IPHONE PARENTAL CONTROLS CHECKLIST

Ages 6–9

Build healthy habits without replacing childhood

- [ ] **1. App Limits → 1 hour/day**

  Open "Settings > Screen Time > [Your Child's Name] > Add Limits > Add Limit." Select apps and set the daily time allowance to **1 hour**. Turn on "Block at End of Limit." Tap "Add."

- [ ] **2. Downtime → 7:00 PM – 7:00 AM**

  In Screen Time, tap "Downtime" and turn on "Scheduled." Set the window to **7:00 PM–7:00 AM** (use "Customize Days" for weekends).

- [ ] **3. Location Sharing → ON**

  Open the Find My app > "Devices" tab to see your child's location anytime.

- [ ] **4. Communication Limits → Contacts Only**

  In Screen Time, tap "Communication Limits" and set contacts to **"Contacts Only."**

- [ ] **5. Social Media & Safari → Blocked**

  In "Content & Privacy Restrictions > Allowed Apps & Features," turn Safari **OFF**. Then in "App Store, Media, Web, & Games," set Apps to a rating below 12+ to keep social platforms from appearing.

- [ ] **6. Screen Distance → ON**

  In Screen Time, go to your child's profile > "Screen Distance" and turn it on.

Full explanations, developmental research, and step-by-step setup instructions: airdroid.com/ios-parental/iphone-parental-controls-age-guide

IPHONE PARENTAL CONTROLS CHECKLIST

Ages 10–14

Build independence with guidance

☐ 1. Web, Media & App Content → Limit Adult Content

In Screen Time, turn on "Content & Privacy Restrictions," then tap "App Store, Media, Web, & Games." Set Web Content to **"Limit Adult Websites,"** and set Apps/Movies/TV to an appropriate rating.

☐ 2. Communication Safety → ON

In Screen Time, tap "Communication Safety" and turn it **ON**.

☐ 3. App Limits → 2 hours/day

Open "Settings > Screen Time > [Your Child's Name] > Add Limits > Add Limit." Select apps and set the daily time allowance to **2 hours**. Tap "Add."

☐ 4. Downtime → 10:00 PM – 6:00 AM

In Screen Time, tap "Downtime," turn on "Scheduled," and set the window to **10:00 PM–6:00 AM**.

☐ 5. Ask to Buy → ON

Open "Settings > [your name] > Family," select your child's account, and confirm **"Ask to Buy"** is turned on.

☐ 6. Location Sharing → ON, locked

Check location anytime in the Find My app. To prevent your child from disabling it, go to "Content & Privacy Restrictions > Privacy," then set both "Location Services" and "Share My Location" to **"Don't Allow Changes."**

Full explanations, developmental research, and step-by-step setup instructions: airdroid.com/ios-parental/iphone-parental-controls-age-guide

IPHONE PARENTAL CONTROLS CHECKLIST

Ages 15–17

Prepare for independent phone use

- [ ] **1. App Limits → OFF**

  In Screen Time > "App Limits," remove or turn off existing limits — this stage shifts to self-management.

- [ ] **2. Web, Media & App Content → Keep Adult Filter ON**

  Open "Settings > Screen Time > [Your Child's Name] > Content & Privacy Restrictions > App Store, Media, Web, & Games." Keep Web Content set to **"Limit Adult Websites,"** and keep the age ratings for Apps/Movies/TV as set in the previous stage.

- [ ] **3. Driving Focus → Set up together**

  On your teen's iPhone, go to "Focus," select **"Driving,"** and turn on automatic activation when motion is detected.

- [ ] **4. Location Sharing → ON, teen can pause**

  Keep Find My on, but leave "Share My Location" adjustable — at this stage, your teen can pause sharing themselves rather than having it locked.

Full explanations, developmental research, and step-by-step setup instructions: airdroid.com/ios-parental/iphone-parental-controls-age-guide