A calmer family tech setup

Start with one device, one goal and a conversation.

- [ ] **Agree on one thing to improve**
  Choose bedtime, purchases or age-appropriate browsing. Explain the reason and ask what your child needs for school and staying in touch.

- [ ] **Use the child's own account**
  Add it to Apple Family Sharing or your Microsoft family group. List the devices they use. An Apple setup does not automatically manage a Windows PC.

- [ ] **Set up the right controls**
  On Apple, review Screen Time, content restrictions and app or purchase permissions. On Microsoft, review the supported device schedule. Follow the linked instructions for your software version.

- [ ] **Check browsing coverage**
  Microsoft web and search filtering requires signed-in Edge. Other browsers, apps and devices may need separate controls. Do not assume one setting covers the whole household.

- [ ] **Test together**
  Use the child's normal account. Check the time limit, a permission request and the school portal. Agree how they can ask for an exception. Keep organiser passwords and control passcodes private.

- [ ] **Keep the door open**
  Explain what activity information you can see. Asking for help should not automatically mean losing the device. Review the setup after updates, a new device or a change in needs.

Useful support, not a complete safety net

Controls cannot tell you how a message or video made your child feel. Keep regular conversations alongside settings, and check which features your devices actually support.

Our first goal: _____ Review date: _____

Official help: Apple parental controls | Microsoft Family Safety

Companion guide: Family settings: a calmer place to start