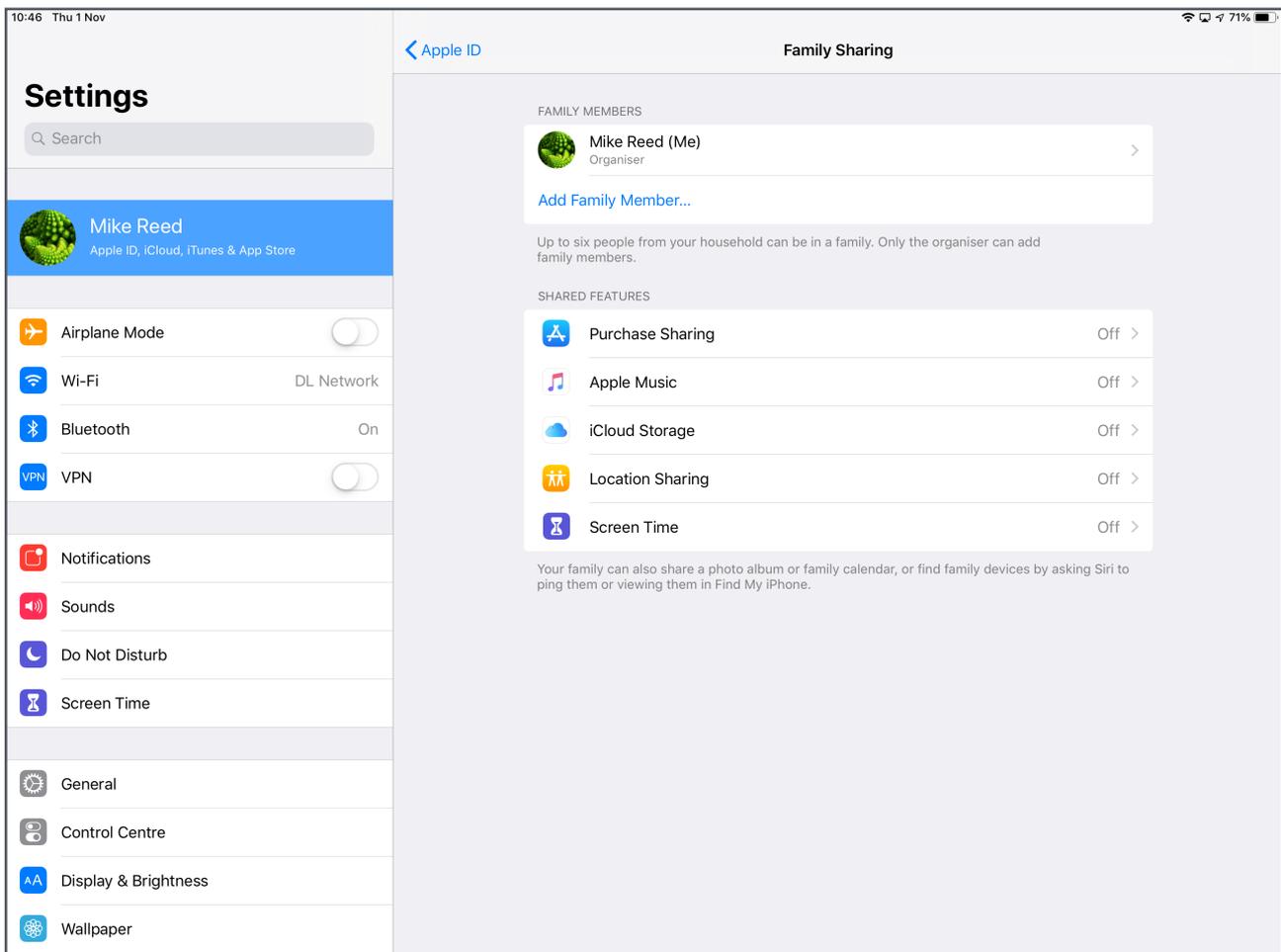# Section 9: Parental Restrictions

73) iPads in school are exciting and valuable tools to learning but there can be a risk of misuse and distractions, particularly from the miasma of games and social-media apps available from the app-store. We strongly recommend you take control of your child's app-downloading temptations until you are confident of their ability to self-regulate their footprints in the online world.

74) It is possible to enable **Parental Restrictions** to monitor your child's iPad use, set downtime, time-limit certain apps and much more. Parents can take an active role in supporting their children in developing the self-discipline to not abuse this modern technology.

75) Parental Restrictions can be set up in one of two ways- either on the child's iPad its-self, or remotely from a parent's Apple Device. The latter is a much more convenient method if possible, as it allows parents to unobtrusively monitor a child's iPad use without needing to access their iPad.
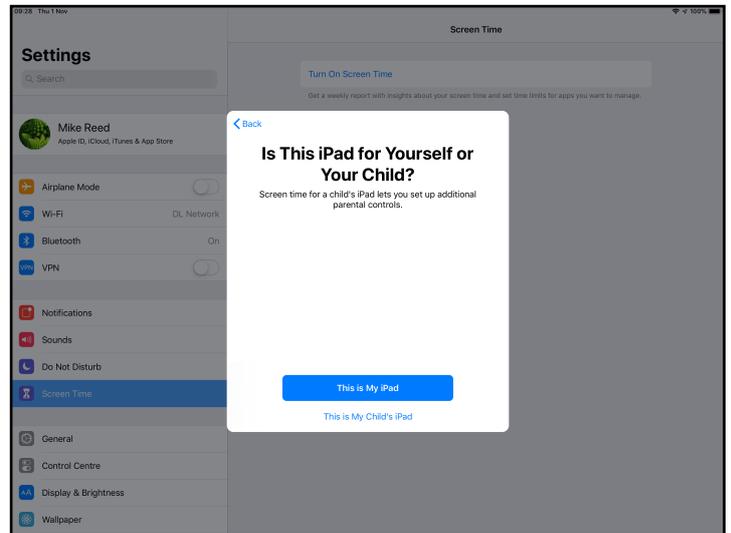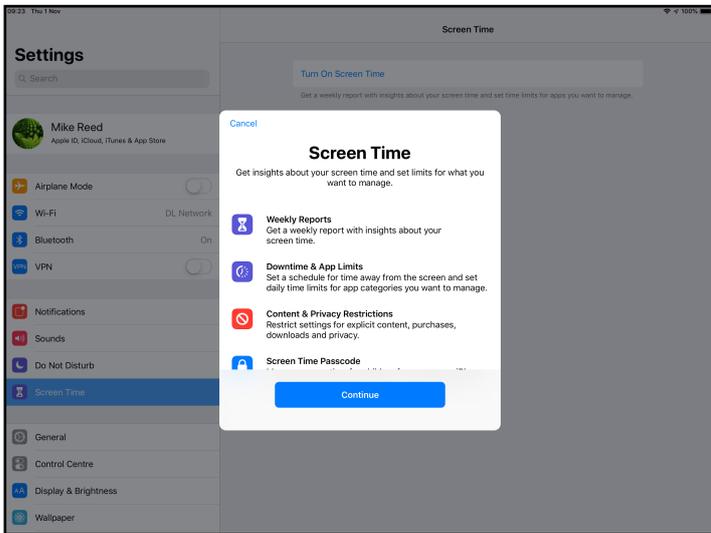
Setting up Parental Restriction from a Parent's Device:

1) The parent would need their own Apple device (iPad, iPhone, iMac). Go to **Settings / Apple ID / Family Sharing**. Here, you can add your child's Apple ID to your family.

2) Once done, you can activate **Screen Time** and set up the configurations you feel would be best for your child.

Setting up Parental Restriction from the Child's iPad:

1) On your child's iPad, tap **Settings** -> **Screen Time -> Turn On Screen Time**.

2) Tap **Continue** and follow the on-screen prompts to set up the Parental Restrictions as you see fit for your child and their level of self-regulation.

3) You will be asked to set a **Parental Passcode.** You **must** remember the code, as, if forgotten, the only way to unlock the iPad would be to perform a factory reset and wipe the iPad.

76) A more detailed guide to exploring Screen Time can be found on the website

https://www.wired.com/story/how-to-use-screen-time-ios-12/