Better Sleep = Better Life

Use your child's phone to help them sleep

In Partnership With: Monroe County Library System

Download the Family Link for parents app on your own phone

On Android Phones or Tablets:
Download the Family Link for children and teens app on your child's phone

Using Family Link, you can set a Bedtime:

1. Follow prompts in both apps (on both phones) to link accounts (you and your child will both need Google accounts)

2. Once linked, open the Family Link for parents app on your phone and select Your Child

3. Find the Bedtime card, tap Edit Schedule, and follow instructions to set a Bedtime at least 1 hour before desired bedtime (8 PM, for example)

Set Daily Limits, Block Apps, and Learn More:

You can learn to customize Daily Limits, Parental Controls, Bedtime, App Limits, Downloads, and more by scanning the QR code to the left

Learn more at http://www.HoekelmanCenter.org