

# **Screen Time Guardian – Design Specifications (English-only)**

## **2. Screen Time Guardian**

### **Screen 1: Screen Time Dashboard**

- Device usage time (per child)
- Categories (learning, entertainment, social apps)
- Daily/weekly bar chart

Description: A dashboard showing usage trends to parents and children.

### **Screen 2: Nudges & Alerts**

- Alerts: “Take a 10-min break”, “Bedtime Alert ■”
- Hydration/sleep nudges: “Time for water”, “Wind down for sleep”

Description: Real-time nudges to manage healthy digital routines.

### **Screen 3: Parental Control Panel**

- Time limit settings (per app or per day)
- Curfew settings (e.g., no screens after 9 pm)
- Override/approval option

Description: Parent tools to control and manage screen time.

### **Screen 4: Summary Reports**

- Weekly usage breakdown (pie chart or bar chart)
- Streaks for screen-free achievements
- Recommendations for balanced routines

Description: Reports summarizing habits and suggesting improvements.