

TOP PARENTAL CONTROL APPS

FREE FOR ANDROID AND APPLE - Google Family Link lets you restrict apps being downloaded, set bedtimes with the screen, limit amount of time per day on certain apps or the screen, monitor messages and so much more, all remotely from your own device.

Google Family Link

FREE FOR APPLE - within the settings of any iPhone 5S and above (once you update your software in the settings) Screen Time allows you to monitor phone usage, restrict access to apps, restrict time spent on apps, set sleep times for the phone and much more. This must be done on the device itself and cannot be done remotely.

Screen Time on your iPhone



FREE FOR ANDROID - Within the settings icon of any android phone, you can limit the time spent on apps, setup an authorised user to allow app downloads, restrict explicit content and set sleep times for the phone. This must be done on the device itself and cannot be done remotely.

Android Digital Wellbeing: Tools for balance

