Ways to control your Apple device for younger children:

Basically, Use either Restrictions or Guided Access in your device settings.

For iPad and iPhone:
https://www.lifewire.com/childproof-your-ipad-1994601?print
and
https://www.pcmag.com/article/347176/how-to-kid-proof-your-iphone-or-ipad
and
https://www.howtogeek.com/177366/how-to-lock-down-your-ipad-or-iphone-for-kids/
also

For a Mac:
Use these steps to add accounts and to place restrictions on the accounts as necessary.