

# Set Up A Safe First Phone For A Child — Checklist

*Print and tick off. ~45 min for full setup.*

**Date completed:** \_\_\_\_\_

Re-run this quarterly. Each pass takes about 12 minutes.

## Beginner — do these in order

- 1. Family Sharing / Family Link enabled**  
Parent + child accounts linked
- 2. Screen Time / daily limits set**  
By app category
- 3. Downtime scheduled (e.g., 9pm-7am)**  
Bedroom-phone avoided
- 4. Ask to Buy / approval required**  
All apps + purchases
- 5. Content filters set**  
Web, App Store age, music/movies
- 6. Risky settings off**  
In-app purchases, AirDrop, location-to-apps
- 7. Find My / Find Device on**  
Family location sharing
- 8. Phone contract drafted + signed**  
Both kid + parent
- 9. Phone-free zones agreed**  
Dinner, homework, bedroom overnight

## Advanced — if you want to go further

- Bark or Gabb monitored phone for younger kids
- DNS filtering at home network
- Communication Safety enabled (iPhone)
- Annual privacy/permissions audit
- Kid Apple ID linked to family payment
- Phone parking lot ritual