Better Sleep = Better Life

Use your child's phone to help them sleep

In Partnership With: Monroe County Library System

On iPhones or iPads:

Open Settings
Open Screen Time
Turn on Screen Time
Continue and select This is My Child's iPhone (or iPad) or This is My iPhone (or iPad).

In Screen Time, you can set Downtime and Limits:

This can be done right on your child's device or you can use Family Sharing to configure your child's device from your own device.

1. Tap Downtime and turn it on. Set Start and End times for your child's Downtime. Set Start time 1 hour before desired bedtime (8 PM, for example) and End time when they wake up.

2. Tap App Limits to set time limits on apps of your choice.

3. Tap Use Screen Time Passcode and set a passcode that only you - the parent - know and that your child cannot guess.

Set Parental Controls, App Limits and Learn More:

You can learn to customize Parental Controls, Downtime, App Limits, Always Allowed Apps, and more by scanning the QR code to the left.

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