

How Screen Time Settings Work

Start with a 24 hour clock.
Your screen time schedule is then based
on when, how much, and what kind of
screen time best suits your child.



Please Scroll Down

Step 1: Set an Allowance

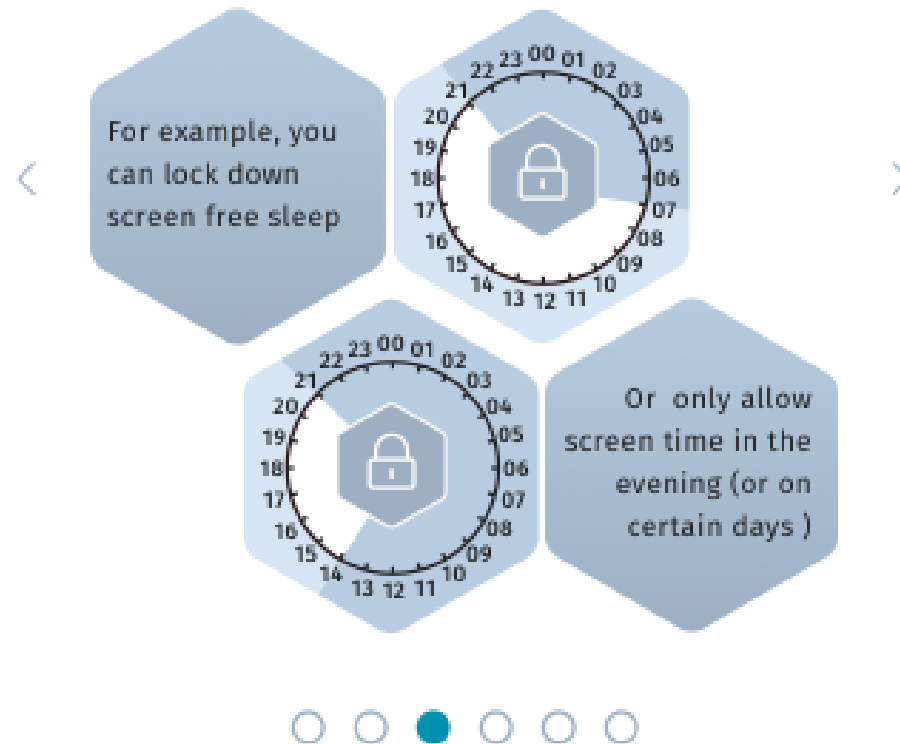
Decide how much recreational screen time per day to allow, (For example, say 3 hours). This is your child's **PLAY TIME ALLOWANCE**



Please Scroll Down

Step 2: Set Restricted Hours

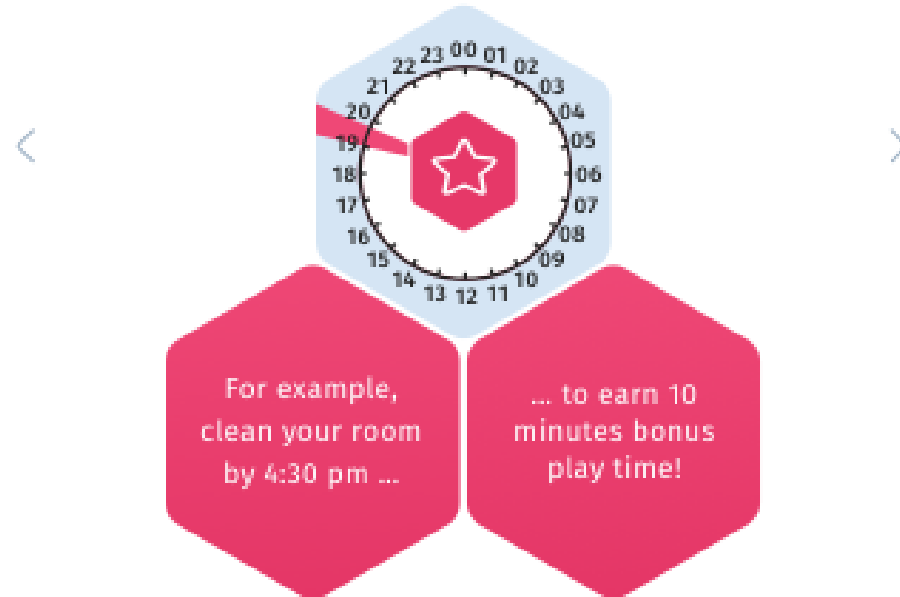
Agree how early or late kids are allowed on screen time. Screens are blocked outside these times - making restricted hours clear.



Please Scroll Down

Step 3: Add Bonus Play Time

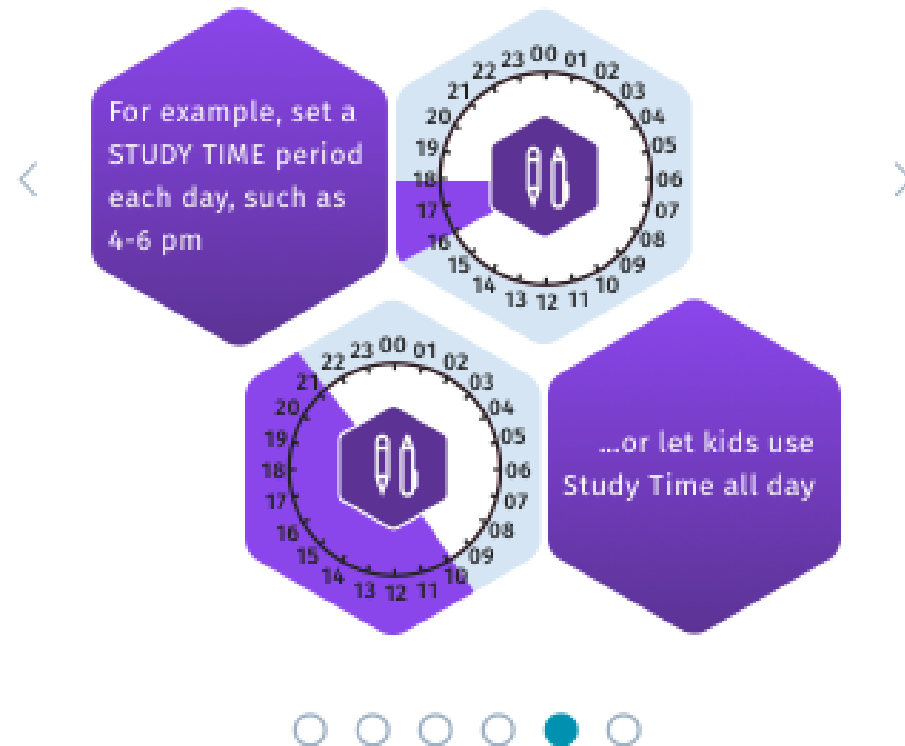
Encourage positive habits.
Give kids tasks to complete, so they can
earn, privileges and other REWARDS.



Please Scroll Down

Step 4: Set Study Time

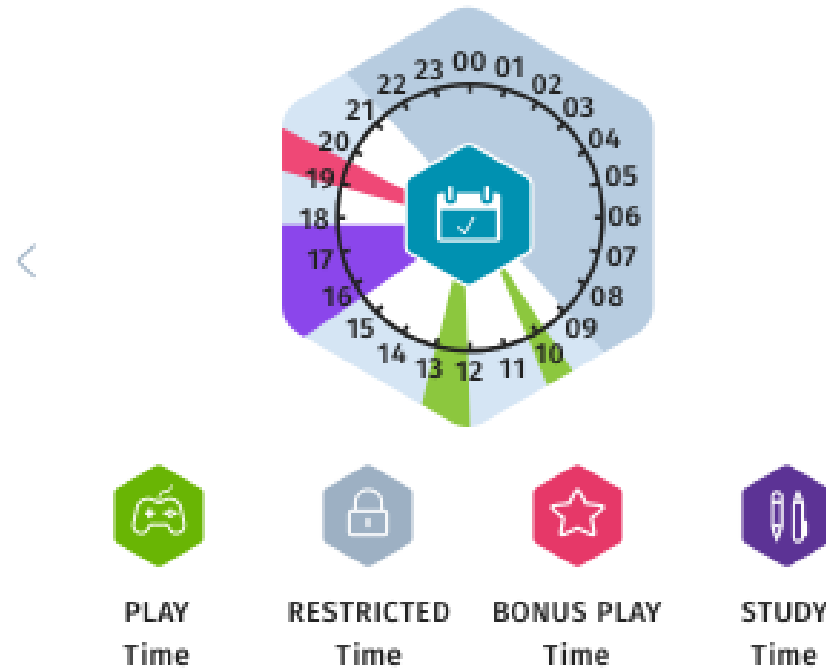
Block distracting sites and apps but still allow STUDY TIME access to educational sites and apps.



Please Scroll Down

Now Put It All Together

...and let Habyts do the rest!
You can use the same routine or set a different one depending on the day. You're in charge!



Ok, got it!