



PARENT QUICK SETUP CHECKLIST

The Chapter 7 sixty minutes, on one page. Do it in this order.

- ☐ Child account created inside Family Sharing (Apple) or Family Link (Google), with the REAL birthday
- ☐ Screen Time passcode or parent PIN set (not your phone unlock code)
- ☐ Ask to Buy / Google Play purchase approvals ON
- ☐ No bank card stored on any child account
- ☐ App permissions audited: camera, microphone, photos, contacts, location, per app
- ☐ Location per app: Never or While Using only
- ☐ Downtime scheduled; chargers out of ALL bedrooms tonight
- ☐ SafeSearch on and locked; web filter set for age
- ☐ Router DNS changed to 1.1.1.3 and 1.0.0.3 (or 208.67.222.123 and 208.67.220.123); router admin password changed
- ☐ Guest WiFi switched on for visitors and old devices
- ☐ Two factor authentication on the child's email first, then all accounts
- ☐ Platform family tool linked for every installed social and gaming app
- ☐ Said out loud while doing it: "I am closing doors that should never have been open, not spying on you"

Date: _____