in every prompt

Image Prompt Template:

Create a warm, colorful watercolor children's book illustration of [scene description]. The main character is a [age]-year-old [child description] wearing [outfit]. The setting is [location]. Style: whimsical, soft colors, child-friendly, picture book illustration. No text in the image.

Step 5: Design Your Book in Canva ■

Time to bring it all together! Canva makes it surprisingly easy to create a professional-looking children's book.

1. Open Canva and search for "Children's Book"

Choose a template or start with a custom size (8.5 × 8.5 inches is a classic picture book size).

2. Set up your pages

Create one page per story page. Most picture books have 12-16 pages total (including cover and back).

3. Add your illustrations

Upload your AI-generated images or Canva graphics. Make each illustration fill most of the page.

4. Add your text

Place your story text on each page. Use a **large, readable font** (size 18-24). Good choices: Comic Neue, Quicksand, Baloo, or Fredoka One.

5. Design the cover

Include your title, your child's name ("A Story About [Name]"), and a beautiful cover illustration.

6. Add finishing touches

Page numbers, a dedication page ("For [Name], the bravest hero I know"), and an "About" page if you like.

7. Export as PDF

Click Share → Download → PDF Print (best quality). This gives you a high-resolution file ready for printing.

■ *Canva Pro (\$13/mo) unlocks more templates and the background remover — but the free version works great!*



Step 6: Print or Share Your Book ■

You've created something amazing. Now let's get it into your child's hands!

Option 1: Print at Home

- Use cardstock or heavy paper for a more "real book" feel
- Print double-sided if your printer supports it
- Staple or bind with ribbon for a handmade touch
- Laminate the cover for durability

Option 2: Professional Print Services

- **Amazon KDP** — Create a real paperback or hardcover (free to publish, you pay per copy)
- **Lulu.com** — Great for one-off premium hardcover books
- **Mixbook or Shutterfly** — Photo book style, easy drag-and-drop
- **Local print shop** — Great for spiral binding or special finishes

Option 3: Share Digitally

- Send the PDF to family members as a gift
- Read it together on a tablet at bedtime
- Print copies for grandparents — they'll love it!

■ *Amazon KDP is free to set up. You can order author copies for just \$3-5 each — a real published book with your child on the cover!*



Bonus: 10 Story Starter Prompts ■

Copy, paste, and customize these prompts to create endless stories!

1. ■ The Birthday Quest

[Name] wakes up on their birthday to find a magical map that leads to the best birthday surprise ever — but they have to solve riddles along the way.

2. ■ The Kindness Superhero

[Name] discovers that every time they do something kind, they get a little bit of superpower. What happens when they've collected enough?

3. ■ The Dream Garden

Every night, [Name] visits a secret garden in their dreams where flowers grow based on the good things they did that day.

4. ■ Space Explorer

[Name] builds a rocket from cardboard boxes that actually flies! They visit three planets, each with a fun challenge.

5. ■ The Lost Puppy

[Name] finds a lost puppy who speaks in riddles. To help the puppy find its home, [Name] must follow clues all around town.

6. ■ Under the Sea

[Name] discovers they can breathe underwater and befriends a sea turtle who needs help saving the coral reef.

7. ■ The ABC Adventure

[Name] gets pulled into a book where each letter of the alphabet presents a new adventure (great for ages 3-5).

8. ■■■■■ New Sibling Story

[Name] becomes a big brother/sister and discovers all the amazing things they can teach their new baby sibling.

9. ■ The Holiday Helper

[Name] finds a tiny elf who needs help delivering one last present before morning. A heartwarming holiday adventure.

10. ■ The Feelings Journey

[Name] travels through lands of different emotions, learning that all feelings are okay and discovering how to handle big feelings.



Worksheet: My Child's Hero Profile ⇒ ■

Fill this out before you start — then share these details with ChatGPT!

Child's Name:

Nickname:

Age:

Hair Color & Style:

Eye Color:

Favorite Outfit:

Personality Traits (3-5 words):

Favorite Animal:

Favorite Color:

Favorite Food:

Favorite Activity / Hobby:

Best Friend or Sibling:

A Fear or Challenge They're Working On:





Their Dream Adventure:

A Silly Habit or Catchphrase:

What Makes Them Unique:





Worksheet: Story Planning Sheet ■

Use this to plan your story before (or while) working with ChatGPT.

Story Title:

Theme / Genre:

Setting (Where does it take place?):

The Beginning (How does the adventure start?):

The Middle (What challenge does the hero face?):

The Ending (How does the hero save the day?):

The Lesson / Moral:

Supporting Characters:





Favorite Scene You Want to Include:

Dedication Page Text:





You Did It! ■

You now have everything you need to create a beautiful, personalized children's book that your child will treasure forever.

Remember: it doesn't have to be perfect. It has to be **personal**. The fact that you made it with love is what makes it magical.

■ Happy storytelling! ■

— *Courtney Gordon*

Find more guides and resources at
courtneygordon7.gumroad.com

