Device-Specific Guides

Smartphones and Tablets:

- **iPhones and iPads**: Go to **Settings > Screen Time > Content & Privacy Restrictions**. From here, you can set limits on apps, purchases, and content. You can also schedule downtime when the device can't be used except for allowed apps.
- **Android Devices**: Use the **Google Family Link** app. Install it on both your device and your child’s device, and you can set screen time limits, approve or block apps, and manage content settings.

Computers:

- **Windows**: Go to **Settings > Accounts > Family & Other Users** to set up a child account. You can then use **Microsoft Family Safety** to control screen time, filter content, and track activity.
- **Mac**: Navigate to **System Preferences > Screen Time** to create limits and content restrictions. You can also manage app usage, communication limits, and set up bedtime for device usage.

Gaming Consoles:

- **PlayStation**: Go to **Settings > Parental Controls/Family Management**. You can restrict content based on age ratings, set playtime limits, and manage spending through the PlayStation Store.
- **Xbox**: Use **Settings > Account > Family Settings** to manage screen time, limit content, and create restrictions for online communication.

Streaming Devices:

- **Roku**: Use **Settings > Parental Controls** to set up a PIN that will be required for certain channels or content rated beyond a specific age.
- **Amazon Fire TV**: Go to **Settings > Preferences > Parental Controls** to restrict purchases and access to certain apps and content.

Setting up parental controls on these devices will help you create a safer digital environment. In the next page, we’ll discuss some of the best parental control apps and software available, including their key features and benefits.

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