



'To seek, to find and not to yield'.

How to set up Parental Controls on iPhone/ipad.



Option 1: Set Up Directly on Your Child's iPhone

- 1. Open Settings → Tap Screen Time.**
- 2. Tap Turn On Screen Time, then tap Continue.**
- 3. Choose This is My Child's iPhone.**
- 4. Set Downtime**
 1. Choose a start and end time (e.g., 9 PM to 7 AM).
 2. During this time, only apps you allow will be accessible.
- 5. Set App Limits**
 1. Tap **App Limits** → **Add Limit**.
 2. Choose categories (like Social, Games, etc.) → set time limits.
- 6. Set Content & Privacy Restrictions**
 1. Go to **Content & Privacy Restrictions** → turn on the switch.
 2. Here you can manage:
 1. **iTunes & App Store Purchases** (prevent installs/deletes or in-app purchases)
 2. **Allowed Apps** (disable Safari, Camera, FaceTime, etc.)
 3. **Content Restrictions** (restrict explicit content, web content, movies, apps, etc.)
- 7. Create a Screen Time Passcode**
 1. Choose a 4-digit passcode (different from the device passcode).
 2. This prevents your child from changing settings.

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Option 2: Set Up via Family Sharing (Recommended)

1. On your own iPhone, go to **Settings** → **[your name]** → **Family Sharing**.
2. Tap **Screen Time**, then choose your child's name.
3. Tap **Turn On Screen Time** and set it up remotely (Downtime, App Limits, etc.).
 1. You'll get reports on your child's device usage.

How to set up Parental Controls on laptop.

1. Windows 10 / Windows 11 (Microsoft Family Safety)

Step-by-Step Setup

1. Create a Child Account

1. Go to **Settings** → **Accounts** → **Family & other users**.
2. Click **Add a family member** → **Add a child**.
3. Enter your child's Microsoft account email or create one for them.

2. Manage Parental Controls Online

1. Visit: <https://family.microsoft.com>
2. Sign in with your Microsoft account.
3. Select your child's profile.

3. Set Restrictions

1. **Screen time:** Limit hours per day and set curfews.
2. **App & game limits:** Choose how long they can use specific apps.
3. **Web & search:** Block inappropriate websites and filter content (works in Microsoft Edge).
4. **Purchases:** Require permission for Microsoft Store purchases.
5. **Location:** See your child's device location (if using Windows laptop with GPS).

4. Activity Reports

1. You'll receive weekly reports of screen time, web history, and app usage.