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[OffScreen](#) is designed to help control screen usage time and assist with reducing phone addiction.

[Screen Time Control 4+ - App Store - Apple](#) : app : offscreen-screen-time-control

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We tested four new apps and retested four apps, and we still recommend Apple's Screen Time, Google Family Link, and Qustodio. Parental controls allow adults to set limits on their child's app access and overall phone use, and they serve as training wheels to help kids and teens build healthy tech habits.

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