

A parents guide to gaming



GAMING IS A POPULAR PAST-TIME AMONG THIS GENERATION OF KIDS. AS A PARENT, HERE ARE SOME THINGS TO KNOW TO KEEP GAMING SAFE.



Moderation is key.

Set healthy limits on how much video game time you allow your kids.

Know what they're playing. Some games are better than others. If your kid struggles with mental health, help them find better games.

Prioritize sleep. It's common for gaming to interfere with healthy sleep habits. Set boundaries that prioritize sleep.

Take breaks. Teach your kids to schedule regular breaks into their gaming time. Stepping away is good for mental health.

Stay connected off-line. Keep your kids grounded in the real world by engaging in screen-free activities together.

Game with your kids. Get involved with your kids' interests by gaming with them (in moderation!).

