


## Set up Screen Time on iPad – Parent Guide

With Screen Time, you can set allowances and limits for your app use, schedule downtime, and more. You can change or turn off any of these settings at any time.


### Set downtime

You can block apps and notifications during periods when you want time away from your devices.

1. Go to Settings  > Screen Time.
2. Tap Turn On Screen Time, tap Continue, then tap This is My iPad.
3. Tap Downtime, then turn on Downtime.
4. Select Every Day or Customize Days, then set the start and end times.

### Set app limits

You can set a time limit for a category of apps (for example, Games or Social Networking) and for individual apps.

1. Go to Settings  > Screen Time.
2. If you haven't already turned on Screen Time, tap Turn On Screen Time, tap Continue, then tap This is My iPad.
3. Tap App Limits, then tap Add Limit.
4. Select one or more app categories.

To set limits for individual apps, tap the category name to see all the apps in that category, then select the apps you want to limit. If you select multiple categories or apps, the time limit you set applies to all of them.

5. Tap Next, then set the amount of time allowed.



To set an amount of time for each day, tap Customize Days, then set limits for specific days.

6. To set a limit for more apps or categories, tap Choose Apps, then repeat step 5.
7. When you finish setting limits, tap Add to return to the App Limits screen.

To temporarily turn off all app limits, tap App Limits on the App Limits screen. To temporarily turn off a limit for a specific category, tap the category, then tap App Limit. To remove a limit for a category, tap the category, then tap Delete Limit.

### Set communication limits

You can block incoming and outgoing communication—including phone calls, FaceTime calls, and messages—from specific contacts in iCloud, either at all times or during certain periods.

1. If you haven't already turned on Contacts in iCloud, go to Settings  > [your name] > iCloud, then turn on Contacts.
2. Go to Settings  > Screen Time.

3. If you haven't already turned on Screen Time, tap Turn On Screen Time, tap Continue, then tap This is My iPad.
4. Tap Communication Limits, then do any of the following:
  - *Limit communication at any time:* Tap During Screen Time, then select Contacts Only, Contacts & Groups with at Least One Contact, or Everyone.
  - *Limit communication during downtime:* Tap During Downtime. The option you selected for During Screen Time is already set here. You can change this setting to Specific Contacts.

If you select Specific Contacts, tap either Choose From My Contacts or Add New Contact to select people you want to allow communication with during downtime.




If someone who's currently blocked by your Communication Limit settings tries to call you (by phone or FaceTime), or send you a message, their communication won't go through.

If you try to call or send a message to someone who's currently blocked by your Communication Limit settings, their name or number appears in red with a Screen Time hourglass icon, and your communication won't go through. If the limit applies only to downtime, you receive a Time Limit message. You can resume communication with the contact when downtime is over.

To resume communication with contacts who are blocked by your Communication Limit settings, change the settings by following the steps above.


Choose apps you want to allow at all times

You can specify apps that you want to be able to use at any time (for example, in the event of an emergency), even during downtime.

1. Go to Settings  > Screen Time.
2. If you haven't already turned on Screen Time, tap Turn On Screen Time, tap Continue, then tap This is My iPad.
3. Tap Always Allowed, then tap  or  next to an app to add or remove it from the Allowed Apps list.

## Set content and privacy restrictions

You can block inappropriate content and set restrictions for iTunes Store and App Store purchases.

1. Go to Settings  > Screen Time.
2. If you haven't already turned on Screen Time, tap Turn On Screen Time, tap Continue, then tap This is My iPad.
3. Tap Content & Privacy Restrictions, turn on Content & Privacy Restrictions, then tap options to set content allowances for iTunes Store and App Store purchases, app use, content ratings, and so on.

You can also set a passcode that's required before changing settings.