Your Child's Screen — Phone, iPad & Apple Watch

Let your child see their points, game time, or allowance on their own device — look, but don't touch. Optional, free, and you can turn it off any time.

By Greg Snyder, Ph.D. · A Perspective Behavioral Health resource

What it does

Kids do better when they can **see** where they stand. The child's screen puts the live total on your child's own iPhone, iPad, or iPod — and if they have one, a quick peek on their Apple Watch.

It's **look-only**. Your child can watch the number go up (and down), but they can't add points, start the game clock, undo a fine, or change a setting. Only the parents' phones can do that — and that's locked in on our end, not just hidden behind a button. It works the same way in all three tools: **Points & Prize Jar**, **Game Time**, and **Weekly Allowance**.

Phone or watch? Pick what fits

	IPHONE · IPAD · IPOD TOUCH	APPLE WATCH
What they see	The whole app screen — the jar, the bank, or the balance, plus prizes and activity	One short line, like `12 points · 3 more for Pick a show`
How fresh	Live — it changes a second after you tap	Up to date each time they tap it
Works on	Any iPhone, iPad, or iPod touch with Safari	A watch paired with **its own iPhone** (watchOS 7 or newer). **Not** Family Setup watches — see Part 2.
Can it change anything?	No	No
Setup time	About 2 minutes	About 5 minutes, once

Before you start

- **Turn on Family Sync first.** The child's screen rides along with Family Sync. If you haven't set it up yet, follow the **Phone Sync how-to** — you can do it with just one parent's phone.
- **Each app is separate.** Using two tools? Set up a child's screen in each one.
- **Be online** for setup.

Part 1 · iPhone, iPad, or iPod touch LIVE SCREEN

On your (parent) phone

1. Open the app and tap the gear ⚙️ → **Sync**. (In Weekly Allowance it's called **Sharing**.)
2. Find **Child's screen (view only)** and tap **Set up child's screen**. (In Weekly Allowance it says *teen* instead of *child*.)
3. Tap **Send child link** and text or AirDrop it to your child's device.

On your child's device

4. Open the link in **Safari**. You'll see the app with a **Live** dot at the top and a note that it's a look-only screen.
5. Tap Safari's **Share** button (on newer iPhones it's inside the ••• menu) → **Add to Home Screen** → **Add**.
6. From now on, open it from that home-screen icon. That's it — it stays a look-only screen for good.

> **Tip:** Use the home-screen icon, not a Safari tab. iPhones keep home-screen apps separate from Safari, and the icon is what remembers it's your child's screen.

What your child sees

APP	ON THEIR SCREEN	HIDDEN FROM THEM
Points & Prize Jar	The point total, the jar filling up, and how many more points each prize needs	The earn buttons, prize trading, settings
Game Time	Banked minutes, their streak, and the countdown ticking while they play	Earn & lose buttons, Start/Stop, settings
Weekly Allowance	This week's balance, fines today, sticks, and the week's activity	Fines, bonuses, undo, settings

Part 2 · Apple Watch TAP TO CHECK

The watch can't run the full app, so instead you'll make a tiny **Shortcut** — a one-tap button that asks "what's my number?" and shows the answer on the watch. You only build it once.

> **First, check the watch.** This works on an Apple Watch that's paired with **its own iPhone** — usually a teen who has both. It does **not** work on a watch set up with Apple's **Family Setup** (a kid's watch managed from a parent's iPhone), because Apple doesn't include the Shortcuts app on those watches. If that's your child's watch, a hand-me-down iPhone, iPod, or the family iPad with Part 1 is the way to go.

A · On your (parent) phone

1. Do **Part 1, steps 1–2** first, so the child's screen is turned on.
2. In that same section, tap **Copy watch link**.
3. Text the link to the **iPhone the watch is paired with** (your child's iPhone), and open it there.

B · On the iPhone that's paired with the watch

4. Copy the watch link from the text message (touch and hold it → **Copy**).
5. Open the **Shortcuts** app and tap **+** to make a new shortcut.
6. In the search box, type **Get Contents of URL** and tap it to add it. Tap the blue **URL** spot and paste the watch link.
7. Search for **Show Result** and add it underneath. It fills itself in with *Contents of URL* — leave it.
8. Tap the name at the top and rename it something your child will say out loud, like **My Points**, **My Game Time**, or **My Allowance**. Pick an icon and color if you like.
9. Open the shortcut's **Details** (the ⓘ button) and turn on **Show on Apple Watch**. Tap **Done**.
10. Test it: tap the shortcut once on the iPhone. You should see a line like the ones below.

C · On the watch

11. Open the **Shortcuts** app on the watch and tap **My Points** (or whatever you named it).
12. **Put it on the watch face** for one-tap checking: touch and hold the watch face → **Edit** → swipe to **Complications** → tap a spot → **Shortcuts** → pick the shortcut.
13. Or just ask: `"Hey Siri, My Points."`

What the watch shows

APP	EXAMPLE
Points & Prize Jar	`12 points · 3 more for Pick a show` or `a prize is ready!`
Game Time	`45m banked · 4-day streak`, or while playing `Playing now · time's up at 4:15 PM`
Weekly Allowance	`$19.00 left this week · 2 sticks`

The watch needs a connection to check — through its iPhone nearby, Wi-Fi, or cellular. It shows the number at the moment they tap; tap again to refresh.

Turning it off

On a parent phone: ⚙️ → **Sync** → **Turn off child's screen**. Your child's screen and watch will say it isn't switched on. Turn it back on any time — the same link and the same watch shortcut start working again.

Lost or passed-along device? Turning off the child's screen stops it from showing anything. If you want a brand-new link instead, stop Family Sync on each parent phone and start a new family — then invite the other parent and send a fresh child link.

If something's not working

YOU SEE	WHAT TO DO
"This screen isn't switched on right now"	A parent hasn't set it up yet, or turned it off. Go to ⚙️ → **Sync** → **Child's screen** and tap **Set up**.
"This is an older link that's no longer used"	Teen links from before November 2026 were retired for safety. Send a new one from ⚙️ → **Sharing** → **Teen's screen**.
A red message under Child's screen after tapping Set up	Make sure you're online and try again. If it keeps happening, let Perspective Behavioral Health know.
Child's screen isn't changing	Check that the parent phone shows the green ● **Synced** dot. The child's screen follows whatever the parents' phones have.
Watch says "Almost ready"	Tap anything once in the app on a parent phone — even flipping a setting and flipping it back. The watch line fills in from there.
Watch says "Can't check right now"	No connection. Bring the iPhone closer or connect the watch to Wi-Fi, then tap again.
No Shortcuts app on the watch	It's probably a Family Setup watch. Use Part 1 on an iPhone, iPod, or iPad instead.

A note on privacy

The child's screen gets its own copy of just the numbers — **never** your family code or your parent PIN, so it can't be turned into a parent phone. That copy lives in the same private Perspective Behavioral Health database as Family Sync. Anyone holding the exact child or watch link could *see* those numbers (never change them), so send it only to your child's own device.

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