

PRINTABLE GUIDE

Set up a child's phone together

Parental controls manage apps, purchases, content and device time. They cannot make every interaction safe. Set them up with your child and explain what you can see, what is restricted and how to ask for help.

iPhone or Android | 2 min read | 6 steps

Before you start

- ☐ Update the phone and have parent and child account details ready.
- ☐ Use the child's real date of birth and follow regional account requirements.

1. Agree on the essentials

List needed contacts, apps and when the phone will be put away. Check each service's current age and account requirements before installing it.

- ☐ Done this step

2. Set up the family account

iPhone route: add the child's own Apple Account to Family Sharing. Android alternative: create or supervise the child's Google Account using Family Link. Follow the official account setup prompts.

- ☐ Done this step

3. Choose controls for the platform

On iPhone, open Settings, Screen Time and the child's name. Android alternative: open Family Link, choose the child and review Controls. Use a parent-controlled settings passcode or access method.

- ☐ Done this step

4. Review content and spending

Set appropriate app, web and purchase restrictions. Review permissions such as camera and location with the child. Approval features may cover only purchases made through the platform's billing system.

☐ Done this step

5. Protect necessary communication

Configure downtime or limits with essential contacts and useful apps available where supported. Make a test call and check a blocked purchase or app request together.

☐ Done this step

6. Plan regular conversations

Write down recovery details securely and review settings after updates or new apps. Encourage reporting upsetting messages; controls work best alongside ongoing adult support.

☐ Done this step

Try it for yourself

Test one contact call and one app-approval request together.

☐ I tried the task.

My notes

Will Family Link manage an iPhone like an Android phone?

No. Device-management features differ by platform. Use Apple's Screen Time for iPhone controls and check Google's specific account-management limitations.

Official help and the online guide

Apple Screen Time for children - <https://support.apple.com/en-gb/108806>

Google child account setup - <https://support.google.com/families/answer/7103338?hl=en>

Google adding account supervision - <https://support.google.com/families/answer/9055704?hl=en>

Read online: <https://plaintech-guides.pages.dev/guides/set-up-a-childs-phone-together/>