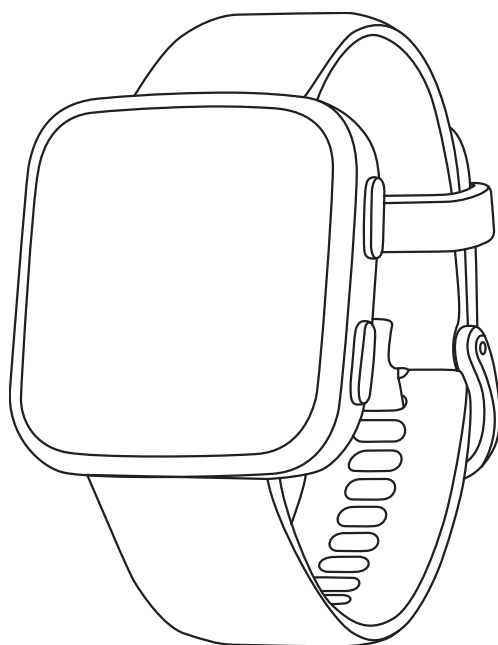


# GARMIN®

## BOUNCE™

Smartwatch



Owner's  
Manual

# Table of Contents

## **Introduction..... 4**

|                                               |   |
|-----------------------------------------------|---|
| Overview .....                                | 4 |
| Touchscreen Tips.....                         | 4 |
| Locking and Unlocking the<br>Touchscreen..... | 4 |
| Menu Icons.....                               | 5 |
| LTE Connected Features.....                   | 5 |
| Setting Up the Watch.....                     | 5 |

## **Connectivity..... 6**

|                                                          |   |
|----------------------------------------------------------|---|
| Pairing the Watch with Your Phone.....                   | 6 |
| Tips for Existing Garmin Jr.™ App<br>Users.....          | 6 |
| Pairing Multiple Mobile Devices.....                     | 6 |
| Connecting to a Wi-Fi® Network.....                      | 6 |
| Syncing Your Watch Data with the<br>Garmin Jr.™ App..... | 7 |

## **Messages..... 8**

|                                                           |    |
|-----------------------------------------------------------|----|
| Garmin Jr.™ Family.....                                   | 8  |
| Adding Members to a Garmin Jr.™<br>Family.....            | 8  |
| Inviting Connections with the Garmin<br>Jr.™ App.....     | 8  |
| Adding Messaging Contacts.....                            | 8  |
| Messages from the Watch.....                              | 8  |
| Sending a Message from the<br>Watch.....                  | 8  |
| Sending a Voice Message from the<br>Watch.....            | 9  |
| Messages from the Garmin Jr.™ App....                     | 9  |
| Sending a Text Message from the<br>Garmin Jr.™ App.....   | 9  |
| Sending a Voice Message from the<br>Garmin Jr.™ App.....  | 9  |
| Viewing Messages.....                                     | 9  |
| Managing Preset Text Messages.....                        | 9  |
| Deleting Message History from the<br>Garmin Jr.™ App..... | 10 |

## **Garmin Jr.™ App..... 11**

|                                          |    |
|------------------------------------------|----|
| Setting Up Your Child's User Profile.... | 11 |
| Viewing History.....                     | 11 |
| Sleep Tracking.....                      | 11 |

|                                |    |
|--------------------------------|----|
| App Settings.....              | 11 |
| User and Safety Settings.....  | 12 |
| Using Do Not Disturb Mode..... | 12 |
| Turning On School Mode.....    | 12 |
| Using Kid Mode.....            | 13 |
| Deleting a Profile.....        | 13 |

## **Appearance..... 14**

|                                 |    |
|---------------------------------|----|
| Changing the Watch Face.....    | 14 |
| Widgets.....                    | 14 |
| Chores and Rewards.....         | 14 |
| Stats Widget.....               | 16 |
| Viewing the Weather Widget..... | 16 |
| Controls.....                   | 16 |
| Using the Flashlight.....       | 16 |

## **Safety and Tracking Features..... 18**

|                                               |    |
|-----------------------------------------------|----|
| Requesting Assistance.....                    | 18 |
| Ending an Assistance Request.....             | 18 |
| LiveTrack.....                                | 18 |
| Starting a LiveTrack Session.....             | 18 |
| Ending a LiveTrack Session.....               | 18 |
| Location Tracking.....                        | 18 |
| Checking in From the Watch.....               | 18 |
| Viewing Your Child's Current<br>Location..... | 19 |
| Viewing Your Child's Location<br>History..... | 19 |
| Boundaries.....                               | 19 |
| Adding a Boundary.....                        | 19 |
| Managing Boundaries.....                      | 19 |
| Deleting a Boundary.....                      | 19 |
| Turning On and Off Boundary<br>Alerts.....    | 19 |

## **Activities and Games..... 20**

|                           |    |
|---------------------------|----|
| Activity Goal.....        | 20 |
| Starting an Activity..... | 20 |
| Stopping an Activity..... | 20 |
| Activity Settings.....    | 20 |
| Alerts.....               | 20 |
| Auto Lap®.....            | 21 |
| Starting a Game.....      | 21 |
| Game Settings.....        | 21 |

## **Clocks..... 22**

|                       |    |
|-----------------------|----|
| Setting an Alarm..... | 22 |
|-----------------------|----|

|                                   |    |
|-----------------------------------|----|
| Deleting an Alarm.....            | 22 |
| Starting the Countdown Timer..... | 22 |
| Using the Stopwatch.....          | 22 |

## **Customizing the Watch.....23**

|                                    |    |
|------------------------------------|----|
| System Settings.....               | 23 |
| Time and Date Settings.....        | 23 |
| Display Settings.....              | 23 |
| Changing the Units of Measure..... | 23 |
| Sound and Vibration Settings.....  | 23 |

## **Device Information..... 24**

|                                  |    |
|----------------------------------|----|
| Activities and Games List.....   | 24 |
| Charging the Watch.....          | 24 |
| Tips for Charging the Watch..... | 24 |
| Viewing Watch Information.....   | 25 |
| Specifications.....              | 25 |
| Device Care.....                 | 25 |
| Cleaning the Watch.....          | 25 |
| Band Replacement.....            | 25 |

## **Watch Updates..... 26**

|                               |    |
|-------------------------------|----|
| Garmin® Support Center.....   | 26 |
| Product Updates.....          | 26 |
| Getting More Information..... | 26 |

## **Troubleshooting..... 27**

|                                                                  |    |
|------------------------------------------------------------------|----|
| Restarting the Watch.....                                        | 27 |
| Resetting All Default Settings.....                              | 27 |
| Is my phone compatible with my watch?.....                       | 27 |
| My phone will not connect to the watch.....                      | 27 |
| How do I pair an additional watch with the Garmin Jr.™ app?..... | 27 |
| Can my child send messages to other children?.....               | 27 |
| Locating a Lost Watch.....                                       | 27 |
| Activity Tracking.....                                           | 28 |
| My step count doesn't seem accurate.....                         | 28 |
| My watch is in the wrong language....                            | 28 |
| Maximizing Battery Life.....                                     | 28 |
| Acquiring Satellite Signals.....                                 | 28 |
| Improving GPS Satellite Reception..                              | 28 |
| My watch doesn't display the correct time.....                   | 28 |

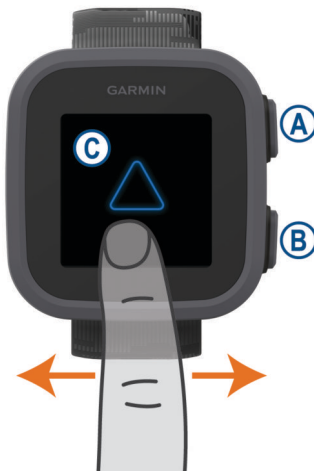
# Introduction

## ⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

It is a parent's or legal guardian's responsibility to set up the device before a child uses the device. It is a parent's or legal guardian's responsibility to read and understand this document and ensure that the child uses the device in an appropriate and safe manner.

## Overview



- Ⓐ **Action button:** Press to turn on the watch.  
Press to view the main menu.  
Press to start and stop the activity timer.  
Hold for 2 seconds to view the controls menu ([Controls, page 16](#)).  
Hold until you feel 3 vibrations to request assistance ([Safety and Tracking Features, page 18](#)).
- Ⓑ **Back (Menu) button:** Press to return to the previous screen, except during an activity.  
During an activity, press to mark a new lap.  
Hold to view the settings menu.
- Ⓒ **Touchscreen:** Swipe left or right from the watch face to scroll through widgets and features.  
From the watch face, swipe down to view the controls menu ([Controls, page 16](#)).  
Swipe up or down to scroll through menus.  
Tap to select.  
Double-tap to wake the watch.

## Touchscreen Tips

- Double-tap to wake the watch.
- Tap to select an item.
- From the watch face, swipe left or right to scroll through the widgets on the watch.
- Swipe up on a widget to view additional information, if available.
- Drag up or down to scroll through lists and menus.
- Swipe up or down to scroll quickly.
- Make each touchscreen selection a separate action.

## Locking and Unlocking the Touchscreen

You can lock the touchscreen to prevent inadvertent screen touches.

1 Hold Ⓐ to view the controls menu.

2 Select .

The touchscreen locks and does not respond to touches until you unlock it.

3 Hold **A** to unlock the touchscreen.

## Menu Icons

From the watch face, press **A** to open the main menu.

| Icon                                                                              | Menu                | Description                                                            |
|-----------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------|
|  | Connect menu        | Contacts, check in, and assistance                                     |
|  | Play menu           | Activities and games                                                   |
|  | Clocks menu         | Watch face, alarms, timers, and stopwatch                              |
|  | Watch settings menu | Sounds and vibrations, sync and pair with the app, and system settings |

## LTE Connected Features

**NOTE:** The Bounce™ watch has certain features that require an LTE Subscription and must be set up using the Garmin Jr.™ app. For subscription information, go to [garmin.com/subscriptions](https://garmin.com/subscriptions).

The features listed here require an active LTE Subscription and LTE connection.

- Assistance
- Chores and rewards
- LiveTrack
- Text and voice messaging

## Setting Up the Watch

To take full advantage of the Bounce™ features, complete these tasks.

- 1 Hold **A** to turn on the watch.
- 2 Follow the on-screen instructions to complete the initial setup.  
During the initial setup, you can pair your phone with your watch to receive notifications, sync your activities, and more (*[Pairing the Watch with Your Phone, page 6](#)*).
- 3 Set up the LTE Subscription for the Bounce watch (*[LTE Connected Features, page 5](#)*).
- 4 Set up boundaries (*[Adding a Boundary, page 19](#)*).
- 5 Set up Wi-Fi® networks (*[Connecting to a Wi-Fi® Network, page 6](#)*).
- 6 Charge the watch (*[Charging the Watch, page 24](#)*).
- 7 Check for software updates (*[Product Updates, page 26](#)*).

For the best experience, you should keep the software on your watch up to date. Software updates provide changes and improvements to privacy, security, and features.

## Connectivity

Connectivity features are available for your watch when you pair with your compatible phone ([Pairing the Watch with Your Phone, page 6](#)). Additional features are available when you connect your watch to a Wi-Fi® network ([Connecting to a Wi-Fi® Network, page 6](#)).

### Pairing the Watch with Your Phone

Before you can pair the Bounce™ watch with a phone, at least one parent or guardian must have or create a Garmin Connect™ account.

The Bounce watch must be paired directly through the Garmin Jr.™ app, instead of from the Bluetooth® settings on your phone.

- 1 From the app store on your phone, install and open the Garmin Jr. app.
- 2 Log on using your Garmin Connect username and password.
- 3 Follow the instructions in the app to set up your family and add each child.
- 4 If you previously skipped the pairing process or paired the watch with a different phone, hold **B**, and select **Sync & Pair > Pair** to manually enter pairing mode.
- 5 Follow the instructions in the app to complete the setup process.

**NOTE:** You can pair multiple mobile devices, such as a tablet or another parent's or guardian's phone ([Pairing Multiple Mobile Devices, page 6](#)).

### Tips for Existing Garmin Jr.™ App Users

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select **+** > **Add a new child or device**.
- 3 Select an option:
  - To add a new watch for an existing child, select the child.
  - To add a new watch for a new child, select **New kid**.
- 4 Follow the on-screen instructions.

### Pairing Multiple Mobile Devices

After you complete the initial setup ([Pairing the Watch with Your Phone, page 6](#)), you can pair the Bounce™ watch with up to two additional mobile devices, such as a tablet or another parent's or guardian's phone.

**NOTE:** You must use the same Garmin Connect™ account to log on to Garmin Jr.™ on each additional device.

- 1 From the app store on your phone or tablet, install and open the Garmin Jr. app.
- 2 Log on using your Garmin Connect username and password.
- 3 Follow the instructions in the Garmin Jr. app to join an existing family.
- 4 Bring your mobile device within 3 m (10 ft.) of the Bounce watch and 10 m (33 ft.) away from other paired mobile devices.

**NOTE:** If you cannot move the devices far enough apart, turn off Bluetooth® technology on previously paired mobile devices.

- 5 Follow the instructions in the app to complete the pairing process.

**Remember:** If you turned off Bluetooth technology on previously paired mobile devices, turn it back on.
- 6 If necessary, repeat steps 1 through 5 for each additional mobile device.

### Connecting to a Wi-Fi® Network

Before you can connect to a Wi-Fi network, you must connect the watch to the Garmin Jr.™ app on your phone ([Pairing the Watch with Your Phone, page 6](#)).

Garmin® recommends connecting the watch to a Wi-Fi network for optimal performance, including improved battery life.

- 1 Move within range of a Wi-Fi network.
- 2 From the Garmin Jr. app, select **Home**.
- 3 Select your child, and select **Settings > Wi-Fi > +**.
- 4 Select an available Wi-Fi network, and enter the login details.

## Syncing Your Watch Data with the Garmin Jr.™ App

The Bounce™ watch periodically syncs data with the Garmin Jr. app automatically. You can also manually sync data at any time.

- 1 Bring the watch near the paired phone.
- 2 Open the Garmin Jr. app.  
**TIP:** The app can be open or running in the background.
- 3 On the watch, press  to view the menu.
- 4 Select  > **Sync & Pair** > **Sync**.
- 5 Wait while the data syncs.
- 6 View current data in the Garmin Jr. app.

# Messages

A Garmin Connect™ account and the Garmin Jr.™ app are required to send messages to and receive messages from the Bounce™ watch. You must also be added as a contact for the child ([Adding Messaging Contacts, page 8](#)).

## Garmin Jr.™ Family

Your Garmin Jr. family is made up of members who you can designate as guardians or caregivers. Family members are automatically added as Garmin Jr. contacts.

You can also add connections from your Garmin Connect™ account to include on your family's steps leaderboards and add their Garmin® device as a contact.

**NOTE:** Family members can belong to only one Garmin Jr. family.

## Adding Members to a Garmin Jr.™ Family

Before you can add members to a Garmin Jr. family, each user must have or create a Garmin Connect™ account.

- 1 From the Garmin Jr. app, select **••• > Family > Invite member**.
- 2 Enter the email address that is associated with the user's Garmin Connect account.
- 3 Select an option:
  - Select **Guardian** to allow the user to view the child's location and interact with the family and modify kid settings.
  - Select **Caregiver** to allow the user to view the child's location and interact with the family.
  - Select **Communicator** to allow the user to interact with the family.
- 4 Select **Continue > Send invitation**.

The user receives an email invitation to join your Garmin Jr. family.

The user's email address appears on the Pending Invitations list until the invitation is accepted. You can resend or cancel the invitation before it is accepted.

## Inviting Connections with the Garmin Jr.™ App

Before you can invite a person as a connection, each person must have or create a Garmin Connect™ account.

- 1 From the Garmin Jr. app, select **••• > Family > Connections**.
- 2 Select **Find People** or **+**.
- 3 Select an option:
  - Enter a name or email to search for a person.
  - Select **Your Contacts** to choose a person from your contacts.
- 4 Select the person, and select **Connect > OK**.

The person receives an email invitation to connect with your family.

## Adding Messaging Contacts

Before you can add messaging contacts, you must connect to people who have messaging-capable Garmin® devices in the Garmin Jr.™ app ([Inviting Connections with the Garmin Jr.™ App, page 8](#)).

Members of your Garmin Jr. family are automatically included in the list of messaging contacts ([Adding Members to a Garmin Jr.™ Family, page 8](#)).

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Settings > Contacts**.
- 3 Select **+** next to an available contact.
- 4 Select **✓**.

## Messages from the Watch

### Sending a Message from the Watch

Before you can send messages from the watch, you must activate your LTE Subscription ([LTE Connected Features, page 5](#)).

- 1 Press **(A)**.
- 2 Select **📧 > Contacts**.
- 3 Select a contact.

- 4 Select .
- 5 Select an option:
  - To send a text message, select .
  - The list of messages and message text can be customized in the Garmin Jr.™ app ([Managing Preset Text Messages, page 9](#)).
  - To send an emoji, select .
  - To send a sound emoji, select .
- 6 Select an emoji or message.
- 7 Select **Send**.

## Sending a Voice Message from the Watch

Before you can send messages from the watch, you must activate your LTE Subscription ([LTE Connected Features, page 5](#)).

- 1 Press .
  - 2 Select  > **Contacts**.
  - 3 Select a contact.
  - 4 Select  > .
  - 5 Record your message.
  - 6 Select  to stop recording.
- NOTE:** The watch automatically limits your recording time to approximately 20 seconds.
- 7 Select an option:
    - Select  to play back the message before sending it.
    - Select **Cancel** to delete the message and try again.
    - Select **Send** to send the message.

## Messages from the Garmin Jr.™ App

### Sending a Text Message from the Garmin Jr.™ App

- 1 From the Garmin Jr. app, select **Connect**.
- 2 Select your child.
- 3 Enter a message.
- 4 Select  or  to send the text message.

### Sending a Voice Message from the Garmin Jr.™ App

- 1 From the Garmin Jr. app, select **Connect**.
  - 2 Select your child.
  - 3 Hold  and continue holding while recording your message.
- NOTE:** The Garmin Jr. app automatically limits your recording time to approximately 20 seconds.
- 4 Select an option:
    - If necessary, select  to play back the message before sending it.
    - Select  to delete the message and try again.
    - Select  or  to send the message.

## Viewing Messages

- When a message appears on the watch, select an option:
  - Select  to view the entire message.
  - Select  to dismiss the message.
- To view all messages, swipe to view the messages widget, tap the touchscreen, and swipe to scroll through the messages.

## Managing Preset Text Messages

Your child can use the list of preset text messages to communicate with their contacts ([Sending a Message from the Watch, page 8](#)).

- 1 From the Garmin Jr.™ app, select **Connect**.
  - 2 Select your child.
  - 3 Select .
  - 4 Select **Preset text messages** or **Manage preset messages**.
  - 5 Select an option:
    - Select **Reorder List**, and drag  to reorder the list.
    - Enter text in a blank message to create a custom message.
    - Remove the text from a message to delete it from the list.
    - Select  > **Restore defaults** to remove custom messages and sort the messages in the default order.
  - 6 Select .
- The list of preset text messages is updated on the watch.

## Deleting Message History from the Garmin Jr.™ App

- 1 From the Garmin Jr. app, select **Connect**.
- 2 Select your child.
- 3 Select  > **Delete message history** > **Delete**.

## Garmin Jr.™ App

The free Garmin Jr. app keeps you connected to your child's watch.

**Activity tracking:** Allows you to track your child's daily steps, active minutes, and timed activities.

**Adventure map:** Allows you to view your child's progress for each day in which they reach the 60-minute activity goal, revealing adventures.

**Challenges:** Allows you to compare steps for the whole family and connections from your Garmin Connect™ community.

**Chore progress:** Allows you to create and manage chores and award coins for chore completion.

**Connect:** Allows you to send text messages, voice messages, and emojis to a paired Bounce™ watch.

**Location:** Allows you to view your child's current location, view location history, manage boundaries, and request a LiveTrack session.

**More:** Allows you to customize your family, update app settings, and view help topics and about information.

**Rewards:** Allows you to create rewards and redeem coins for rewards.

**Settings:** Allows you to customize the watch and user settings, including alert tones, emergency contact information, profile pictures, and more.

**Sleep tracking:** Allows you to view your child's sleep statistics.

**Stats:** Allows you to view your child's active minutes and steps records.

**Steps:** Allows you to view your child's step data.

## Setting Up Your Child's User Profile

You can update your child's photo, name, avatar, background color, bed time, wake time, birth date, and gender.

- 1 From the Garmin Jr.™ app, select **Home**.
- 2 Select your child, and select **Settings > Edit Profile**.
- 3 Select an option.

## Viewing History

The Bounce™ watch keeps track of your child's active minutes, sleep, and daily steps. You can view your child's history in the Garmin Jr.™ app.

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select an option:
  - To view active minutes, select **Activity**.
  - To view sleep, select **Sleep**.
  - To view steps, select **Steps**.
  - To view your child's most active days, select **Stats**.

Data is displayed in daily, 7-day, 4-week, and 12-month increments.

## Sleep Tracking

While your child is sleeping, the watch monitors their movement. You can set normal sleep hours in the Garmin Jr.™ app settings ([User and Safety Settings, page 12](#)). You can view sleep statistics in the Garmin Jr. app ([Viewing History, page 11](#)).

## App Settings

You can customize your family and app settings in the Garmin Jr.™ app. You can also customize user and safety settings ([User and Safety Settings, page 12](#)).

From the Garmin Jr. app, select **•••**.

**Family:** Allows you to customize your family settings. For example, you can edit your family name or invite additional parents or guardians.

**App settings:** Allows you to set the Garmin Jr. app to kid mode, customize notifications, turn music and sound effects on or off, and sign out of your account.

**Help:** Includes watch fit and care, videos, and other helpful information.

**About:** Allows you to view version and legal information.

**Pair a new Garmin device:** Allows you to replace a watch for an existing child or add a new watch for a new child.

## User and Safety Settings

You can customize your user and safety settings in the Garmin Jr.™ app.

From the Garmin Jr. app, select **Home**, select your child, and select **Settings**.

**Edit Profile:** Allows you to customize your child's profile information. You can set the child's name, avatar, background color, bed time, wake time, birth date, and gender ([Setting Up Your Child's User Profile, page 11](#)).

**Display text:** Allows you to change the name displayed on the watch face.

**Watch faces:** Allows you to send more watch faces to the watch.

**Alarms:** Allows you to set an alarm to send to the watch ([Setting an Alarm, page 22](#)).

**Daily steps goal:** Allows you to update the daily steps goal.

**Parental controls:** Allows you to turn on do not disturb during sleep hours and school mode ([Turning On School Mode, page 12](#)).

**Contacts:** Allows you to add people whom your child may message ([Adding Messaging Contacts, page 8](#)).

**Preset text messages:** Allows you to update the preset text messages your child can send from the watch ([Managing Preset Text Messages, page 9](#)).

**Safety:** Allows you to manage family contacts who will receive a notification when your child requests assistance.

**Boundaries:** Allows you to update boundaries ([Adding a Boundary, page 19](#)).

**Wi-Fi:** Allows you to connect the watch to a Wi-Fi® network ([Connecting to a Wi-Fi® Network, page 6](#)).

**Connectivity:** Allows you to view details of your LTE Subscription ([garmin.com/subscriptions](http://garmin.com/subscriptions)).

**Find my watch:** Helps you locate a lost Bounce™ watch that is paired using Bluetooth® technology and currently nearby ([Locating a Lost Watch, page 27](#)).

**Power off:** Allows you to power the watch off from the Garmin Jr. app.

**Device details:** Allows you to view the model, software version, serial number, and owner's manual. You can also reset the watch ([Resetting All Default Settings, page 27](#)).

**Pairing:** Allows you to register an accessory band, pair a new watch, or unpair the current watch.

**Language:** Allows you to update the language on the watch.

## Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the display for alerts and messages. This mode disables the gesture setting ([Display Settings, page 23](#)). Your child can use the Bounce™ watch to request assistance while the watch is in do not disturb mode.

- To manually turn on or off do not disturb mode, hold **A**, and select .
- To automatically turn on do not disturb mode during your child's sleep window, open the user and safety settings in the Garmin Jr.™ app ([User and Safety Settings, page 12](#)), and select **Parental controls > Do not disturb during sleep**.

## Turning On School Mode

You can use school mode to automatically silence and restrict the watch during school hours. Your child can use assistance while the watch is in school mode.

- 1 From the Garmin Jr.™ app, select **Home**.
- 2 Select your child, and select **Settings > Parental controls > School mode**.
- 3 Turn on school mode.
- 4 Select an option:  
**NOTE:** Both options mute vibrations and sounds for all notifications except alarms, assistance, find my watch, and when school mode turns on or off.
  - To silence the watch and allow all features during school hours, select **Silent**.
  - To silence the watch and restrict games and messages during school hours, select **Silent & restricted**.
- 5 Select **Start time, End time, or Days** to update school hours.

## Turning Off School Mode

- 1 From the Garmin Jr.™ app, select **Home**.
- 2 Select your child, and select **Settings > Parental controls > School mode**.
- 3 Turn off school mode.
- 4 Select .

- 5 Wait for the Garmin Jr. app to sync with the watch.

## Using Kid Mode

You can enable kid mode in the Garmin Jr.™ app to allow a child to mark chores as complete and redeem rewards without parent or guardian approval. You can also use facial recognition or fingerprint scan on your phone in place of a passcode to unlock the kid mode settings.

- 1 From the Garmin Jr. app, select \*\*•• > App settings > Kid Mode.
- 2 Turn on kid mode.
- 3 If necessary, select options to customize kid mode.
- 4 If necessary, select **Change Passcode** to change the passcode.

**NOTE:** The passcode is required to access certain features in the Garmin Jr. app when kid mode is turned on. The default passcode is 0000.

- 5 Select ✓.

## Deleting a Profile

- 1 From the Garmin Jr.™ app, select **Home**.
- 2 Select your child.
- 3 Select **Settings > Edit Profile > Delete profile**.

# Appearance

You can customize the appearance of the watch face and the quick access features in the glance loop and controls menu.

## Changing the Watch Face

You can use the digital or analog watch face.

- 1 Press .
- 2 Select  > **Watch Face**.
- 3 Swipe left or right to scroll through the available watch faces.
- 4 If available, select  to select an accent color.
- 5 Press  to select the watch face.

## Widgets

The Bounce™ watch comes preloaded with widgets that provide at-a-glance information. You can swipe left or right from the watch face to scroll through the widgets, and you can swipe up on a widget to view details. Some widgets require an LTE Subscription.

|                                                                                     |               |                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Time and date | The current time and date. The time and date are set automatically when the watch acquires satellite signals. The watch updates the time and date when you sync the watch with a phone. |
|    |               | Allows you to send emojis, preset text messages, and voice messages to contacts set up in the Garmin Jr.™ app.                                                                          |
|    |               | Displays the number of active minutes recorded for the day. Swipe up to view the number of minutes for the week.                                                                        |
|    |               | Displays the total number of steps taken and your goal for the day. Swipe up to view the number of steps for the week.                                                                  |
|   |               | Displays a checklist of chores set up in the Garmin Jr. app. You can mark chores as completed and receive coins with parent or guardian approval.                                       |
|  |               | Allows you to compare steps for the whole family and connections from your Garmin Connect™ community.                                                                                   |
|  |               | Displays a summary of your daily active minutes, daily steps, adventure game level, last activity, and activity records.                                                                |
|  |               | Displays the current temperature and weather forecast.                                                                                                                                  |

## Chores and Rewards

You can create a list of chores in the Garmin Jr.™ app to send to the watch. Your child can mark the chores as completed on the watch to earn coins, which can be traded for rewards. Your child can choose from a list of preset rewards such as buying a new toy or game, swimming, or screen time, or you can create a custom reward ([Creating Rewards, page 15](#)).

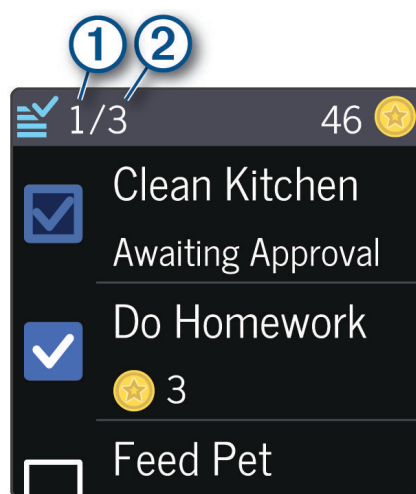
An active LTE Subscription is required to use this feature ([LTE Connected Features, page 5](#)).

### Using the Chores Widget

Before you can use the chores widget, you must be assigned chores in the Garmin Jr.™ app ([Assigning Chores, page 15](#)) and have an active LTE Subscription ([LTE Connected Features, page 5](#)).

- 1 Swipe to view the chores widget.

The watch displays the updated number of chores completed ① and assigned ② for the day.



- 2 Select the chore you completed.

The chore displays Awaiting Approval until the chore is approved in the Garmin Jr. app ([Approving Chores, page 15](#)). After the chore is approved, the watch displays the updated number of coins earned.

- 3 Redeem coins for rewards in the Garmin Jr. app ([Redeeming Rewards, page 16](#)).

When you redeem coins in the app, the watch displays the updated coin total.

### Assigning Chores

You can create a list of chores to send to the watch ([Using the Chores Widget, page 14](#)).

- 1 From the Garmin Jr.™ app, select **Home**.
- 2 Select your child, and select **Chores** > **:** > **Add new chore**.
- 3 Enter a name for the chore, or select a chore from the list.
- 4 Select **<** or **←**.
- 5 Select the number of coins to award for the chore.
- 6 If necessary, set the time and days when the chore must be completed.  
**TIP:** You can also turn on an alarm for the chore.
- 7 Select **✓**.

### Approving Chores

After completing a chore, your child can request approval from the Bounce™ watch ([Using the Chores Widget, page 14](#)).

- 1 From the Garmin Jr.™ app, select **Home**.
- 2 Select your child, and select **Chores**.
- 3 Select the chore you want to approve.  
Your child receives a notification on the watch when chores are approved.

### Creating Rewards

You can create a list of rewards, which your child can purchase with coins.

- 1 From the Garmin Jr.™ app, select **Home**.
- 2 Select your child, and select **Rewards** > **+** > **Add Name**.
- 3 Enter a name for the reward, or select a reward from the list.
- 4 Select **<** or **←**.
- 5 Select **Price** to set the number of coins your child needs to redeem for the reward.
- 6 If necessary, update the icon and description.
- 7 Select **✓**.

You can redeem rewards in the Garmin Jr. app for your child ([Redeeming Rewards, page 16](#)), or your child can redeem rewards using the Garmin Jr. app in kid mode ([Using Kid Mode, page 13](#)).

Redeeming Rewards

Your child can redeem coins earned for rewards ([Creating Rewards, page 15](#)).

- 1 From the Garmin Jr.™ app, select **Home**.
- 2 Select your child, and select **Rewards**.
- 3 Select **Redeem** on the reward you want to redeem.

**NOTE:** If necessary, select **Request** when the Garmin Jr. app is in kid mode and the approval option is turned on ([Using Kid Mode, page 13](#)).

Coins are deducted from the coin total.

Stats Widget

The stats widget provides an at-a-glance view of your best active minutes day, best steps day, and your current adventure game level.

Viewing the Weather Widget

Viewing weather data requires a connection to a paired phone, Wi-Fi®, or LTE ([LTE Connected Features, page 5](#)).

- 1 From the watch face, swipe left or right to view the weather widget.
- 2 Swipe up to view additional weather data.

Controls

The controls menu contains shortcuts, such as locking the touchscreen and turning the watch off.

From any screen, hold  for 2 seconds.

You cannot access the controls menu while you are recording an activity.



|                                                                                     |                                                                                          |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|  | Displays the volume settings ( <a href="#">Sound and Vibration Settings, page 23</a> ).  |
|  | Enables do not disturb mode ( <a href="#">Using Do Not Disturb Mode, page 12</a> ).      |
|  | Displays the brightness settings ( <a href="#">Display Settings, page 23</a> ).          |
|  | Displays the check-in feature ( <a href="#">Checking in From the Watch, page 18</a> ).   |
|  | Turns the watch off.                                                                     |
|  | Turns on the flashlight ( <a href="#">Using the Flashlight, page 16</a> ).               |
|  | Displays activities ( <a href="#">Starting an Activity, page 20</a> ).                   |
|  | Locks the touchscreen ( <a href="#">Locking and Unlocking the Touchscreen, page 4</a> ). |
|  | Displays the clocks menu ( <a href="#">Clocks, page 22</a> ).                            |

Using the Flashlight

**NOTE:** Using the flashlight can reduce battery life.

- 1 Hold  to view the controls menu.

- 2 Select .
- 3 Press  to turn off the flashlight.

# Safety and Tracking Features

## ⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Jr.™ app does not contact emergency services on your behalf.

The safety and tracking features require an LTE Subscription and must be set up using the Garmin Jr. app. For subscription information, go to [garmin.com/subscriptions](https://garmin.com/subscriptions).

The Bounce™ watch has safety and tracking features that require a phone paired with the Garmin Jr. app. Guardians and caregivers in your Garmin Jr. family are notified when your child requests assistance. You can manage Garmin Jr. family members in the Garmin Jr. app.

For more information about safety and tracking features, go to [www.garmin.com/safety](https://www.garmin.com/safety).

**Assistance:** Allows your child to start a LiveTrack session and send a notification to guardians and caregivers in your Garmin Jr. family.

**LiveTrack:** Allows guardians and caregivers in your Garmin Jr. family to send a request to view your child's location in real time.

## Requesting Assistance

Assistance notifications are sent to guardians and caregivers in your Garmin Jr.™ family ([Adding Members to a Garmin Jr.™ Family, page 8](#)).

- 1 Hold **A**.
- 2 When you feel three vibrations, release the button to activate the assistance feature.  
The countdown screen appears.  
**TIP:** Before the countdown is complete, you can select Cancel to cancel the request.

## Ending an Assistance Request

- 1 While an assistance request is in progress, open the Garmin Jr.™ app, and select **View location**.
- 2 Select the toggle switch next to **LiveTrack**.  
The assistance request is canceled, and live location sharing ends.

## LiveTrack

## ⚠ CAUTION

It is the responsibility of the user to use discretion when sharing location information with others. Always ensure you are aware of and comfortable with whom you share your location information.

The LiveTrack feature lets you track your child's current location, recently visited locations, and the path of their recent travels in real time.

## Starting a LiveTrack Session

Before you can start a LiveTrack session, you must pair the watch with the Garmin Jr.™ app on your phone ([Pairing the Watch with Your Phone, page 6](#)).

- 1 From the Garmin Jr. app, select **Location**.
- 2 Select your child, and select **LiveTrack**.  
LiveTrack continues running in the background.

## Ending a LiveTrack Session

The LiveTrack session ends automatically after 30 minutes unless you choose to extend it.

From the Garmin Jr.™ app, select **Location > End LiveTrack**.

## Location Tracking

### Checking in From the Watch

Before your child can check in at a location, you must pair the watch with the Garmin Jr.™ app on your phone ([Pairing the Watch with Your Phone, page 6](#)).

- 1 Hold **A** to view the controls menu.
- 2 Select **Q**.
- 3 Select **Send**.

The watch sends a message to the parent or guardian and vibrates if vibration is turned on ([Sound and Vibration Settings, page 23](#)).

## Viewing Your Child's Current Location

Before you can locate your child, you must pair the watch with the Garmin Jr.™ app on your phone ([Pairing the Watch with Your Phone, page 6](#)).

- 1 From the Garmin Jr. app, select **Location**.  
The last reported location of the watch and the time of the report appear.
- 2 Select **Refresh** to update the location.

## Viewing Your Child's Location History

Before you can view your child's location history, you must pair the watch with the Garmin Jr.™ app on your phone ([Pairing the Watch with Your Phone, page 6](#)).

All approved family members can view your child's location history in the app.

- 1 From the Garmin Jr. app, select **Location > History**.
- 2 Select  to view up to seven previous days.

## Boundaries

### Adding a Boundary

Before you can add a boundary, you must pair the watch with the Garmin Jr.™ app on your phone ([Pairing the Watch with Your Phone, page 6](#)).

- 1 From the Garmin Jr. app, select **Location >  > Add a new boundary**.
- 2 If necessary, tap the default address to update the boundary center.
- 3 If necessary, use the slider to adjust the size of the boundary.
- 4 Select  or .
- 5 Enter a name for the boundary.
- 6 Select **Alerts** to enable alerts when the watch leaves or enters the boundary.
- 7 Select  to save the boundary.

### Managing Boundaries

- 1 From the Garmin Jr.™ app, select **Location >  > Manage boundaries**.
- 2 Select a boundary.
- 3 Select the address you want to update.
- 4 Use the slider to adjust the size of the boundary.
- 5 Drag  to the exact location of the address.
- 6 Select  > .

### Deleting a Boundary

- 1 From the Garmin Jr.™ app, select **Location >  > Manage boundaries**.
- 2 Select a boundary.
- 3 Select **Delete boundary > Delete**.

### Turning On and Off Boundary Alerts

When boundary alerts are turned on, parents and guardians receive a notification when the watch enters or exits a boundary ([Adding a Boundary, page 19](#)).

- 1 From the Garmin Jr.™ app, select **Location >  > Manage boundaries**.
- 2 Select a boundary.
- 3 Select **Alerts** to turn alerts on or off.

# Activities and Games

The Bounce™ watch can be used for indoor and outdoor activities and to play educational games. You can save activities and share them with your Garmin Jr.™ family. You can also start a Toe-to-Toe™ step challenge with anyone who has a compatible Garmin® watch.

For more information about activity tracking and fitness metric accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

## Activity Goal

To improve children's health, organizations such as the U.S. Centers for Disease Control and Prevention recommend at least 60 minutes of physical activity each day. This can include moderate intensity activity, such as brisk walking, or vigorous intensity activity, such as running.

The watch encourages children to be active by displaying their progress toward the 60 minute daily goal.

## Starting an Activity

- 1 Press **(A)**.
- 2 Select  > **Activities**.
- 3 Select an activity.
- 4 Select **Inside** or **Outside**.  
If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the watch is ready.
- 5 Press **(A)** to start the activity timer.  
The watch records activity data only while the activity timer is running.  
**TIP:** You can press **(B)** to record laps (*Marking Laps Using the Auto Lap® Feature, page 21*).

## Stopping an Activity

- 1 Press **(A)**.
- 2 Select an option:
  - To save the activity, select .
  - To discard the activity, select .
  - To resume the activity, press **(A)**.

## Activity Settings

These settings allow you to customize each preloaded activity based on your needs. For example, you can customize the display and enable alerts. Not all settings are available for all activity types.

Press **(A)**, select  > **Activities**, select an activity, and select .

**Alerts:** Sets the training alerts for the activity (*Alerts, page 20*).

**Auto Lap:** Sets the options for the Auto Lap® feature (*Auto Lap®, page 21*).

**Run/Walk:** Sets run and walk intervals for a run (*Using Run/Walk Alerts, page 21*).

**Show Pace:** Shows the current pace during the activity.

**Show Speed:** Shows the current speed during the activity.

## Alerts

Your child can use alerts on the Bounce™ watch to train toward specific time and distance goals.

### Setting an Alert

- 1 Press **(A)**.  
**NOTE:** This feature is not available for all activities.
- 2 Select  > **Activities**.
- 3 Select an activity.
- 4 Select **Inside** or **Outside**.
- 5 Select  > **Alerts**.
- 6 Select **Time** to set a time alert.
- 7 Select a time, or enter a custom value for the time alert.
- 8 Select **Distance** to set a distance alert.

- 9 Select a distance, or enter a custom value for the distance alert.
- 10 Select  to turn on the alert.

### Using Run/Walk Alerts

- 1 Press .
- 2 Select  > **Activities** > **Run**.  
**NOTE:** Walk break alerts are available only for the running activity.
- 3 Select **Inside** or **Outside**.
- 4 Select  > **Run/Walk**.
- 5 Set the run time for each alert.
- 6 Set the walk time for each alert.
- 7 Select  next to **Run/Walk** to turn on the alerts.
- 8 Go for a run.

Each time you complete an interval, a message appears. The watch also beeps or vibrates if audible tones are turned on ([Sound and Vibration Settings, page 23](#)).

### Auto Lap®

#### Marking Laps Using the Auto Lap® Feature

You can use the Auto Lap feature to mark a lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

- 1 Press .
- 2 Select  > **Activities**.
- 3 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 4 Select .
- 5 Select an option:
  - To turn the Auto Lap feature on or off, select .
  - To adjust the distance between laps, select **Auto Lap**, and select a distance.

Each time you complete a lap, a message appears that displays the time for that lap. The watch also vibrates if vibration is turned on ([Sound and Vibration Settings, page 23](#)).

### Starting a Game

- 1 Press .
- 2 Select  > **Games**.
- 3 Select a game.
- 4 Follow the on-screen instructions.

### Game Settings

These settings allow you to customize each preloaded game. Not all settings are available for all game types. Press , select  > **Games**, select a game, select a level or puzzle, and select .

**Timer:** Allows you to earn more points by setting a time limit.

**Sounds & Vibe:** Turns the sounds and vibrations on or off for the game only ([Sound and Vibration Settings, page 23](#)).

# Clocks

## Setting an Alarm

You can set multiple alarms. You can set each alarm to occur one time or to repeat regularly.

- 1 Press **(A)**.
- 2 Select  > **Alarms** > **Add Alarm**.
- 3 Select **Time**, and enter a time.
- 4 Select **Repeat**, and select an option.
- 5 Select **Alarm Text**, and select a description for the alarm.
- 6 Select **Icon**, and select an icon for the alarm.
- 7 Select **Sound**, and select sound and vibration settings for the alarm.

## Deleting an Alarm

- 1 Press **(A)**.
- 2 Select  > **Alarms**.
- 3 Select an alarm, and select **Delete Alarm**.

## Starting the Countdown Timer

- 1 Press **(A)**.
- 2 Select  > **Timer**.
- 3 Select an option:
  - To use an existing timer, select a timer.
  - To customize the timer, select **Custom**, and enter a time.
- 4 Press **(A)**.
- 5 If necessary, press **(A)** to pause the timer.
- 6 Select an option:
  - To resume the timer, press **(A)**.
  - To reset the timer, select .
- 7 To return to the menu and keep the timer running in the background, press **(B)**.

## Using the Stopwatch

- 1 Press **(A)**.
- 2 Select  > **Stopwatch**.
- 3 Press **(A)** to start the timer.
- 4 Press **(B)** to mark a lap.  
The total stopwatch time continues running.
- 5 Press **(A)** to stop the timer.
- 6 Select an option:
  - To reset the timer, select .
  - To resume the timer, press **(A)**.
  - To exit the stopwatch without resetting the timer, press **(B)**.

# Customizing the Watch

## System Settings

Press **(A)**, and select  > **System**.

**About:** Displays the unit ID, software information, regulatory information, and license agreement.

**Airplane Mode:** Disables Bluetooth®, LTE, and Wi-Fi® technologies.

**Auto Lock:** Automatically locks the touchscreen to prevent inadvertent screen touches. You can hold any button to unlock the touchscreen.

**Date Format:** Sets the date format.

**Display:** Sets the display timeout and brightness ([Display Settings, page 23](#)).

**Do Not Disturb:** Turns on or off do not disturb mode ([Using Do Not Disturb Mode, page 12](#)).

**Time Format:** Sets the time format ([Time and Date Settings, page 23](#)).

**Units:** Sets the measurement units used to display data ([Changing the Units of Measure, page 23](#)).

## Time and Date Settings

Press **(A)**, and select  > **System**.

**Time Format:** Sets the watch to show the time in a 12-hour or a 24-hour format.

**Date Format:** Sets the watch to show the date in month/day or day/month format.

## Display Settings

Press **(A)**, and select  > **System** > **Display**.

**Brightness:** Sets the brightness level of the display.

**Timeout:** Sets the length of time before the display turns off.

**Wrist Gesture:** Sets the display to turn on when you rotate your wrist toward your body to view the watch.

## Changing the Units of Measure

You can customize units of measure for distance and temperature.

- 1 Press **(A)**.
- 2 Select  > **System** > **Units**.
- 3 Select a measurement type.
- 4 Select a unit of measure.

## Sound and Vibration Settings

Press **(A)**, and select  > **Sounds & Vibe**.

**Volume:** Sets the volume for alerts and voice memos. Press **(A)** to turn off sounds.

**Alert Tones:** Turns alert tones on or off.

**Alert Vibration:** Sets the vibration level to off, low, medium, or high.

## Device Information

### Activities and Games List

The activities and games listed below are available on your Bounce™ watch.

Make sure to update your watch software to get the latest activities and games ([Product Updates, page 26](#)).

#### Activities

|                                                                                   |           |
|-----------------------------------------------------------------------------------|-----------|
|  | Bike      |
|  | Other     |
|  | Pool Swim |
|  | Run       |
|  | Walk      |

#### Games

|                                                                                   |               |
|-----------------------------------------------------------------------------------|---------------|
|  | Math Flash    |
|  | Puzzle Slider |
|  | Toe-to-Toe™   |

- [Activity Settings, page 20](#)
- [Starting an Activity, page 20](#)
- [Game Settings, page 21](#)
- [Starting a Game, page 21](#)

### Charging the Watch

#### ⚠ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

#### NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions.

- 1 Plug the cable (▲ end) into the charging port on your watch.



- 2 Plug the other end of the cable into a USB charging port.  
The watch displays the current battery charge level.

#### Tips for Charging the Watch

- Connect the charger securely to the watch to charge it using the USB cable ([Charging the Watch, page 24](#)).

You can charge the watch by plugging the USB cable into a Garmin® AC adapter with a standard wall outlet or a USB port on your computer. Charging a fully depleted battery takes about two and a half hours.

- Leave the watch connected to the charger until the battery charge level reaches 100%.
- View the remaining battery percentage on the controls menu ([Controls, page 16](#)).

## Viewing Watch Information

You can view the unit ID, software version, regulatory information, and license agreement.

- 1 From the watch face, hold **B**.
- 2 Select **System > About**.

## Specifications

|                             |                                                                                                                       |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Battery type                | Rechargeable, built-in lithium-ion battery                                                                            |
| Battery life                | Up to 2 days                                                                                                          |
| Operating temperature range | From -20° to 60°C (from -4° to 140°F)<br><b>NOTE:</b> Battery life may be reduced when operating between -20° to 0°C. |
| Charging temperature range  | From 0° to 45°C (from 32° to 113°F)                                                                                   |
| Wireless frequencies        | 2.4 GHz @ 18.3 dBm maximum, 1.75 GHz @ 22.5 dBm maximum<br>847 MHz @ 22.9 dBm, 726 MHz @ 21.8 dBm maximum             |
| Max. SAR value              | 0.30 W/kg torso, 0.51 W/kg limb                                                                                       |
| Water rating                | Swim, 5 ATM <sup>1</sup>                                                                                              |

## Device Care

### NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

## Cleaning the Watch

### ⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

### NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

**TIP:** For more information, go to [www.garmin.com/fitandcare](http://www.garmin.com/fitandcare).

- 1 Rinse with water, or use a damp lint-free cloth.
- 2 Allow the watch to dry completely.

## Band Replacement

The adjustable band is designed to fit children 6 and older. The watch is compatible with 20 mm bands. You can contact Garmin® customer support for information about replacement parts.

<sup>1</sup> The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

# Watch Updates

## Garmin® Support Center

Go to [support.garmin.com](https://support.garmin.com) for help and information, such as product manuals, frequently asked questions, videos, and customer support.

## Product Updates

The watch automatically checks for updates after syncing with Bluetooth® and during your child's sleep window if Wi-Fi® is available. You can manually check for updates from the system settings ([System Settings, page 23](#)). On your phone, install the Garmin Jr.™ app.

This provides easy access to these services for Garmin® devices:

- Software updates
- Data uploads to Garmin Jr.
- Product registration

## Getting More Information

- Go to [support.garmin.com](https://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [buy.garmin.com](https://buy.garmin.com), or contact your Garmin® dealer for information about optional accessories and replacement parts.

# Troubleshooting

## Restarting the Watch

If the watch stops responding, you may need to restart it. This does not erase any of your data.

- 1 Hold **(A)** until the watch displays **▲**.  
You must keep holding **(A)** to avoid sending an assistance alert (approximately 10 seconds).
- 2 Release **(A)**.  
The watch restarts.

## Resetting All Default Settings

You can reset all of the watch settings to the factory default values.

Resetting the watch also clears all data, such as activities. You should sync the watch with the Garmin Jr.™ app to upload activity data before you reset the watch.

- 1 Press **(A)**.
- 2 Select **🔧 > System > About > Reset > ✓**.

## Is my phone compatible with my watch?

The Bounce™ watch is compatible with phones using Bluetooth technology.

Go to [www.garmin.com/ble-jr](http://www.garmin.com/ble-jr) for Bluetooth compatibility information.

## My phone will not connect to the watch

If your phone will not connect to the watch, you can try these tips.

- Turn off your phone and the watch, and turn them back on again.
- Enable Bluetooth® technology on your phone.
- Update the Garmin Jr.™ app to the latest version.
- Remove the watch from the Garmin Jr. app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove the watch from the Garmin Jr. app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Jr. app, and select **••• > Pair a new Garmin device** to enter pairing mode.
- From the watch face, hold **(B)**, and select **Sync & Pair > Pair**.

## How do I pair an additional watch with the Garmin Jr.™ app?

If you have already paired a watch with the Garmin Jr. app, you can add a new child and watch from the kid menu. You can pair up to eight watches.

You must remove a watch from a child before adding a new watch for that child.

- 1 Open the Garmin Jr. app.
- 2 Select **Home > + > Add a new child or device**.
- 3 Select an option:
  - To add a new watch for an existing child, select the child.
  - To add a new watch for a new child, select **New kid**.
- 4 Follow the on-screen instructions.

## Can my child send messages to other children?

Other children must be set up as contacts in the Garmin Jr.™ app ([Adding Messaging Contacts, page 8](#)).

## Locating a Lost Watch

You can use this feature to help locate a lost Bounce™ watch that is within range of a paired phone.

**TIP:** If you are unable to find the watch nearby, try to view the current location of the watch ([Viewing Your Child's Current Location, page 19](#)).

- 1 From the Garmin Jr.™ app, select **Home**.
- 2 Select your child, and select **Settings > Find my watch**.

The phone begins searching for the paired Bounce watch. The watch vibrates and also beeps if audible tones are turned on ([Sound and Vibration Settings, page 23](#)).

- 3 Press **B** on the watch to stop searching.

## Activity Tracking

For more information about activity tracking accuracy, go to [garmin.com/ataccuracy](http://garmin.com/ataccuracy).

### My step count doesn't seem accurate

If your step count doesn't seem accurate, you can try these tips.

- Go to [garmin.com/ataccuracy](http://garmin.com/ataccuracy).
- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when actively using your hands or arms only.

**NOTE:** The watch may interpret some repetitive motions, such as clapping your hands or brushing your teeth, as steps.

## My watch is in the wrong language

You must change the watch language in the Garmin Jr.™ app.

- 1 From the Garmin Jr. app, select **Home**, select your child, and select **Settings > Language**.
- 2 Select a language.
- 3 Select **✓**.

The watch language updates the next time the watch syncs with the Garmin Jr. app.

## Maximizing Battery Life

You can do several things to extend the life of the battery.

- Reduce the display brightness and timeout ([Display Settings, page 23](#)).
- Turn off wrist gestures ([Display Settings, page 23](#)).
- Reduce the vibration level ([Sound and Vibration Settings, page 23](#)).

## Acquiring Satellite Signals

The watch may need a clear view of the sky to acquire satellite signals.

- 1 Go outdoors to an open area.  
The front of the watch should be oriented toward the sky.
- 2 Wait while the watch locates satellites.  
It may take 30 to 60 seconds to locate satellite signals.

## Improving GPS Satellite Reception

- Frequently sync the watch with the Garmin Jr.™ app using your Bluetooth® enabled phone.
- Take the watch outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

## My watch doesn't display the correct time

The watch updates the time and date when it syncs with a paired phone or when the watch acquires GPS signals. You should sync the watch to receive the correct time when you change time zones and to update for daylight saving time.

- 1 Hold **B**, and select **Sync & Pair > Sync**.  
The watch automatically starts syncing the time with the phone.
- 2 To sync time using satellite signals, go outdoors to an open area with a clear view of the sky, start an activity, and wait while the watch acquires satellite signals.



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