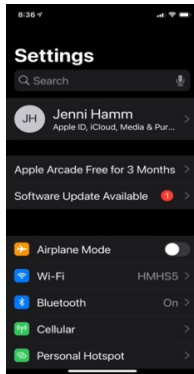


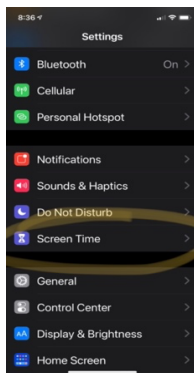
Apple Screen Time for Kid's Phones

First, set up an Apple ID for each child. Then you will be able to set up and track their personal screen time.

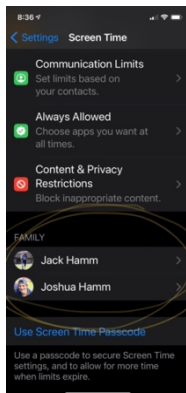
Go under “Settings” on your phone.



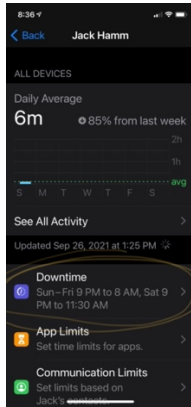
Scroll down to “Screen Time.”



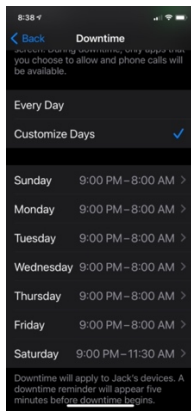
Once you set up your children with an Apple ID and add them to your family, they should be listed here. You will set up a password.



First, set “Downtime” for them.

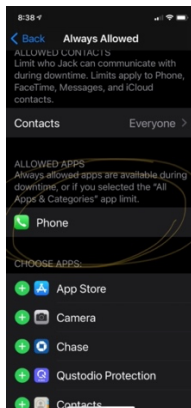


Here is Jack’s downtime. His apps all turn off at 9:00 pm, and turn back on again at 8:00 am except for Sunday morning, where we leave things off until after church!

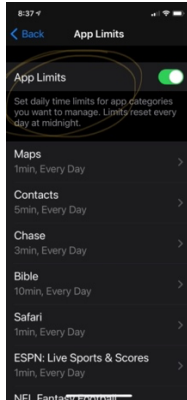


If he needs time on his phone after 9:00 pm, he can request more time and it is very simple to allow it.

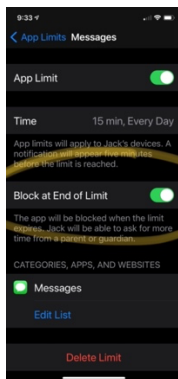
The “Always Allowed” setting is which apps are allowed during “Downtime.” We only choose “Phone” for this one – if there is an emergency, he can make a phone call.



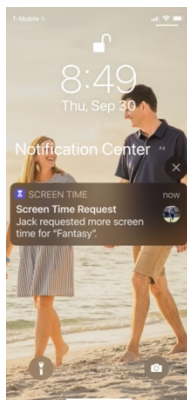
The next thing to set up is “App Limits” – this is a time limit for each specific app. I set a limit for EVERY app on my kids’ phones, as a safety net. That way they can’t get “lost” exploring on any app – you would be shocked at how many apps have “backdoor” access to the internet, even if you disable Safari on their phones. [And, I set an app limit for things like Safari and the App Store, which we disable, but just in case they accidentally get turned on, there is a time limit.]



Be sure and click “Block at end of limit” after you set the time limit for each app.

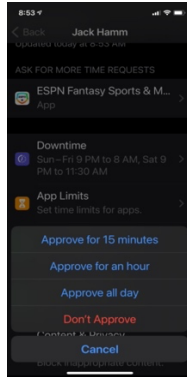


If they reach their App Limit, they can request more time. It’s super simple - a message comes to your phone saying “Jack requests more time for _____” and you can click how much time you want to give them.



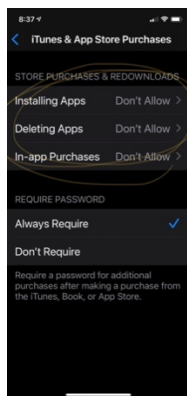
This is “Fantasy Football” by the way! 😊

Here is an example of the message I get on my phone to allow more time.

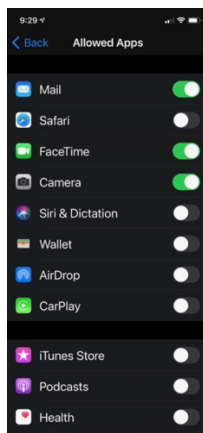


Then you want to go under “Content and Privacy Restrictions.”

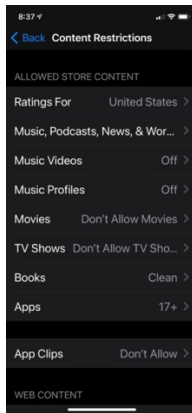
Under “iTunes and App Store” we turn it all off. If they need to download an app, we will go in and change this setting to “Allow,” download the app, and then change it back to “Don’t allow.”



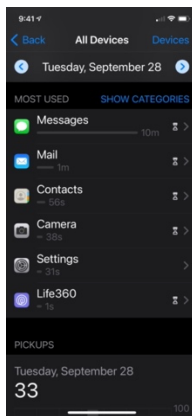
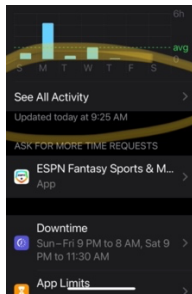
Under “Allowed Apps” we turn off most things. Especially “Safari” to disable internet. (But again, be aware that certain apps have backdoor access to the internet.)



Then you need to set “Content Restrictions.” These are pretty obvious.



I regularly go in and check their activity under “See All Activity.” This will allow you to see how much time they spent on each app every day.



You can access any of this information or make changes from your phone or theirs! You can also allow more time from their phone (by entering a password) or your phone.