

Parental Controls and Time Management on Technology

Xbox One



- Visit [Microsoft.com/family](https://microsoft.com/family) and create an account or sign in
- Select the name of the child and select “Screen time”
- Set up how much time the child is allowed to spend on this device and when they are allowed to use it.
- For more information visit: <https://account.microsoft.com/family>

PlayStation 4



***The PlayStation 4 allows time restrictions via the system itself, a web browser, and the PlayStation app, the following information below is how to set up time restrictions through the web browser**

- Visit id.sonyentertainmentnetwork.com and create an account or sign in
- Select account then select family management and choose the account of the child who you would like to limit their access
- Select edit on the play time restrictions, make the changes you would like to change, then select save to apply the changes.
- For more information visit: <https://support.us.playstation.com/>

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Apple iPhone



***With the new iOS 12 update, the iPhone makes it easier to limit time on apps and also shows you how often you pick up the phone!**

- Go to your iPhone settings and select screen time
- Select “use screen time passcode” to create a four-digit passcode
- Select “app limits”, the iPhone will categorize certain apps under certain categories (Facebook would be put under Social Networking, Candy Crush would be put under Games, etc.) You can put a time limit on certain categories or you can put a time limit on all of them
- Upon clicking an app or a category that you would like to limit, choose the amount of time you would like to give the app or category
- When time is running out on the app you chose to limit, the iPhone will send a reminder on how much time is left. Once the time limit has been hit a white screen will come up and if you made a password earlier it will ask you to enter the code to either dismiss the notification or extend the time.
- For more information visit: <https://support.apple.com/en-us/HT208982>

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Samsung Galaxy



***Unlike the iPhone, Samsung Galaxy phones don't have time limits built into their settings, luckily we have apps for that!**

- Download the “Screen Time” app via the app store
- Visit remote.screentimelabs.com on a web browser and sign up for an account or log in
- Enter the name of the child who you wish to set up the account for then tap on “Android” to find the instructions. Continue to scroll until you find a pairing code.
- Now open up the Screen Time app on the phone and select the “get started” button on the bottom.
- The app will then ask you if Screen Time is set up on the parents device, select yes and enter the pairing code from earlier then select next.
- Create a pin that is easy to remember and then accept the permissions from the app. Once everything is accepted head over to the parent device and tap on the “pair device button.”
- Once the device is paired you are free to set up a time limit for the child's phone!