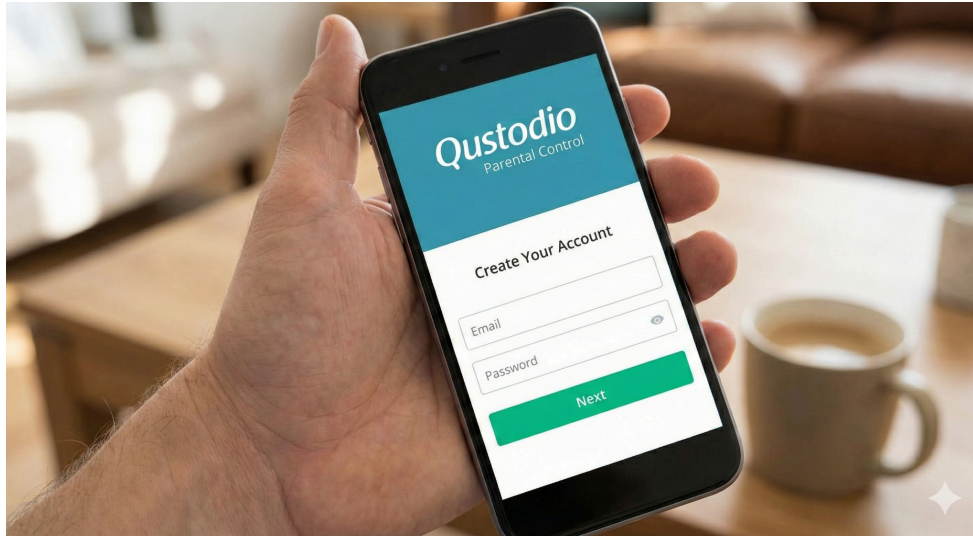


## Phase 1: The "Control Center" (Your Phone)

This is where you'll create your account and set up the main dashboard to manage everything.



1. **Download the App:** On **your** phone, download the "Qustodio Parental Control App" (look for the blue icon) from your app store.
2. **Create Your Account:** Open the app, select "I'm new to Qustodio," and enter your details. Use an email you check regularly.
3. **Set Up Your Child's Profile:** Enter your child's name, birth year, and gender, then choose an avatar. Your dashboard is now ready!

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## Phase 2: The "Protected Zone" (Your Child's Device)

Now, you'll link your child's device to your account so Qustodio can start protecting it.



1. **Download the App on Their Device:** On your child's device, download the "Kids App Qustodio" (the icon may look different or say "Kids").
2. **Log In:** Open the app, tap "I have a parent account," and log in with the account you just created.
3. **Assign and Grant Permissions:** Select your child's profile and follow the on-screen prompts to grant necessary permissions like location and VPN. This is crucial for the app to work!

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## Phase 3: Setting the Ground Rules

With the devices linked, you can now customize the protection rules from your parent app.



1. **Set Daily Time Limits:** In your parent app, go to your child's profile and set a daily screen time allowance or schedule device-free hours.
  2. **Block Nasty Stuff (Web Filtering):** Qustodio automatically blocks harmful content, but you can also manually block other categories like social media.
  3. **App Rules:** Manage individual apps by blocking them entirely or setting specific time limits for each one.
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## Parent-to-Parent Tips

- **Talk About It:** Explain to your child that Qustodio is there to keep them safe and help them manage their screen time.
- **Test It Out:** Try accessing a blocked site on your child's device to ensure the filter is working.
- **Don't Panic:** Red alerts on your dashboard are often just blocked ads, so check the details before you worry.

Screen limits are just the first step. To explore more resources and get dedicated professional help for your teen's growth, visit [Higher Grounds Management](#).