MAIN MENU

START
SETTINGS
EXIT

LIMIT ALONE TIME

PASSWORD PROTECTION

OCCUPY THEIR TIME WITH ACTIVITIES

Limiting
Kids
SCREEN TIME

SET A GOOD EXAMPLE

COUNTING DOWN TO REDUCE MELTDOWNS

SCREEN TIME RULES
THAT ACTUALLY WORK

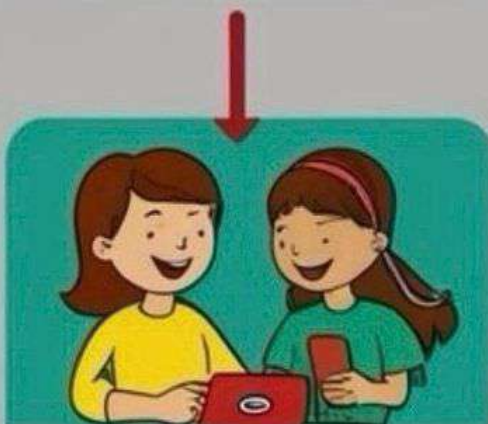**SET A SCREEN - FREE BEDTIME**

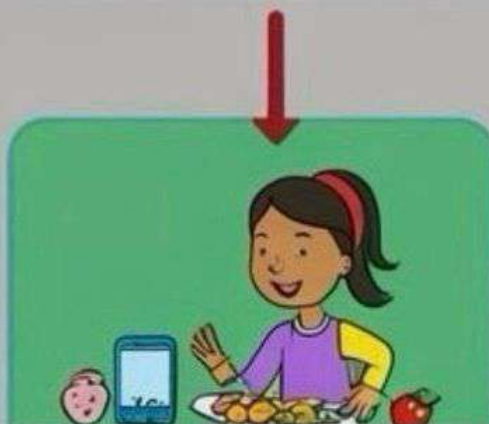**NO SCREEN BEFORE SCHOOL**

LEAD BY EXAMPLE.

SET CLEAR LIMITS

OUTDOOR TIME

USE PARENTAL CONTROLS

NO SCREENS DURING MEALS TIME