

# GAMING

## LET'S TALK ABOUT GAMING

### 1 UNDERSTAND WHAT YOUR CHILD IS DOING

Too many of us complain about gaming without looking at the game. Trust me; your child will want to talk about their games.

### 2 WHY IS YOUR CHILD GAMING?

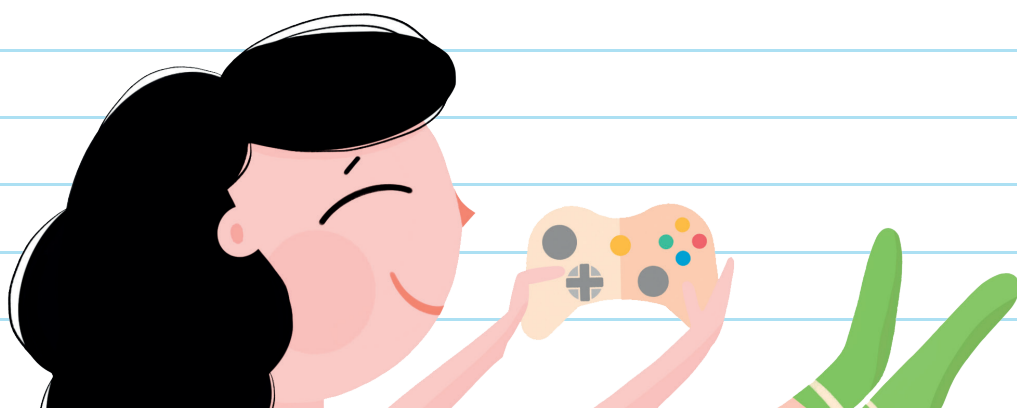
- ✓ Is it an escape?
- ✓ Maybe it is a way to see friends!
- ✓ Some children like the challenge.

### 3 AS A PARENT, YOU NEED TO SET BOUNDARIES

Your child might cry and protest.

But in secret, all children want and need boundaries.

So set some!



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## ④ MAKE SURE YOUR CHILD FINDS MEDIA BALANCE

Ask yourself do they have

- ✓ friends?
- ✓ hobbies?
- ✓ good homework habits?

It is important not to let media take over our lives!

Media balance is crucial.

## ⑤ KEEP AN EYE ON THEIR GAMING

- ✓ Discuss gaming with them
- ✓ Avoid nagging.
- ✓ Follow their progress.

They will love that you show interest in their games. 😊



Find out more about gaming on our blog