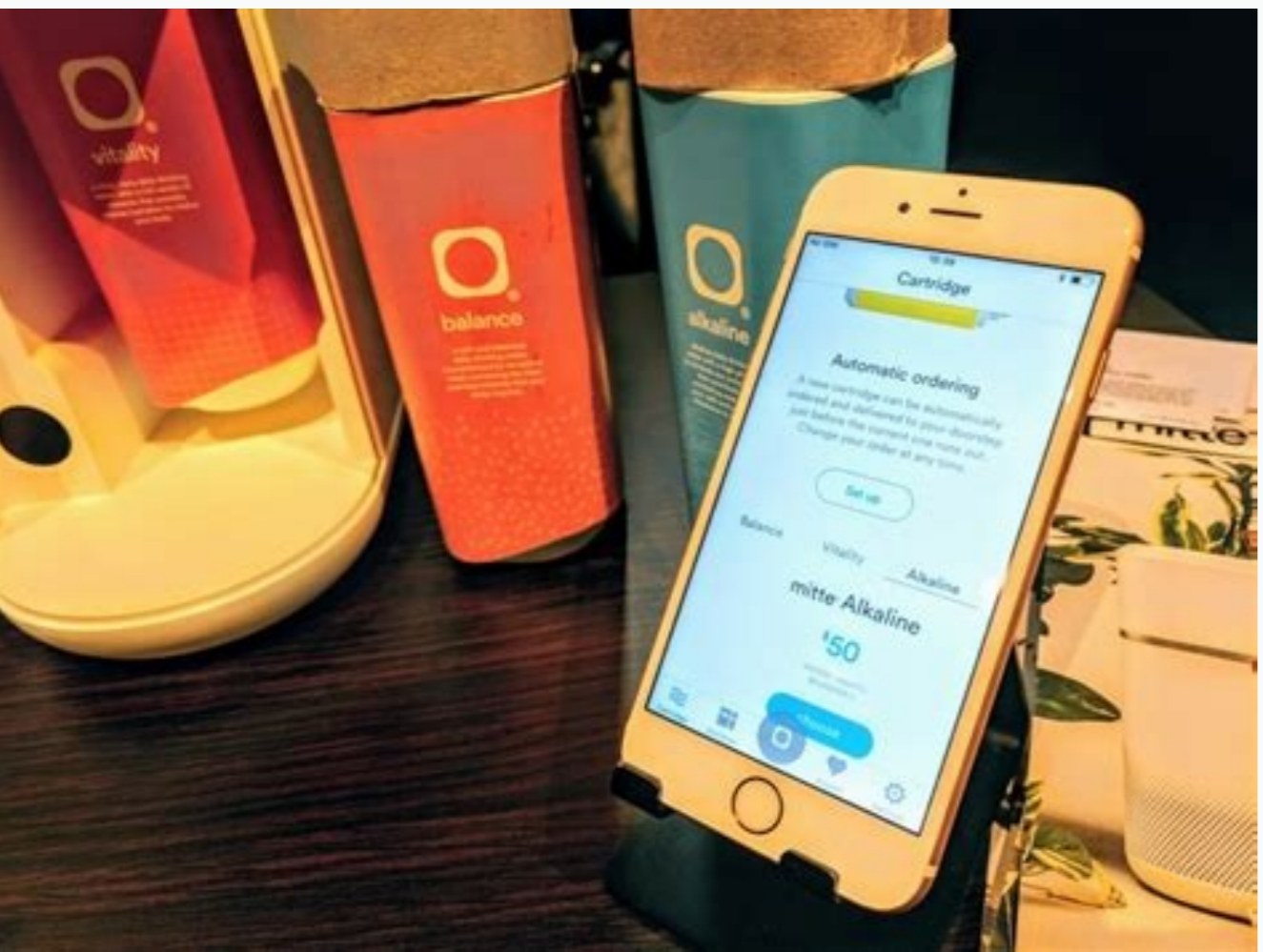
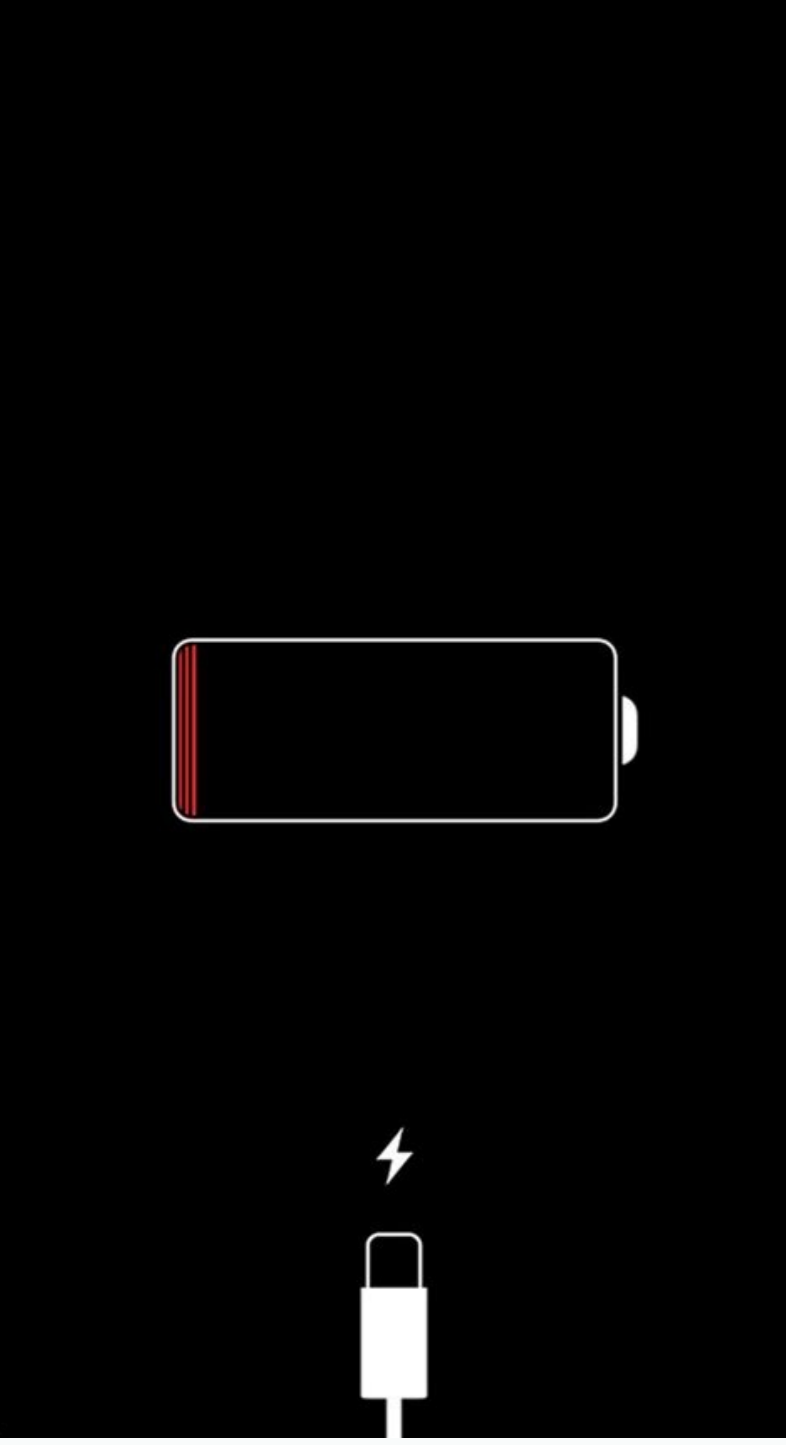
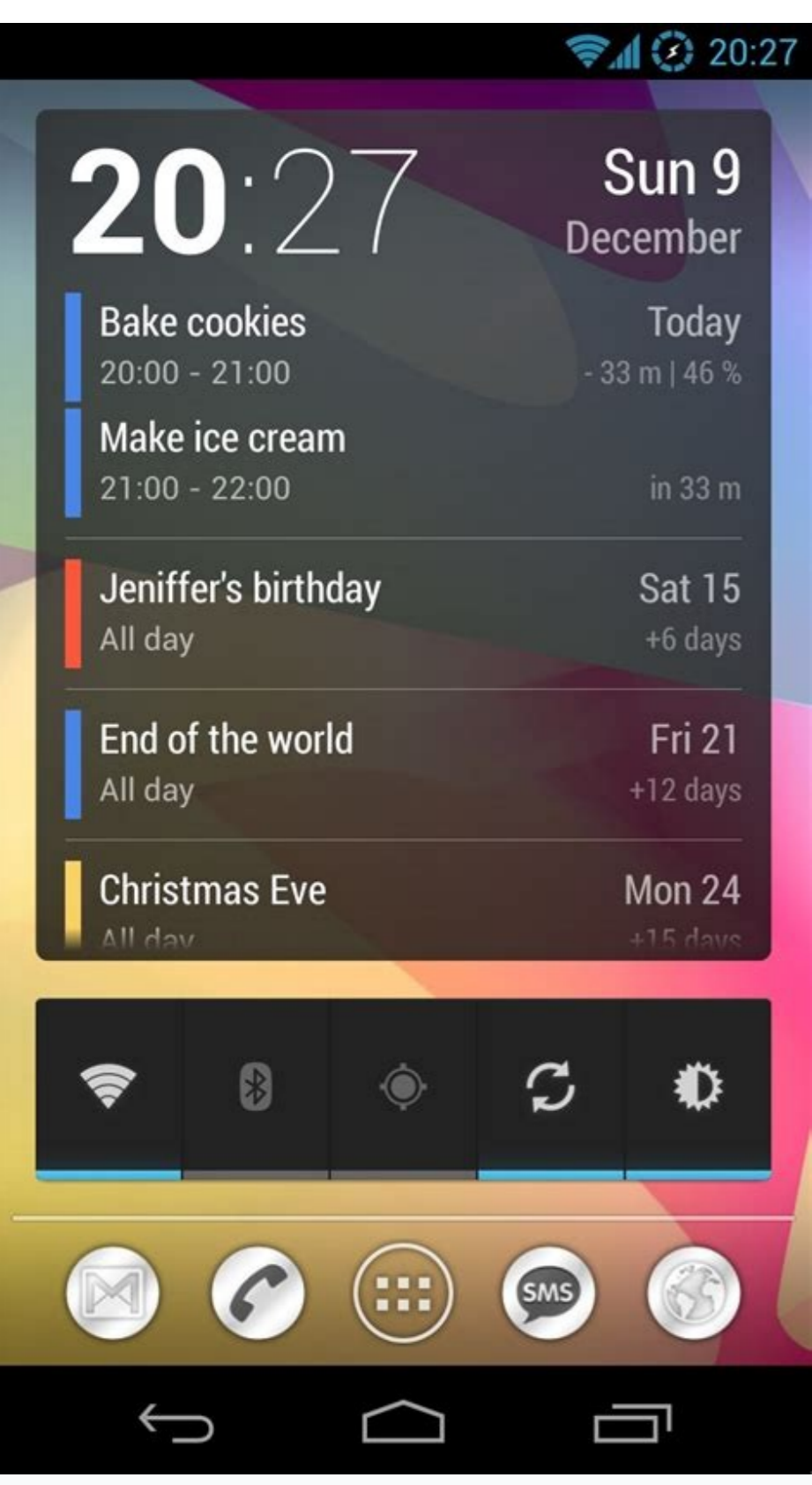


How do i see screen time on android

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It's easy to let your child fall into the TV trap. First you let him unwind with a cartoon after school. Then you let him keep the television on while you make dinner. Before you know it, he — like the average American kid — is watching four hours a day, well above the limit recommended by the American Academy of Pediatrics. TV has a powerful hold on most school-age kids. It provides the effortless entertainment they crave. By this age, children can also have a measure of control over what they watch: They've mastered the remote, and their reading and time-telling skills help them figure out when their favorite programs are scheduled. "They're also intensely curious, and TV is one way they learn about the world," says Jane Healy, PhD, author of *Your Child's Growing Mind*. "But it's imperative that parents set limits on both content and the amount of screen time." Here's why: Early grade-schoolers lack the ability to regulate their own viewing habits. And a child who's constantly glued to the set is missing out on the chance to exercise, socialize, study, and play. Numerous studies have shown that young kids who watch too much TV struggle with schoolwork and are more likely to behave aggressively and become overweight than those who don't. Want to curb your child's viewing habits? Here are seven strategies you may not have tried yet. A recent study says adults watch more than four and a half hours of TV per day, so chances are your child isn't the only one viewing. Logging in everyone's TV time (including your own) can be enlightening — and shocking. Do you leave the set on while you do housework? Does your husband grab the remote as soon as he gets home? Do you watch TV during dinner (84 percent of all families do so at least some of the time)? If so, it's time to reform your viewing habits — for your child's sake. An idle TV is tempting, but not if your child can't see it. Put a decorative throw over your set. Or try this solution from Lauren Mauck, of Soledad, California: To reduce her 6-year-old daughter Teagan's viewing, Mauck moved the TV to a closet that is only opened on weekends. "Nobody misses the TV during the week because we don't notice it," Mauck says. Wendy Breedlove, of Oregon City, Oregon, gives her 7-year-old son, Alex, two 15-minute coupons per day that he cashes in for TV time. He earns bonus tickets by doing extra chores. Alex can either spend them each day or save them up for a movie on the weekend. On average, a kid spends four times as many hours watching TV as he does reading for fun. To even out that ratio, Sue Panlatis, of Tewksbury, Massachusetts, set up a reading/TV exchange when each of her boys, Mike and Rob, entered first grade. For every minute of reading time (not including homework assignments), the boys earn a minute of screen time, up to a maximum of one hour. "I'm not the bad guy for limiting TV," says Panlatis. "It's up to them." For Carolyn Stonestreet, a mom from Overlook Park, Kansas, the best solution was to separate Josh, 8, and Matt, 6, from the set. She signed Josh up for the Cub Scouts, had both boys join a soccer league, and started setting up more playdates. Soon enough, their TV habit faded. "They had so much fun trying new things and seeing their friends that they were too busy to think about cartoons," Stonestreet says. Your child won't object to being blacked out if you spend the evening together. Play Monopoly Junior, do a group puzzle, or try a card game like Old Maid. You can even have your kids help prepare dinner. Diane Schilder, of Arlington, Massachusetts, says her children, Joe, 8, and Iris, 6, look forward to communal cooking. "It's fun, and it gives us a chance to catch up with each other," she says. Join National TV Turnoff Week from April 24 through 30. Spending some time away from the tube may make your child realize that he doesn't really need it — or miss it. It's unlikely you'll get your child to stop watching TV completely, but you can help him become an informed viewer. One way to do that is to teach him to be critical of the many advertisements he'll see. Try these tactics. Play "spot the commercials." Ask your child to tell you the difference between a television program and an advertisement. Discuss what the marketers do to make products seem attractive. Give him a reality check. When you watch a show together, talk about whether the events could happen in the real world. If not, ask him to explain why not. Practice "talk back." Encourage your child to speak directly to the TV when he sees something he disagrees with in a program or spots a false commercial claim. Thanks for your feedback! With so many distractions on modern smartphones today, staying focused is a task much easier said than done. And it can be especially difficult for kids balancing classwork with downtime. The good news is that Android 9 Pie and the just-released Android 10 provide an extensive suite of tools to let you silence attention-grabbing apps and notifications. The tools can also help us drill down to understand what software and tasks are consuming most of our time. That's especially important, because you can't solve smartphone addiction unless you're mindful of it in the first place. Here are our tips for using Android's Digital Wellbeing features to help your kids stay focused on their classwork. The Basics: Understanding the Digital Wellbeing Dashboard and App Timers Digital Wellbeing tools are accessible from the first page of your Android phone's settings menu on any phone running Android 9 Pie or Android 10. Right off, Digital Wellbeing presents you with a wealth of information. However, it's important to note that this screen may differ slightly depending on which Android phone you're using. Digital Wellbeing began as a Google-led initiative that debuted in the Pixel 3. Since then, it's reached more devices, including Samsung's Galaxy S10 and Note 10, though there may still be slight variations between phone models. For reference, we're using a Pixel 3. (Image credit: Future) At the top, you'll see a pie chart, dividing up your total phone usage time for the day by a per-app split. Unlocks and notification tallies are presented below that. For even more granular details, you'll want to head into the Dashboard, where a bar graph helps you visualize how today's usage compares with your weekly patterns. Digital Wellbeing is always monitoring your habits — even when you're not using any Digital Wellbeing features — so you can actually step back up to two weeks to reflect on the data. If you decide you want to act on the data, you can impose something called an App Timer. Simply select the offending app in the list below (more frequently used apps appear higher in the order) and you'll be able to see that specific app's data in greater detail. You can even break usage down to an hourly view, if you so choose. Tap App Timer and from there, you can select the maximum amount of time you'd like the software to be available for every day. App Timers reset at midnight. When you've used up your daily allotment for an app, its icon will turn grayscale. Attempting to open the app at that point will yield a message informing you that the software in question is unavailable for the rest of the day. If you'd still like to use it, the only workaround is to turn off that particular App Timer in the Settings. Enforcing Digital Wellbeing with parental controls Of course, if you're particularly concerned about your child spending too much time on their phone, it might not be enough to recommend they use App Limits themselves. Fortunately, this is what Google's Family Link app is designed for. Using Family Link, a parent or guardian can impose screen time limits from their device. You can set up a maximum time for daily usage, and when your child exceeds that, they'll be unable to open apps or use the device for the remainder of the day, except to make phone calls. (Image credit: Future) Parents can also enforce a Bedtime, so that their kid's phone or tablet stops being functional after a certain time every night. And if you'd rather not set up an automated Bedtime schedule or Screen Time limits, you can still remotely lock and unlock a child's device through the Family Link app when it's time to concentrate on homework or dinner. Additional parental controls include the ability to approve or disapprove of apps and in-app purchases your child requests to download, as well as location tracking (so long as your kid's phone is on, of course.) To get started with Family Link, scroll to the bottom of the Digital Wellbeing main page and tap "Set up parental controls." Follow the on-screen directions and install the Family Link for Parents app from the Google Play Store. You'll need to have your child's phone on hand, too, where you'll install the Family Link for Children & Teens version of the app. Advanced Digital Wellbeing features: Wind Down, Focus Mode and Flip to Shhh There's even more to Digital Wellbeing than App Timers and parental controls. Here are other smaller, useful features that can help your kid break free of the small screen when it's most important. Wind Down: This is an especially useful tool just before turning in for the night. When turned on, Wind Down simultaneously enables Do Not Disturb and incorporates a grayscale filter over your screen that makes your phone less attractive to use. Schedule Wind Down every night, and your child might be less compelled to spend their first hour in bed scrolling through Instagram. It also makes your device's display much easier on the eyes, especially in a dark room. (Image credit: Future) Focus Mode: When your child needs to be present or focused on the task at hand right now, there's Focus Mode. This feature, which is exclusive to Android 10, allows you to add especially time-sucking apps onto a temporary blacklist. When Focus Mode is momentarily activated — as it can be from your quick toggle shortcuts in the notification shade — you won't be able to open these apps. Functionality returns only once you manually deactivate Focus Mode. Flip to Shhh (Pixel only): This helpful little trick existed before Digital Wellbeing tools made it to Google's Pixel phones, yet it is still a favorite of the Tom's Guide staff. With Flip to Shhh on, your phone will silence notifications while it's flipped over. You'll know Flip to Shhh is on because it is punctuated with a knocking vibration effect when first activated. For everything Google has built

into Android's Digital Wellbeing suite, there's still a lot it can't do. So if you want even deeper restrictions on your child's device, like web-browser filtering and SMS monitoring, your best bet is to turn to a third-party parental control app. Here are two of our favorites.Norton Family Premier: Our top parental control pick for Android, Norton's software offers an impressive feature set that goes beyond blacklisting apps and locking down your child's phone. For example, Family Premier lets you set up to six numbers your child can call, even when all other functions on their phone are locked. In addition to limiting web traffic and monitoring texts, it also keeps track of videos your child watches (albeit only on YouTube and Hulu). It must be said that Norton's interface is a tad clunky, and at \$49 per year this certainly isn't the cheapest solution out there — though it is the most versatile. Read our full Norton Family Premier review.Kaspersky Safe Kids: This one is currently our bargain choice for a multiplatform parental control service. Although Norton's suite has Kaspersky beat in terms of raw quantity of features, Kaspersky's still does many of the same things — like website filtering, SMS monitoring, location tracking and individual app time limits — yet costs just \$15 a month. The confounding design of the service's web portal mitigates the appeal somewhat, though if you can get past that, Safe Kids is a very well rounded — and very affordable — choice. Read our full Kaspersky Safe Kids review.OutlookFortunately, Google's screen time-saving tools on Android are reasonably robust out of the box. Best of all, they're free. If your child is older and you trust them to moderate their phone usage on their own, Digital Wellbeing provides everything they need to learn healthy time management.If you have a younger child, though, and find strict limits to be more useful, enforcing restrictions through Google's Family Link app isn't a bad idea, especially because it poses no monetary risk to you if it doesn't work out. And if neither of those is best for your family's situation, then it might be worthwhile giving one of our top parental control apps a try.

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