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## Garmin Smartwatch Controls & settings guide

The Garmin smartwatch allows you to stay in contact with and monitor the activity of your child. Learn how to set up and manage your child's Garmin Bounce 2 smartwatch.

## 1 How to set location boundaries

You can set up geofenced boundaries around specific locations. You'll receive alerts if your child leaves these areas, helping you stay aware of their location.

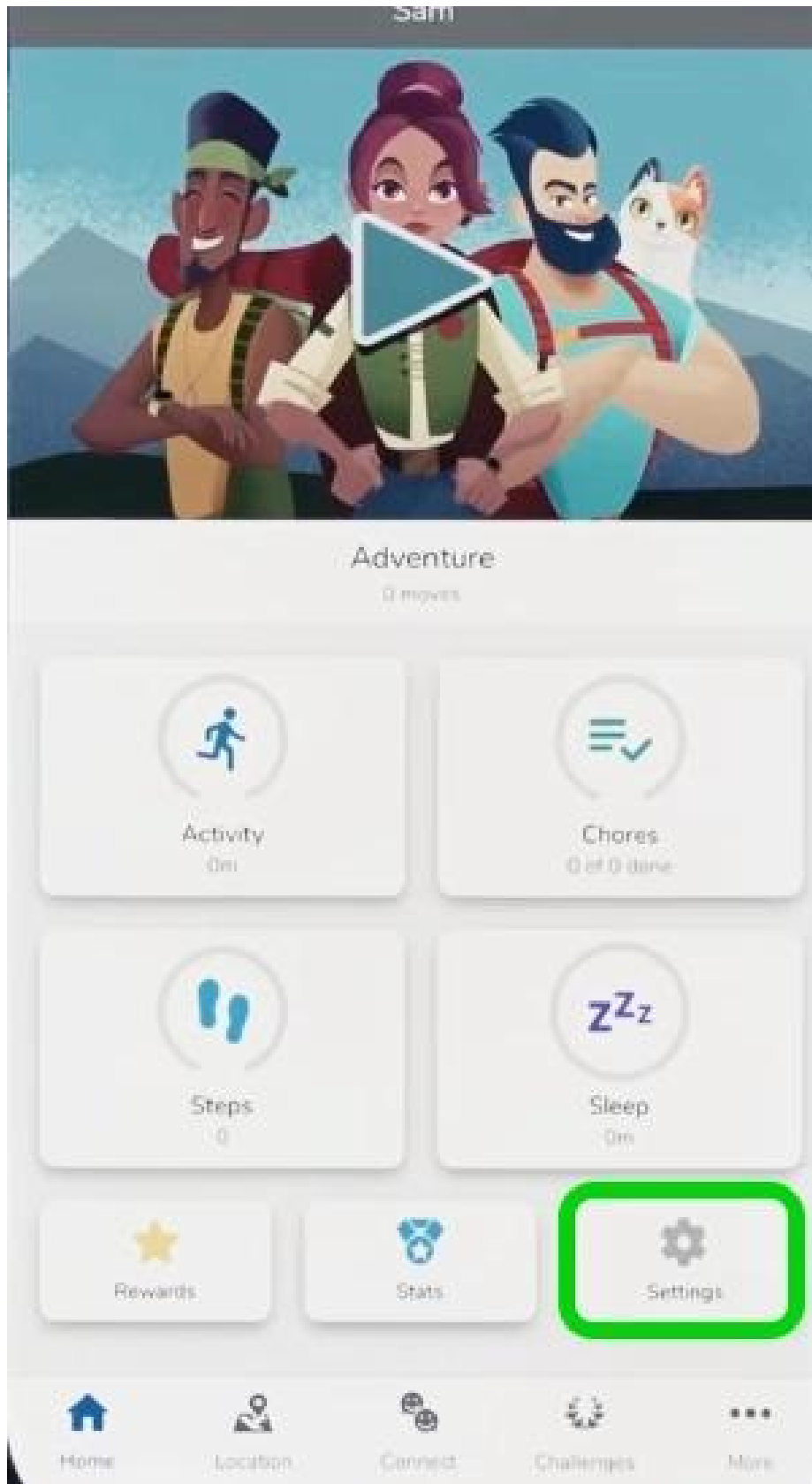
### To set boundaries on the Garmin smartwatch:

**Step 1** – Open the **Garmin Jr. app** and select **Settings**.

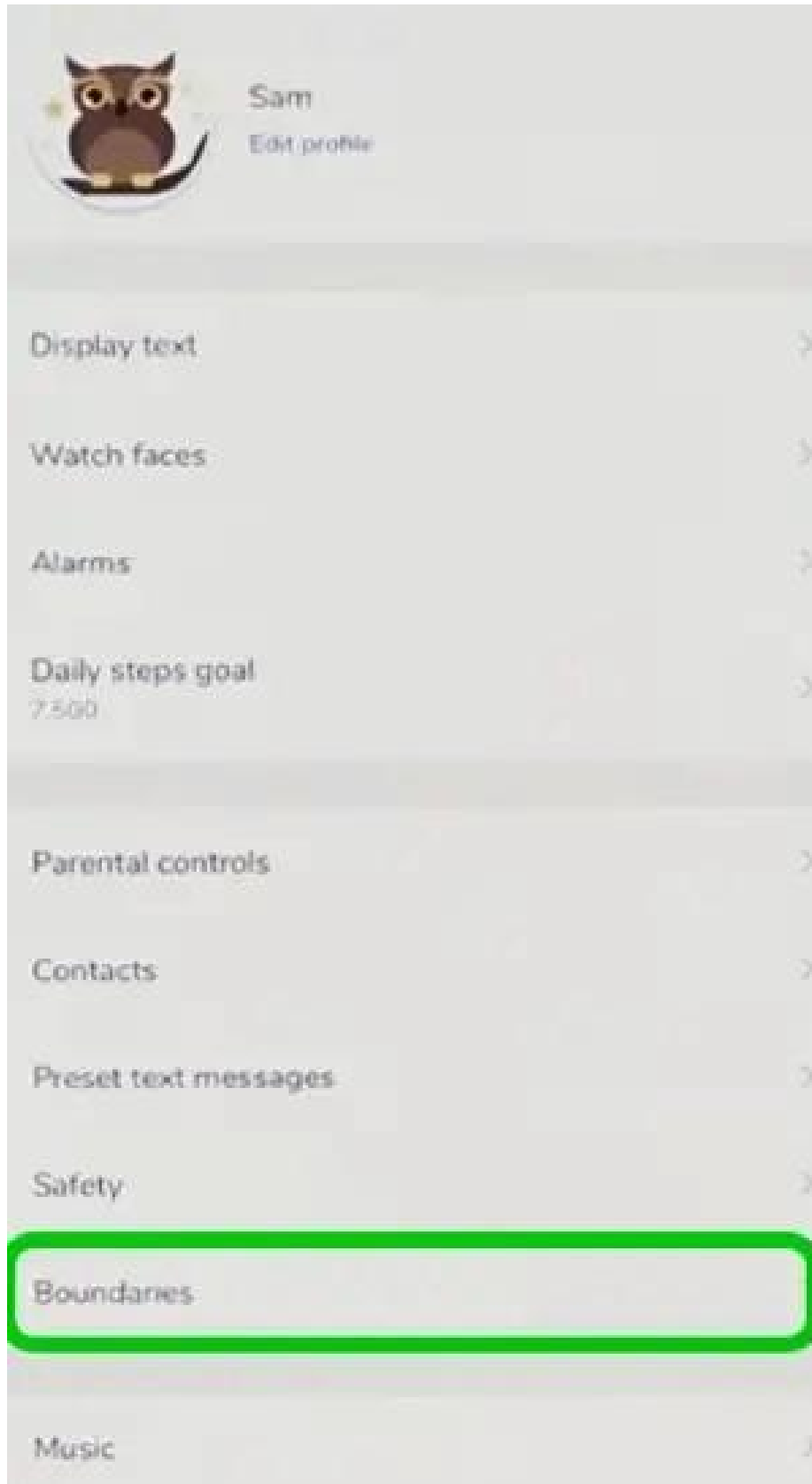
**Step 2** – Within the settings, select **Boundaries**.

**Step 3** – Click the **+ sign** in the top right corner to add a new boundary.

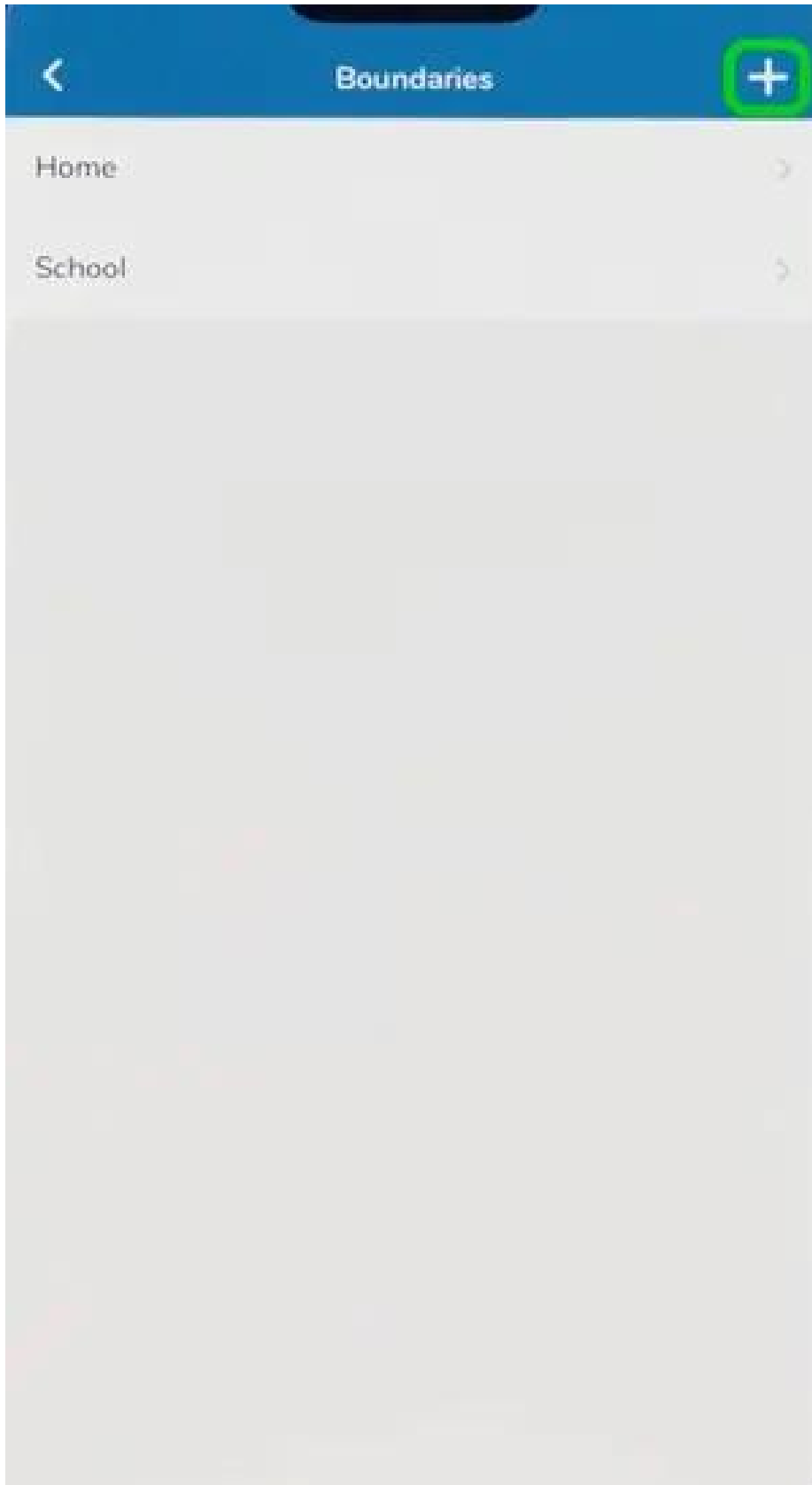
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**Step 4** – Click **Address** to choose the area of the boundary.

**Step 5** – On the map, choose where to place the boundary and how big it should be. When you're done, go back to the New Boundary page, input a name and click the **checkmark** in the top right corner.

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**New boundary**

**Address**  
1200 E 151st St

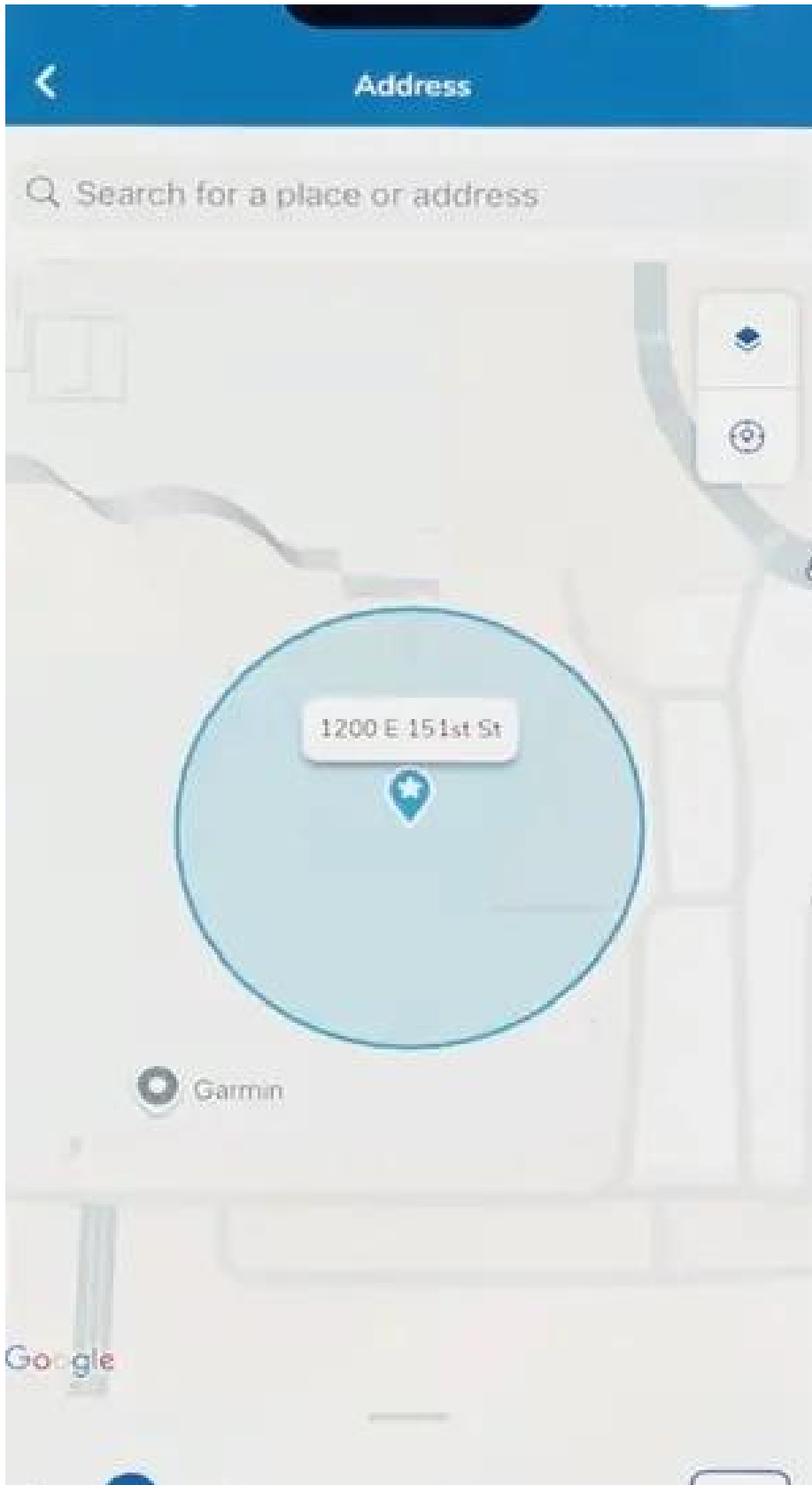
**Boundary name (required)**

Example: Home

**Alerts**

Get a notification when a child enters or exits this boundary.

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## 2 Adding a family member

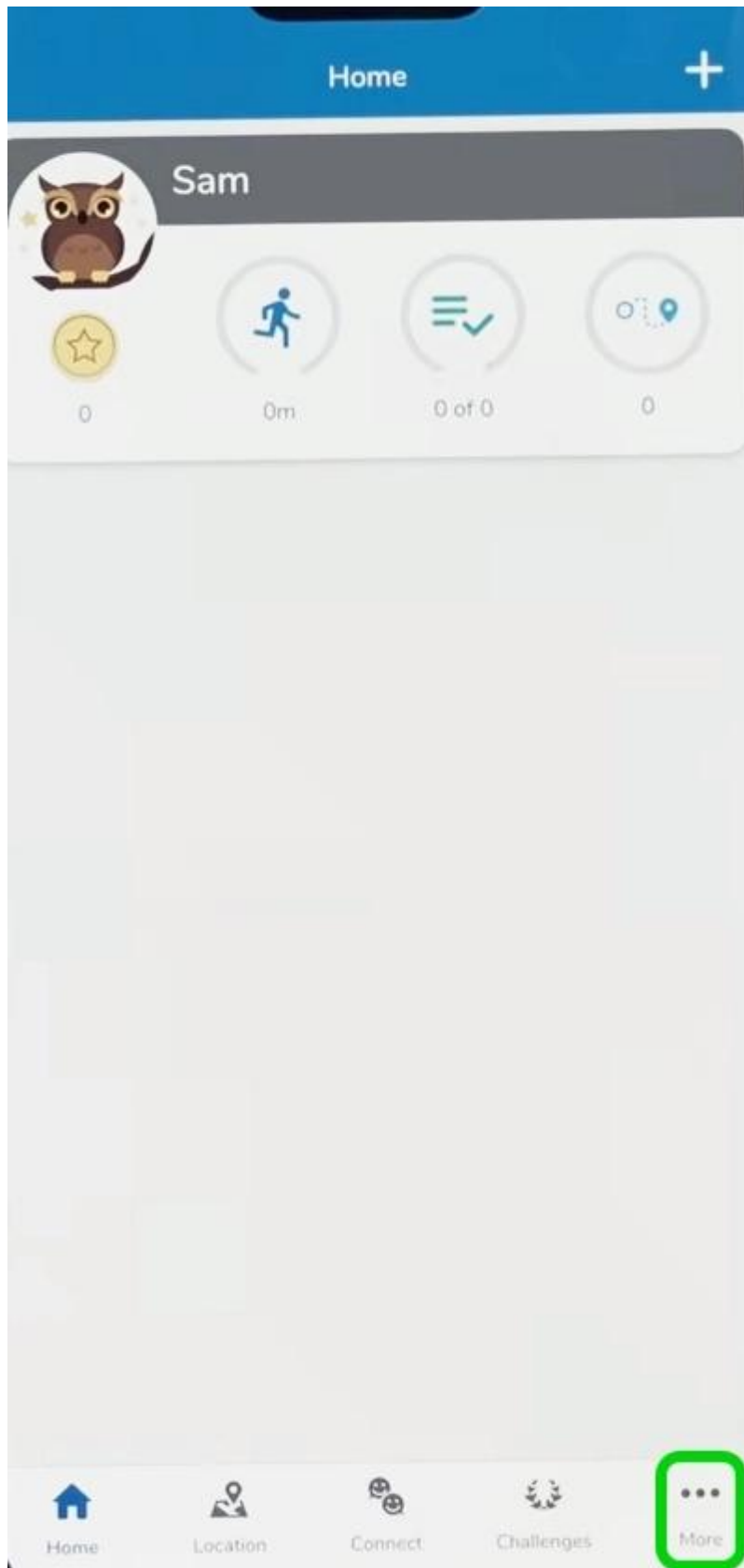
You can add other people with Garmin accounts to your family group. Within this group, they can be given the role of Guardian, Caregiver and Communicator. Their role decides whether they can modify settings, view activity or just communicate with the child.

### To add a new family member:

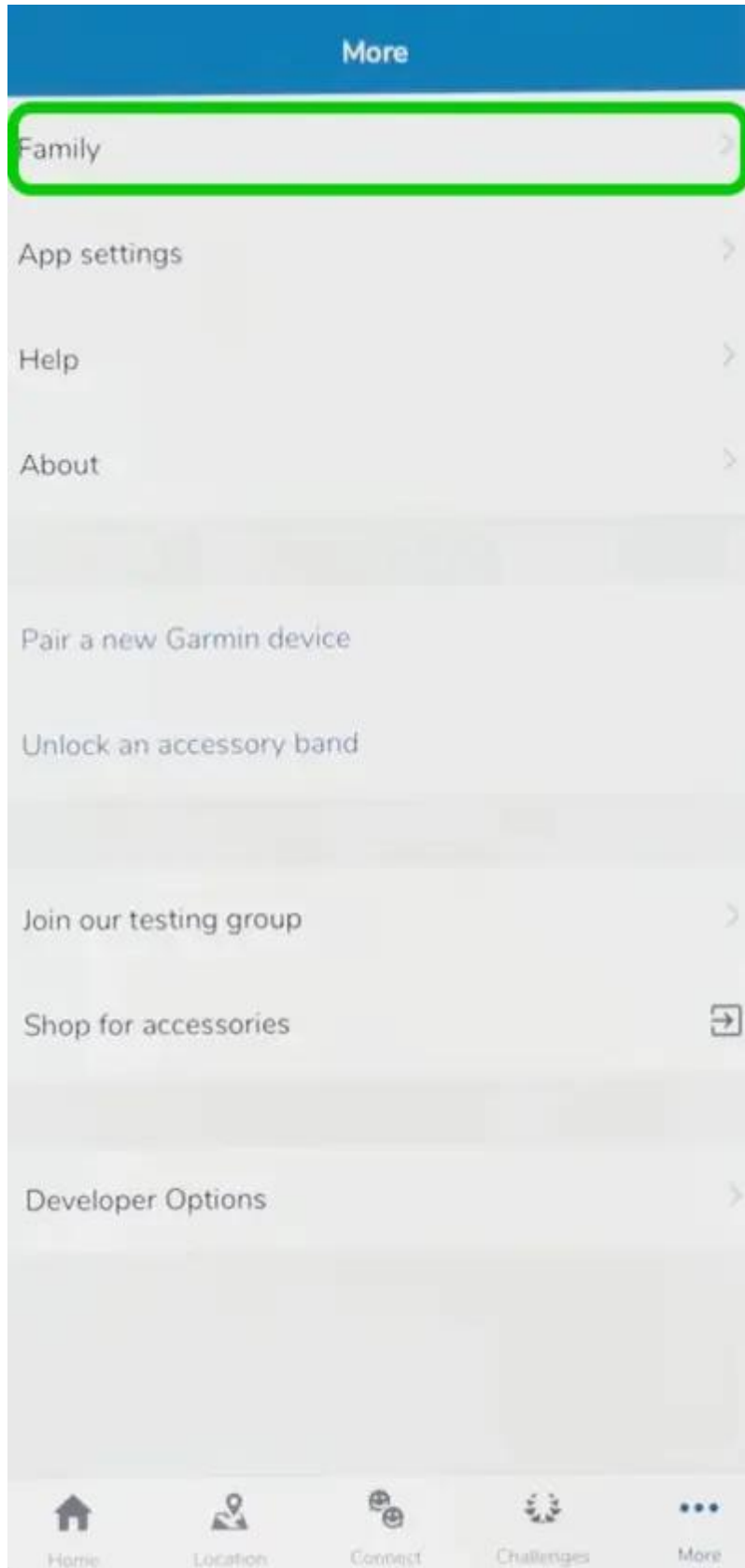
**Step 1** – In your child's profile, select **More**.

**Step 2** – In the More section, click **Family**.

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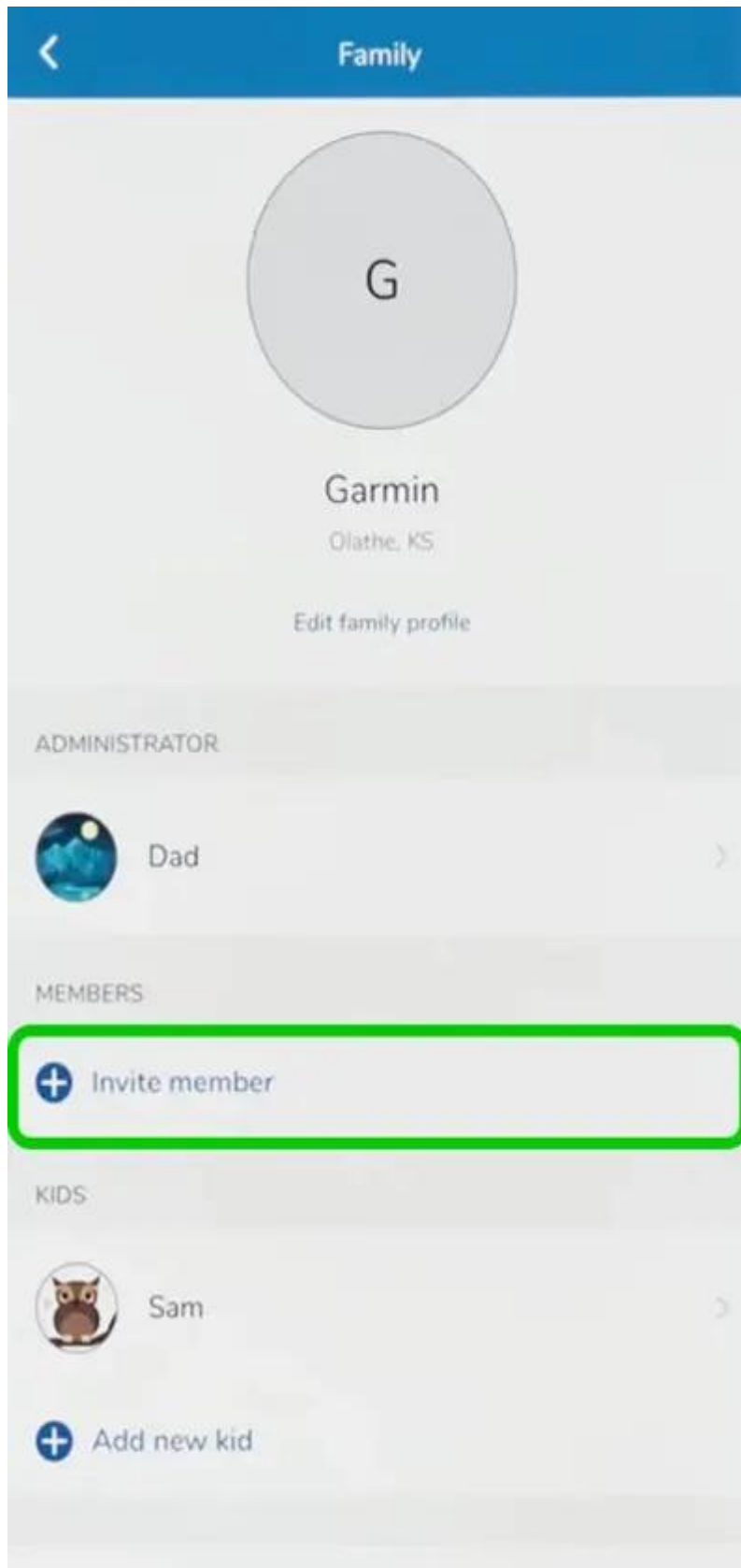
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**Step 3** – Select **Invite member**.

**Step 4** – Enter the email address linked to the Garmin account of the person you wish to add, then select their permission level and click **Continue**.

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 Invite member

Email address

If this person has a Garmin Connect account, send the invitation to the email address on their account.


PERMISSION LEVEL

**Guardian** ✓  
Can view data, track location, interact with the family, and modify kid settings.

**Caregiver**  
Can view data, track location, and interact with the family.

**Communicator**  
Can communicate with the kids in the family but cannot view/modify their data nor track their location.

View privileges



## 3 Enabling school mode

Garmin allows you to enable school mode, which will automatically silence notifications during specific hours to prevent distraction.

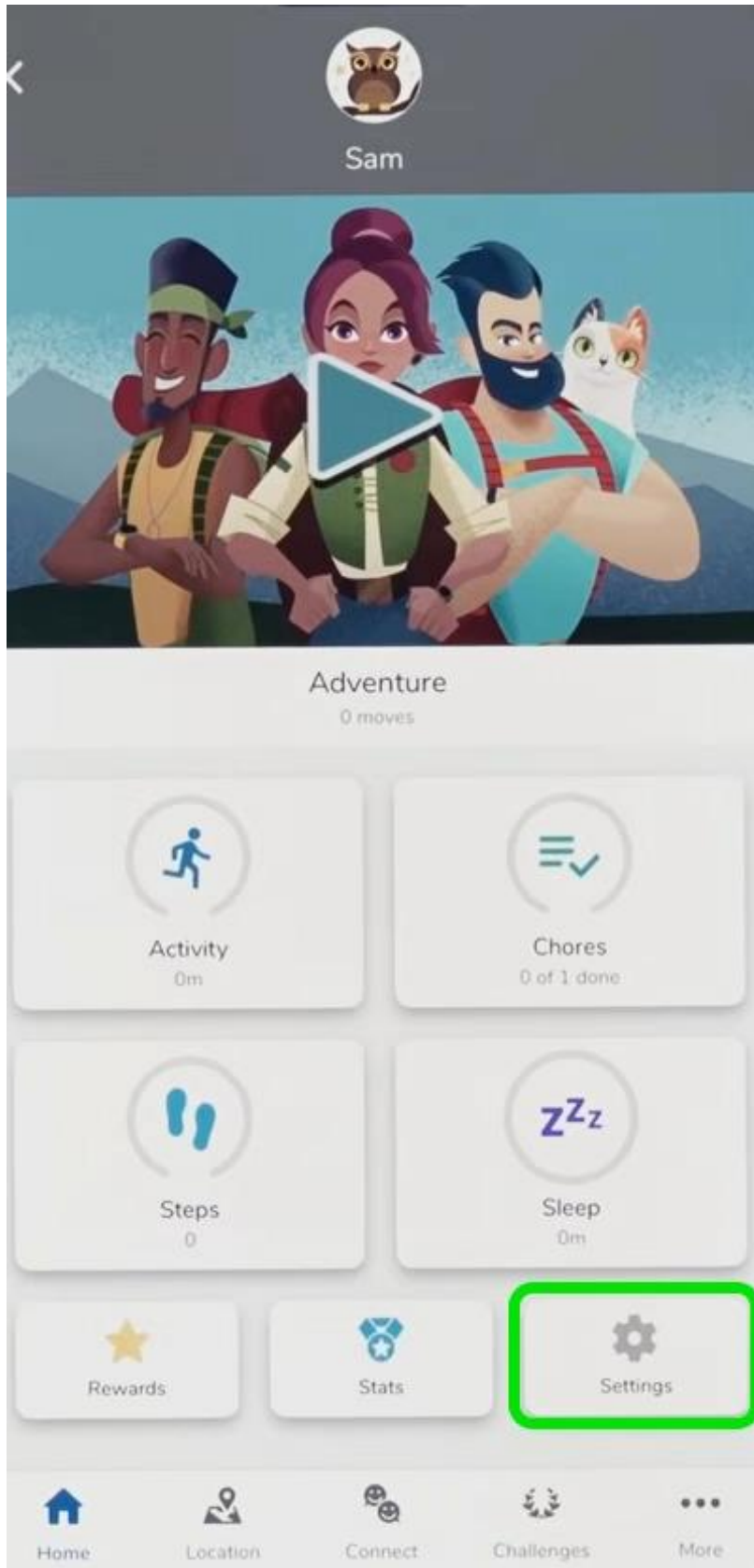
### To enable school time:

**Step 1** – Select **Settings**.

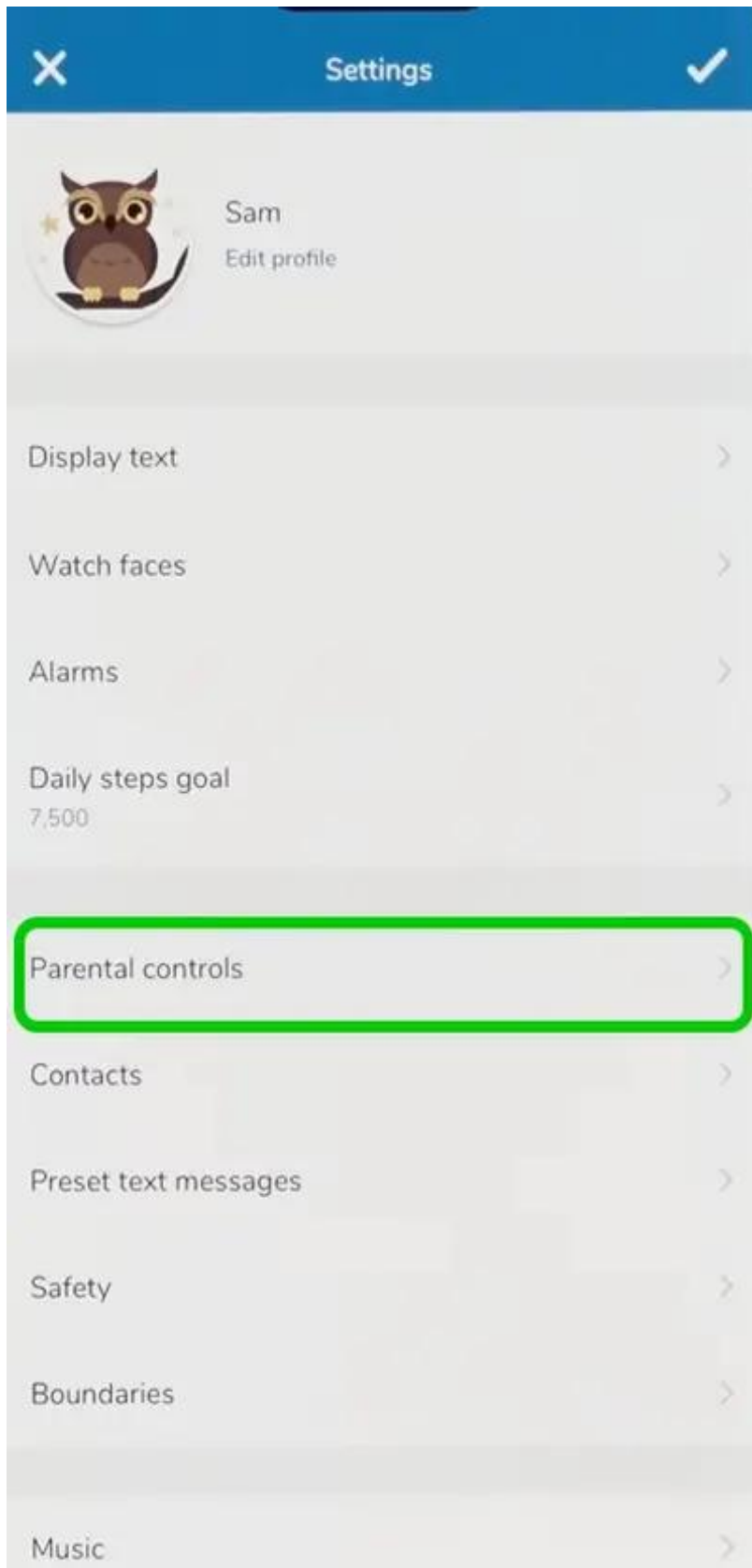
**Step 2** – Within the settings, select **Parental controls**.

**Step 3** – Click **School mode**.

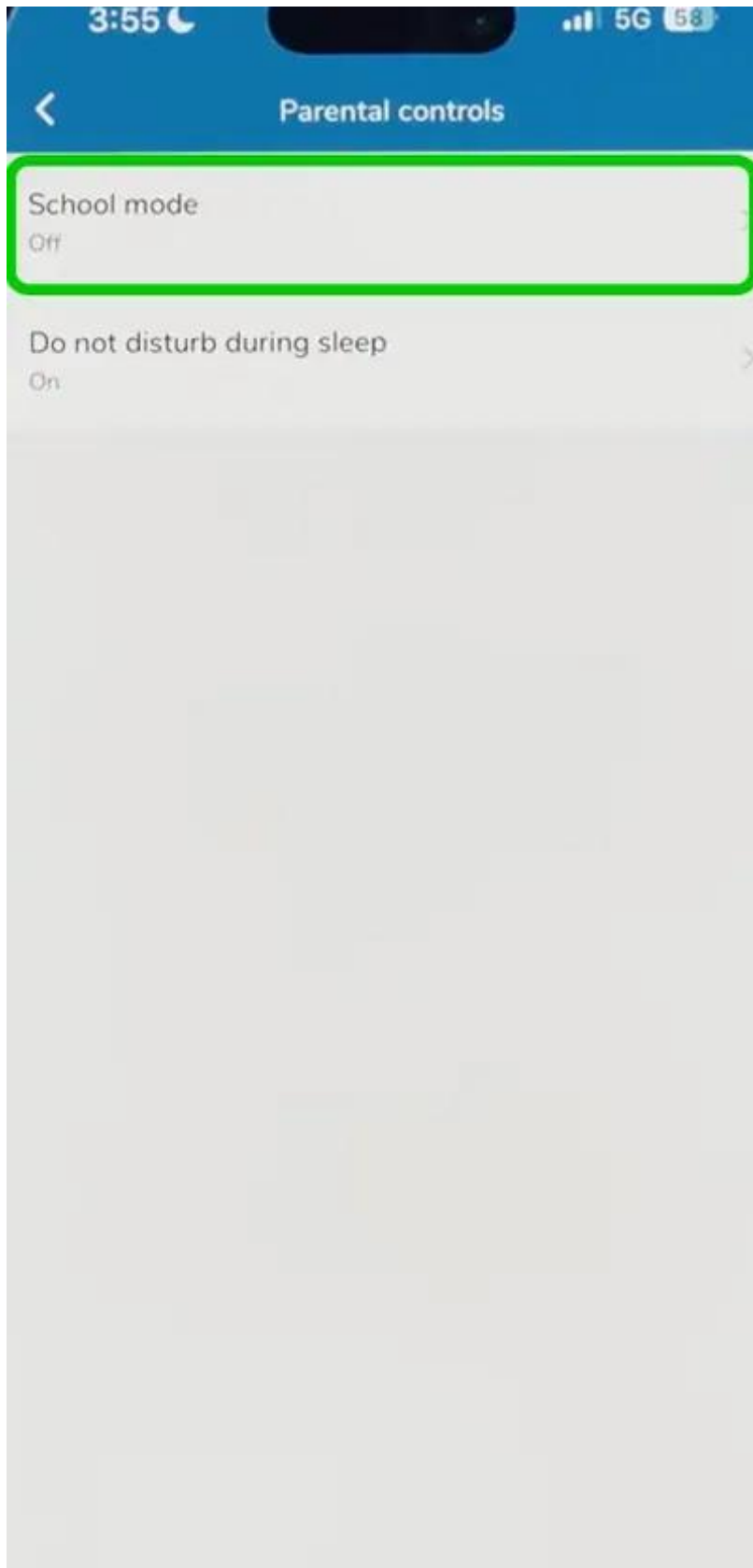
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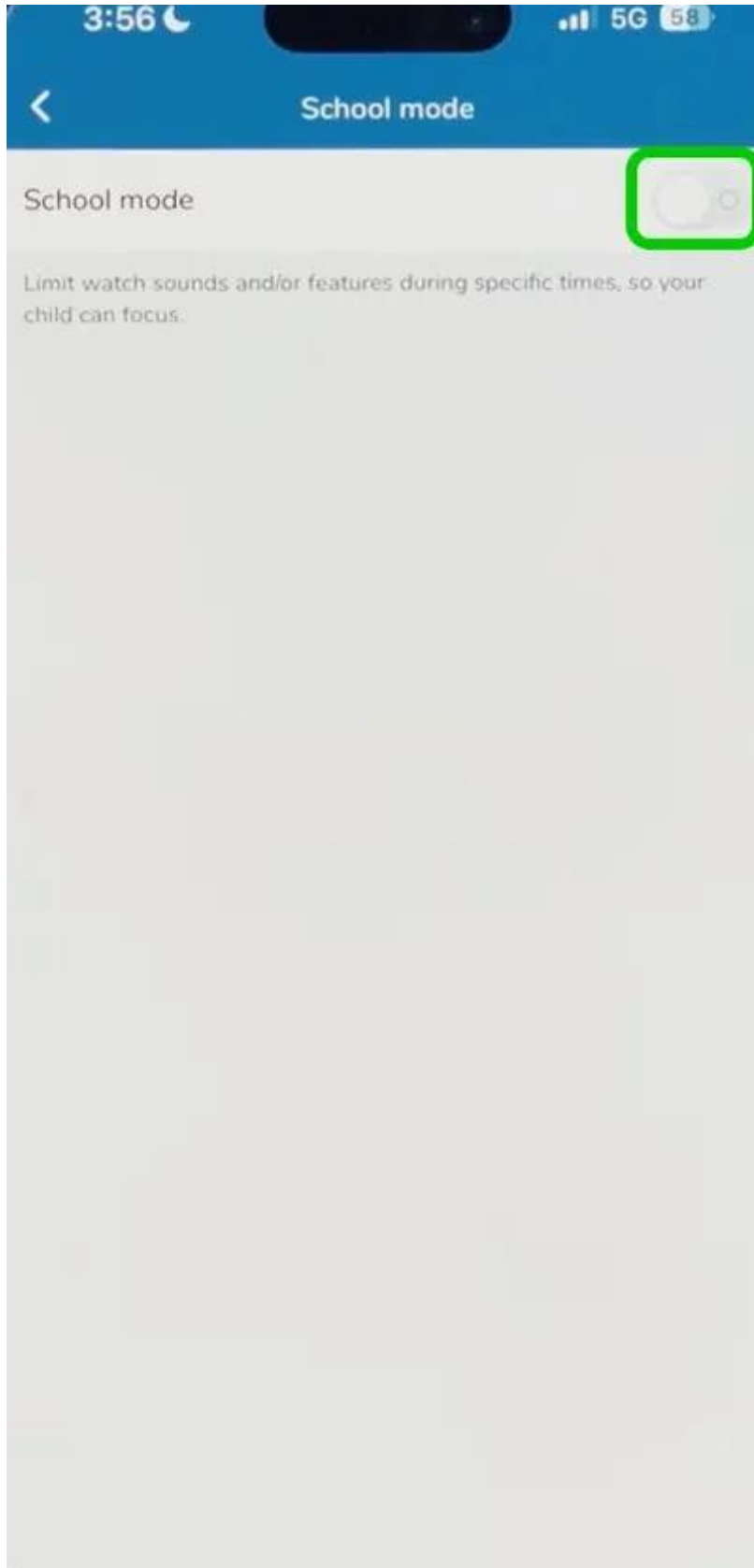
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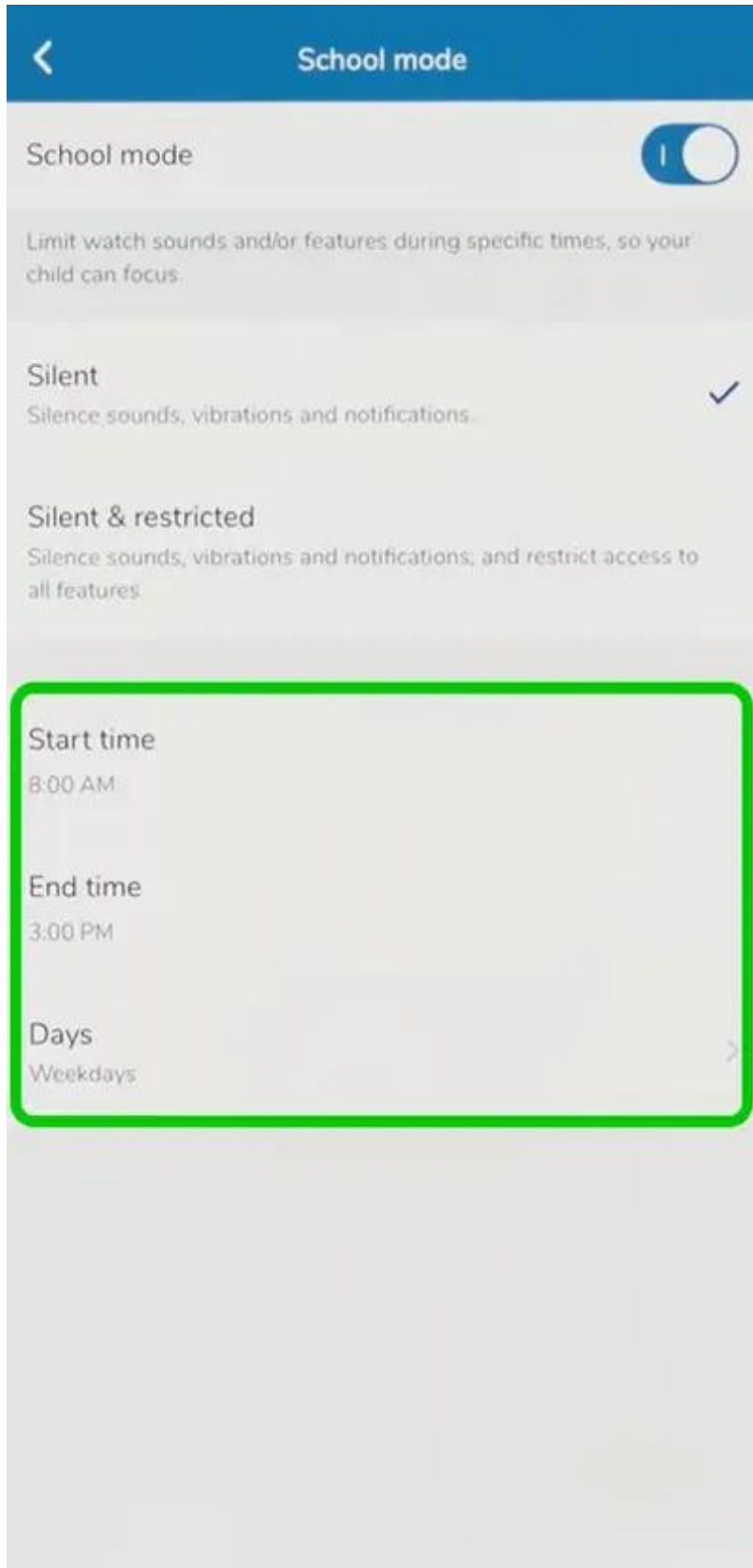
**Step 4** – Switch on the **toggle**.

**Step 5** – Begin setting the school time schedule by selecting a start and end time, and what days these will apply.

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## 4 Set up Do not disturb during sleep

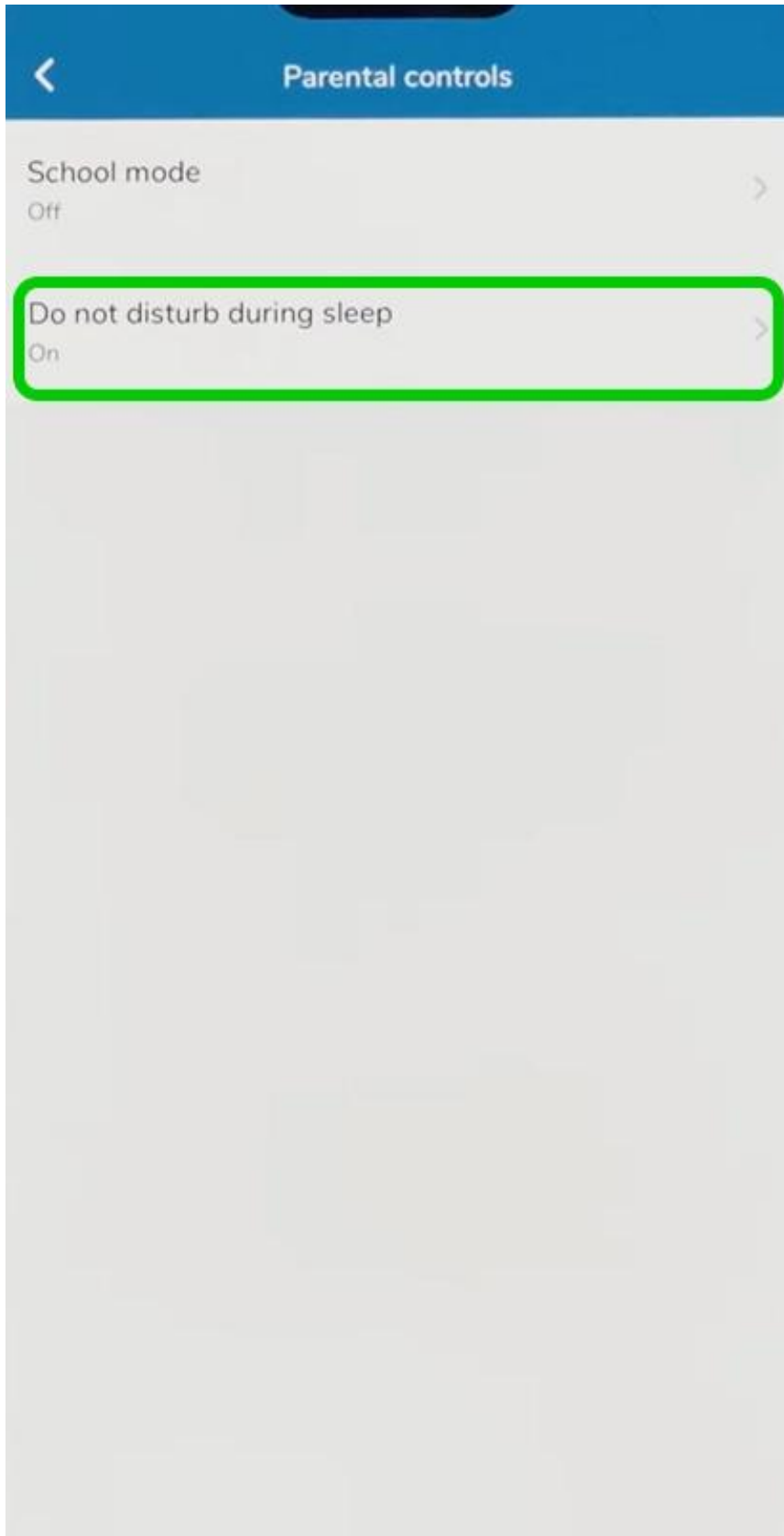
Notifications can be disabled during your child's sleep window, to prevent their sleep from being disturbed.

### To set up Do not disturb during sleep:

**Step 1** – Within the parental controls menu, select **Do not disturb during sleep**.

**Step 2** – Switch on the **toggle** to enable Do not disturb, and choose whether you want to just silence notifications or also restrict access to the watch.

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