

internet
matters.org



Apple Watch Controls & settings guide

You can manage your child's Apple Watch through your iOS device, even if they don't have their own iPhone. You can set parental controls and monitor activity from your device.

1 How to set up an Apple Watch for a child

When setting up an Apple Watch, you can choose to set it up for your child, allowing you to manage their settings and track their location.

To set up an Apple Watch for a child:

Step 1 – Connect your iPhone to the Apple Watch.

Step 2 – Click **Start Pairing**.

Step 3 – Select **Set Up for a Family Member**.

<?xml encoding="UTF-8">



<?xml encoding="UTF-8">

Good Afternoon


If you have an Apple Watch, you
can pair it with your iPhone here.

Learn more about Apple Watch



Start Pairing


My Watch


Face Gallery


Discover

<?xml encoding="UTF-8">

[← Back](#) [Cancel](#)

Set Up Apple Watch

If you have an Apple Watch,
you can set it up here.



Setting up for a family member requires a GPS + Cellular
Apple Watch Series 4, Apple Watch SE, or later.

Set Up for Myself

Set Up for a Family Member

Step 4 – Click **Continue**.

Step 5 – Select **Continue** again.

Step 6 – Hold the Apple Watch up to your phone camera to pair them.

<?xml encoding="UTF-8">

< Back

Apple Watch For Your Kids

Use your iPhone to set up any GPS + Cellular Apple Watch for a child or family member who does not have their own iPhone.

You can use the Watch app on your iPhone to manage settings for a family member's Apple Watch, see their location using the Find My app, set approved contacts for calls and texts, and more.



Continue

<?xml encoding="UTF-8">

< Back



Data & Privacy

This icon appears when an Apple feature asks to use your personal information.

Apple collects this information only when needed to enable specific features, secure Apple services, or personalize your experience.

Apple believes privacy is a fundamental human right, so every Apple product is designed to minimize the collection and use of your data, use on-device processing whenever possible, and provide transparency and control over your information. Your data on this device is also encrypted and will be permanently removed if you reset to factory settings.

Continue

Learn More

<?xml encoding="UTF-8">



Step 7 – Once the watch is paired, click **Set up Apple Watch**.

Step 8 – Create a passcode that will be entered each time the watch is put on.

Step 9 – Select your **family members profile** or select **Add Family Member**.

<?xml encoding="UTF-8">

< Back

Apple Watch is Paired



Set Up Apple Watch

<?xml encoding="UTF-8">

< Back

Apple Watch Passcode

A passcode keeps Apple Watch secure when it's not being worn. Use a passcode that is memorable to you and your family member. The passcode needs to be entered each time Apple Watch is put on.



Create a Passcode

Add a Long Passcode

<?xml encoding="UTF-8">

< Back


Choose Family Member

Select the family member who will be using this Apple Watch.

READY FOR SETUP

K



 Add Family Member

Add up to 5 people from your family.

Step 10 – If you selected Add Family Member, you can either add them using an existing Apple account, or create a new one. Adding them will create a Family Sharing group.

Step 11 – Proceed through a list of permissions, choosing whether to accept or skip them.

<?xml encoding="UTF-8">

< Back

Family Member's Apple Account

If this person already has an Apple Account, they can use it to sign in to this Apple Watch.

Family Sharing will be set up for you and your family member so you can share location, purchases, and more. You will become the family organizer, and this person will join your family.

Your family will also get the ability to help locate each others' devices.

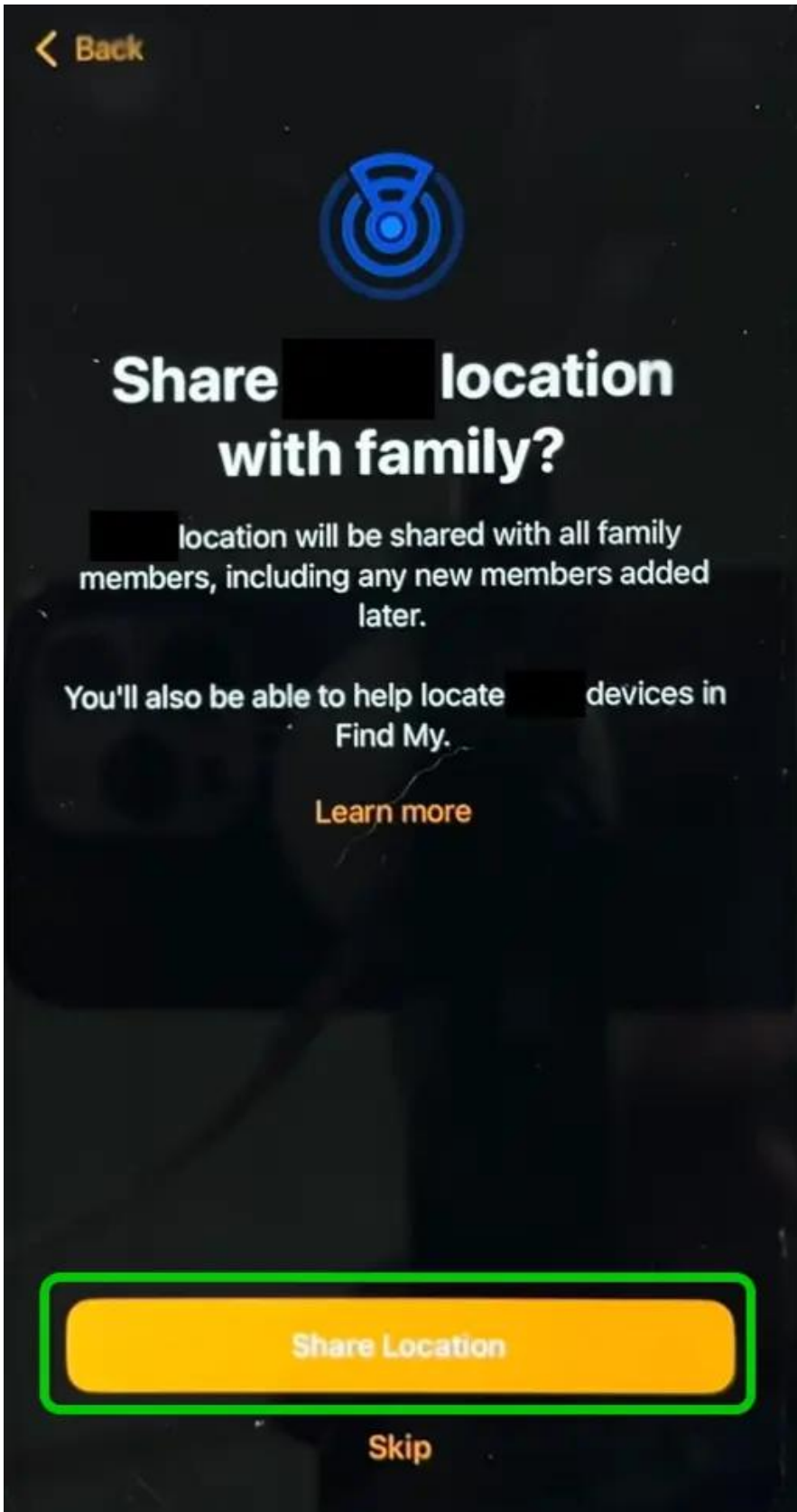


Your Apple Account information is used to enable Apple services when you sign in, including iCloud Backup, which automatically backs up the data on your device in case you need to replace or restore it. Your device serial number may be used to check eligibility for service offers. [See how your data is managed...](#)

Use Existing Apple Account

Create New Apple Account

<?xml encoding="UTF-8">



2 Set up Schooltime

You can set up Schooltime, which blocks access to apps and notifications during school hours. The Schooltime schedule can be adjusted in settings.

To turn on Schooltime:

Step 1 – When asked about Schooltime, select **Turn on Schooltime**.

Step 2 – Switch the **toggle on** to enable screentime.

Step 3 – Choose the days and times that you want Schooltime to be active, then select **Done**.

<?xml encoding="UTF-8">

< Back

Schooltime for [REDACTED]

Schooltime can help [REDACTED] focus during school hours by blocking access to apps and notifications. You can adjust the schedule for Schooltime in the Apple Watch app on your iPhone.



Apple Watch for Your Kids allows you to pair a family member's Apple Watch with your iPhone. For certain features you will have the ability to request to receive certain data from your family member's Apple Watch. [See how your data is managed...](#)

Turn on Schooltime

Set Up Later in the Apple Watch App

<?xml encoding="UTF-8">

