

Turn daily chaos into clear routines, safe boundaries, and parent-approved decisions.

Most AI assistants answer. HearthOS separates suggestion from authority — every output is a proposal; only the parent executes.

HearthOS is not an AI that runs your family. It is a **bounded-authority system** that helps parents (and any responsible adult holding execution authority) see, plan, and approve family decisions. This Starter Kit is the printable companion to the public demo at phionyx.ai/hearthos — a short set of templates and patterns you can use on Sunday evening, no AI required.

What HearthOS is

A BOUNDED-AUTHORITY PATTERN, APPLIED TO A HOUSEHOLD.

HearthOS is a small reference implementation of a household AI orchestration model: ten named agents coordinate around one family, and every action they propose passes through a three-tier policy that gates by role. **Only a parent can EXECUTE.** Children and agents can read or propose; they cannot act unilaterally.

The bounded-authority pattern has three moving parts:

1. The agents propose

Ten agents — six "front-stage" (visible to children) and four "back-stage" (review and audit only). Each ships a written contract: what it can read, what it may propose, what it must never do, when it must stop, and what evidence it must produce.

2. The parent executes

Every state-changing action passes through the PolicyEngine. EXECUTE is reserved for the parent. High-stakes actions (subscriptions, payments, schedule changes, external sharing) are sub-classified and require explicit approval before they fire — no autopilot.

3. The system remembers

Every significant action emits an activity event with actor, action, resource, decision, and reason. The activity log is visible to the parent; nothing happens off the record.

***Why this matters:** the market is full of AI assistants that answer immediately. HearthOS implements the simpler discipline of "propose, then wait." Decisions about money, sharing, schedule, and child wellbeing should never run on autopilot.*

The three demo modules

MODULE	WHAT YOU GET
Diagnostic	Twelve quick questions about your household — load, friction, clarity, fatigue, risk. Three minutes to a five-dimensional read of what's elevated this week. (Capture your scores below.)
Weekly Reset	Fifteen minutes to plan the week: three priorities, three child tasks, meal rhythm, risks to watch, and an explicit list of decisions that need parent approval. (Template included.)
Boundary Script	One-line description of a recurring tough moment in, three matched scripts out — soft / firm / repair. Pick the one that fits the moment. (Patterns included.)

The demo runs entirely in your browser. No account, no personal child names required, no data leaves the tab unless you choose to copy it out or download this PDF.

Your Diagnostic results — capture them here

If you ran the Diagnostic in the demo, jot the five household signals below for reference. The scale is 0–100; higher means more concern for load, friction, fatigue, and risk; higher means more clarity (which is the only goodness signal).

THIS WEEK'S HOUSEHOLD SIGNALS

Load: _____ / 100 Friction: _____ / 100 Clarity: _____ / 100

Fatigue: _____ / 100 Risk: _____ / 100

Recommended first module: _____

Weekly Reset — template

FIFTEEN MINUTES ON SUNDAY. ONE SHEET ON THE FRIDGE.

Use this template after running the Weekly Reset module in the demo, or fill it in by hand with your co-parent. The order matters: **approval queue first**, because those are the decisions that should not be made later in a tired moment.

PARENT APPROVAL QUEUE — WHAT SHOULD NOT RUN ON AUTOPILOT THIS WEEK

Hold these for an explicit yes / modify / no with your co-parent. Default categories worth checking: subscriptions / payments, sharing decisions about the children, schedule changes that affect more than one person, agreements about screen rules.

THREE FAMILY PRIORITIES FOR THIS WEEK

1. _____
2. _____
3. _____

Example: Move tomorrow's lunch prep to tonight. | Example: Screens off thirty minutes before bedtime.

THREE CHILD-SIDE TASKS (AGE-APPROPRIATE, ONE PER CHILD IF POSSIBLE)

1. _____
2. _____
3. _____

Example: Pack tomorrow's school bag the night before. | Example: Read one chapter before screen time.

MEAL AND ROUTINE RHYTHM — ONE SENTENCE

Example: Three planned dinners + two flex slots; lunches packed the night before.

RISKS TO WATCH — WHAT COULD GO OFF THE RAILS THIS WEEK

- ---
- ---
- ---

Example: School form sign-off slipping past Wednesday. | Example: Late-week routine drift after Tuesday.

Boundary script patterns

THREE TONES, ONE SITUATION AT A TIME. PICK BY MOMENT, NOT BY MOOD.

The same boundary can be held three ways. The choice depends on this moment — not the last one. **Soft** when the relationship is fragile and the rule can hold without escalation. **Firm** when the rule has slipped and needs to be re-established — not when a child is already dysregulated. **Repair** after the hard moment has already passed; the rule still stands, but the relationship is foregrounded.

Screen time

SOFT

"Hey — I can see you're in the middle of something good. Five more minutes and then we'll wrap up together. Can you find a stopping point?"

FIRM

"Screens off at the agreed time, every day. I'm not negotiating it tonight; I'll be happy to talk about the rule itself tomorrow when neither of us is tired."

REPAIR

"Earlier was hard for both of us. The boundary still stands, but I want you to know I'm not angry at you — I'm holding the rule, not blaming you for wanting more time."

Bedtime

SOFT

"Bedtime's coming up in fifteen minutes. What's the one thing you want to finish before we start the wind-down?"

FIRM

"Lights out at the agreed time. The order is negotiable; the time is not. I'll see you in the morning."

REPAIR

"Last night was rough. The bedtime still stands, but I want you to know I noticed how hard you tried to settle."

Mealtime

SOFT

"You don't have to finish it. I just need you to try the new thing once, sitting at the table with us."

FIRM

"Dinner is what's on the table tonight. You don't have to eat it, but I'm not making something separate at this hour. We'll have a snack option at the agreed time."

REPAIR

"Tonight got tense — that wasn't about you, it was about the timing. The rule about meals stays, but I'm sorry it landed sharp."

Homework / schoolwork

SOFT

"You don't have to enjoy it. You do have to spend the time. Twenty minutes of real effort, even if it's imperfect."

FIRM

"The homework window is the homework window. We're not adding screen time before it's done, and we're not extending it past bedtime."

REPAIR

"I pushed too hard about the grade. The effort is the part I care about; I should have said that more clearly."

Sibling friction

SOFT

"I'm not going to decide who started it. I'm going to decide what happens next: a five-minute pause, then a quick check-in with both of you."

FIRM

"In this house we don't fix things by yelling. Whoever is shouting steps out of the room until they can speak normally."

REPAIR

"Earlier I picked a side too fast. The rule about how you treat each other stays, but I owe both of you a more careful listen next time."

Refusal / pushback

SOFT

"I hear that you don't want to. I'm not changing what needs to happen, but I want to know what would make it easier."

FIRM

"I'm not going to argue this one. The answer is the answer; we can talk about why later, but not in the middle of a refusal."

REPAIR

"Earlier you said no and I heard angry. I heard the no — I just couldn't move on the rule. I'm not angry at you for pushing back."

Which tone, when

IF THE MOMENT IS...	USE	BECAUSE
Calm, child still has agency	Soft	Holds the line without forcing escalation
Rule already slipping repeatedly	Firm	Restates the line in plain language; no negotiation
Right after a hard moment ended	Repair	The rule survives; the relationship is foregrounded
Child is already dysregulated	<i>None of the three</i>	Co-regulate first; script the boundary later when both of you can hear it

Parent approval checklist

EIGHT CATEGORIES WORTH HOLDING FOR EXPLICIT YES / MODIFY / NO.

These are the categories the Weekly Reset's approval queue surfaces by default. Each represents a decision pattern that benefits from a deliberate parent-only call rather than a default-yes. Use the checkboxes to tick the ones already covered by an agreement in your household this week; leave the others as discussion items for your next family check-in.

Financial

- Subscription / payment renewal or change requires explicit parent approval — not implicit by silence.
- Money decisions over the agreed family threshold pause for one overnight before execution.

External sharing

- Sharing a child's photo, schedule, or work outside the family — explicit approval each time.
- Sharing a household routine publicly (social, parent groups) — always parent decision, never agent default.

School & activities

- School or activity sign-up needs parent sign-off, even if a child started the form.
- Any commitment over an hour of weekly time needs the responsible adult(s) to confirm before it joins the calendar.

Schedule & permissions

- Schedule changes that affect more than one family member need a quick check before being confirmed.
- Permissions to attend events away from the family default to "ask the responsible adult first".

Add your own

- _____
- _____
- _____

The principle behind every item. Decisions made by exhaustion get reversed later. Holding a small set of categories for explicit approval — even when the answer is obvious — costs almost nothing and saves the household from accidental commitments.

HearthOS Starter Kit · v0.1 · Reference application, not a clinical tool, not a hosted service. Source and the live demo: github.com/halvrenofviryel/hearthos. Public demo: phionyx.ai/hearthos.

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