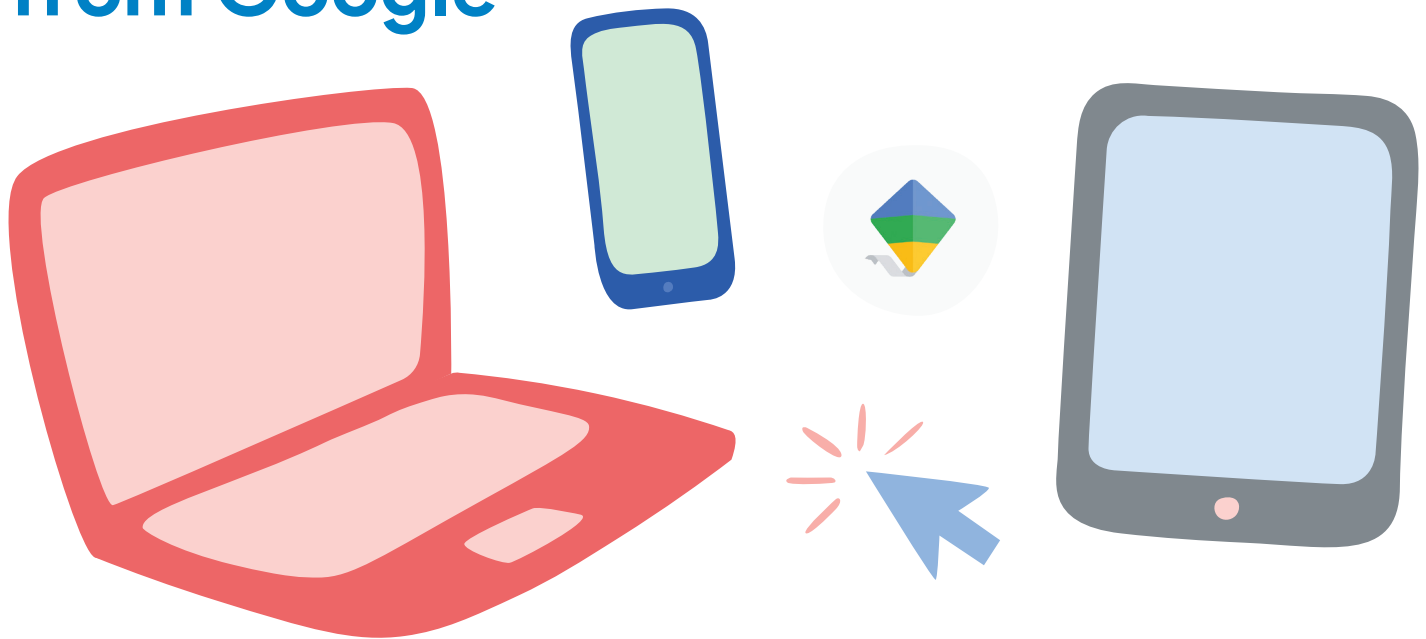# Tips for Family Link from Google

Get the most out of Family Link parental controls

Family Link can help you set digital ground rules for your child so they begin to form healthy digital habits. You can set screen time limits, manage the content they can see, and even see your child's location when they are carrying their device. Check out these tips to help you and your family get the most out of Family Link.

Guide your child to good content

It's easy to see how much time your child is spending in their favorite apps with app activity reports. If you feel your child is spending too much time on a certain app, you can set per-app time limits, or if you want them to take a break from using an app altogether, you can hide it so it's no longer accessible on your child's device. You can also encourage them to use certain apps more frequently by adding them to a list of apps that are always allowed.

Keep an eye on screen time

Kids can struggle to manage how much time they spend using their device. Set a daily screen time limit to make sure they don't go overboard. If you suspect that your child is staying up late looking at their screen, you can also set a device bedtime that will lock their phone until morning. This will help make sure their device isn't disrupting their sleep and routine.

Help them put the phone down

Whether it's dinnertime, time to finish schoolwork, or maybe just time for your child to take a screen break you can remotely lock your child's device at any time. This will help them understand that it's time to unplug and focus on something other than screens.

To get started with Family Link, download app from Google Play or the Apple App Store to manage your child's compatible Android or Chromebook device.

Google

Learn more at **families.google**