Better Sleep = Better Life

Use your child's phone to help them sleep

In Partnership With: **Monroe County Library System** www.libraryweb.org

On Your iPhone or iPad:

Open **Settings**

Open **Screen Time**

Turn on **Screen Time**. Continue and click **This is My Child's iPhone (or iPad)**.

In Screen Time, you can set Downtime and Limits:

1. 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. Add **Time Limits** on apps of your choice. Click **Continue**.

3. Set a **Parent 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

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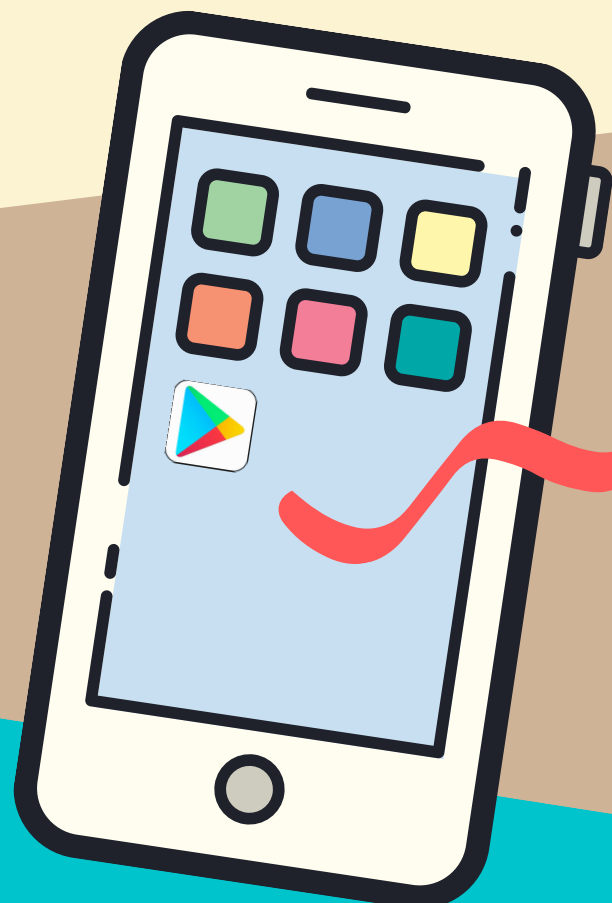Learn more at http://www.HoekelmanCenter.org

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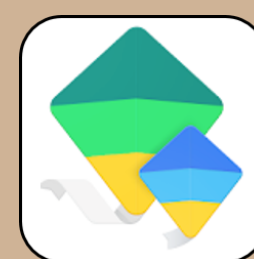In Partnership With: **Monroe County Library System** www.libraryweb.org

Download the **Family Link for Parents** app on your own phone

On Your Android Phone or Tablet:

Download the **Family Link for Children and Teens** app on your child's phone

then

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

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