Apple Screen Time For the Screen Smart Family

March 2025



Topics

- Setup a Family on Screen Time
- Create a Child Account
- Configure a Downtime Schedule
- Configuring App Time Limits
- Recommended Settings
- Approval requests for more time, etc
- Allowing web sites



Setting up a Family



Set up the Family Feature

- 1. Open the Settings app and tap on your name
- 2. Tap Family (or Family Sharing), then tap Set Up Your Family



Add a Child

- 1. Tap the Add Member button 🚱
- 2. If your child doesn't have an Apple Account, tap Create an Account for a Child. But if your child already has an Apple Account, tap Invite People
- 3. Follow the onscreen instructions to set up parental controls, location sharing, and more



Enable Screen Time Controls

Enable Parental Controls

 Go to Settings > Family > [child's name] > Screen Time



Track Activity

 App & Website Activity must be enabled to set usage limits and a daily downtime



Keep track of Adam's screen time?

Get insights and set limits for Adam's screen time.

Screen Time Insights

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Weekly reports let you know the amount of time spent on apps, websites, and more.



Scheduled Downtime

Set a schedule for time away from the screen.



App Limits

Set daily time limits for app usage.

Turn On App & Website Activity

Set Up Later

Downtime

- Start is when the screen will begin to be locked
- End is when the screen will be enabled



Set time away from screens?

Set a schedule for time away from the screen. Your permission will be required to allow more screen time. Phone calls, and other allowed apps can still be used during downtime.

Start		20:00
End		07:00
Turn On	Downtime	
Set U	p Later	

App Limits

- The wizard will allow creation of a single limit
- Later we'll show how to set additional limits



Set a PIN

- The passcode should not be the same as your phone passcode
- It can be used directly on the child's device to extend time limits or make changes
- You will need to enter it on your device if changing the child's settings

Parental Controls Lock

Require a passcode to make changes to Screen Time settings. Make sure your child can't easily guess this passcode.

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Recommended Settings

Block at Downtime

- Go to Settings > Family > [child's name] > Screen Time > Downtime
- Block at Downtime should be On Otherwise the child will only get a warning and be able to simply press a button to continue

Adam Wiebe Downtime

During downtime, only apps that you choose to allow and phone calls will be available.

Turn On Downtime Until Schedule

A five minute downtime reminder will be sent and downtime will be turned on until schedule resumes.

Scheduled



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Scheduled turns on downtime for the time period you select. A downtime reminder will appear five minutes before downtime.

Every Day

Customize Days

Time

20:00-07:00 >

Downtime will apply to Adam's devices. A downtime reminder will appear five minutes before downtime begins.

Block at Downtime



The device will be blocked at downtime. Adam will be able to ask for more time from a parent or guardian.

Block after App Limit

 Just as with Downtime, any App Limits you create should have "Block at End of Limit" turned on

App Limit		
Time		1 hr, Every Day
		58
	0	59
	1 hour	0 min
	2	1
	3	2
	4	
Customize	Davs	>

App limits will apply to Adam's devices. A notification will appear five minutes before the limit is reached.

Block at End of Limit



The app will be blocked when the limit expires. Adam will be able to ask for more time from a parent or guardian.

CATEGORIES, APPS, AND WEBSITES



Education

Always Allowed Contacts

- Go to Settings > Family > [child's name] > Screen Time > Always Allowed
- Parents and other emergency contacts should be added here
- The child will be able to contact these people regardless of downtime or app limits

18:38



< Screen Time Always Allowed

ALLOWED CONTACTS Limit who Adam can communicate with during downtime. Limits apply to Phone, FaceTime, Messages, and iCloud contacts.

Contacts

Specific Contacts >

ALLOWED APPS Always allowed apps are available during downtime, or if you selected the "All Apps & Categories" app limit.



Manage Contacts

- Go to Settings > Family > [child's name] > Screen Time > Communication Limits
- Only allow the child to communicate with Contacts
- Enable the option to manage the child's Contacts
- Possibly disable Contact Editing

< Back Communication Limits

Limits apply to Phone, FaceTime, Messages, and iCloud contacts. Communication to known emergency numbers identified by Adam's carrier is always allowed.

ALLOWED COMMUNICATION

During Screen Time

Contacts Only

Limit who Adam can communicate with during allowed screen time.

During Downtime

Specific Contacts

Limit who Adam can communicate with during downtime.

Manage Adam's Contacts

Contacts

Allow Contact Editing

12 >

Changes to contact cards will only apply for Adam.



Prevent Passcode Changes

- Go to Settings > Family > [child's name] > Screen Time > Content & Privacy Restrictions
- Set Passcode & Face ID to "Don't Allow"
- This ensures that the device is always accessible to you as the parent if needed

App Store, Media, Web, & Gan	nes	>
Intelligence & Siri		>
PRIVACY		
Share My Location	Allow	>
ALLOW CHANGES TO:		
Passcode & Face ID D	on't Allow	>
Accounts	Allow	>
Cellular Data	Allow	>
Sneaker Volume I imit	۸۱۱۵۰۸۷	>



Limit App Installs

- To block installs go to Settings > Family > [child's name] > Screen Time > Content & Privacy Restrictions > iTunes & App Store Purchases
- For reviewed installs go to Settings > Family > [child's name] > Ask to Buy **〈** Adam

Require Purchase Approval

This will require Adam to get a parent or guardian's approval for any downloads or purchases from the App Store, iTunes Store, or Apple Books.

K Back iTunes & App Store Purchases

STORE PURCHASES & REDOWNLOADS

Installing Apps	Don't Allow	>
Deleting Apps	Don't Allow	>
In-app Purchases	Don't Allow	>

REQUIRE PASSWORD

Always Require

Don't Require

Require a password for additional purchases after making a purchase from the iTunes, Book, or App Store.

Ask To Buy



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Request Approvals



How it Works When time limits are reached or a new app install is being attempted, the child can send a request to the parent



You've reached your limit on Shopify Inbox.



New Request

- Send Request sends a notification to each of the parents devices where they can action the request
- If the parent has the device the passcode can be entered and action taken immediately



You've reached your limit on Shopify Inbox.

One More Minute

Send Request

Enter Screen Time Passcode

Cancel

Push Notification

 Parents Receive a Screen Time Request on their devices, they can simply tap on it

18:57



TIME SENSITIVE Screen Time Request Adam requested more screen time for "Bible Study".

now





Approval

 Simple actions ranging from Don't Approve to approving for the remainder of the day



Approve for an hour

Approve all day

Don't Approve

Cancel

Choose apps to allow at all times



Web Site Limits



Web Content

- Go to Settings > Family > [child's name] > Screen Time > Content & Privacy Restrictions > App Store, Media, Web & Games > Web Content
- Set to: Only Approved Websites
- Add any web sites that you'd like the child to access

	Back	Web Content	
	WEB CONTENT		
	Unrestricted		
	Limit Adult We	ebsites	
	Only Approved	d Websites	\checkmark
	Allow access only	to the websites below.	
	ONLY ALLOW TH	ESE APPROVED WEBSITES:	
	Duolingo		
	Hooda Math		
	HowStuffWorl	<s< th=""><th></th></s<>	
	Khan Academ	У	
	Typing Club		
	Add Website		

Handling Blocked Sites

 When accessing a blocked web site that is desired to be allowed, tab on "Allow Website" You cannot browse this page at "printables.com" because it is restricted.

Allow Website



Allow Site

- There is unfortunately no remote request method like there is for time limits and apps
- When you enter in the Screen Time passcode, it also adds the web site to the list of approved sites for this child

Enter Screen Time Passcode

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Limitations - Limited content filtering

- Requires Apple devices
- No screen monitoring





Thank you //screensmart.family

