TIPS FOR PARENTS TO MANAGE YOUR DEVICE USE

- Be an example of moderation with device use.
- Make an effort to put the phone away during family time.
- Restrict your own content in Settings to avoid temptations and inappropriate content.
- Consider charging your phone away from your bedside or even out of your room (get a separate alarm clock).
- Turn off all notifications except from contacts. Go to Settings > Notifications to manage.
- Set times to go on social media or remove social media from your phone to limit your own usage.

More parent resources:
marriagefamilylife.seattlearcdiocese.org/great-conversations
HOW TO MANAGE DEVICE USE FOR YOUR CHILD/TEEN

• Make it clear that as a parent, your role is to help teach healthy device habits. You have the responsibility to monitor the content and the time your child spends on devices.

• Set up your child’s phone to require parent approval on all apps. For iPhones, go to Settings > (your name) > Family Sharing > (your child’s name) to set up. For Androids, set parental controls in the Google Play store to approve apps with Family Link.

• Set limits on devices (using Screentime for iPhone and Family Link for Android) for:
  • Times of use (for example, 7 a.m. to 9 p.m.)
  • Web content: Set to “clean” and “PG” and “limit adult sites”
  • Time on social media (for example, one hour a day)
  • Time on certain apps, like YouTube, etc.

• Do a spot check on time spent on social media and apps to see what your child is using the most and why. Some people set up a weekly check-in with their child.

• Set aside “device-free” spaces – no devices at the dinner table or in bed.

• Charge devices outside of the child’s bedroom. Many parents establish a charging space in the main areas.