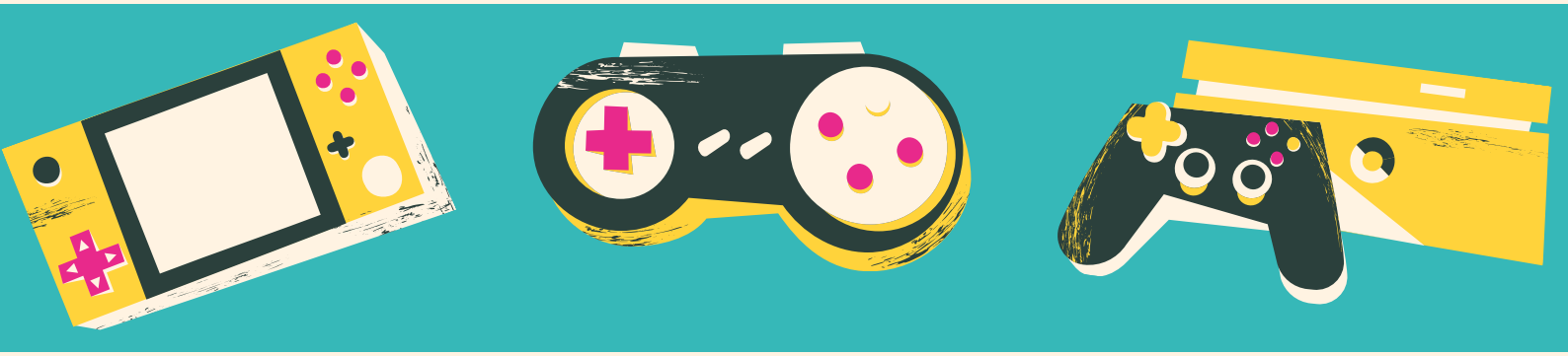
# GAMING

# TIPS FOR PARENTS



**BE INTERESTED AND CURIOUS. UNDERSTAND HOW THE GAME WORKS AND HAVE CONVERSATIONS AROUND THIS.**
KNOW IF THE GAMES YOUR YOUNG PERSON PLAYS HAS MICROTRANSACTIONS AND NEGOTIATE LIMITS AROUND SPENDING MONEY FOR VIRTUAL ITEMS. IF ON A TABLET OR PHONE, YOU CAN ADD A PASSWORD WHICH NEEDS TO BE ENTERED PRIOR TO ANY TRANSACTION.

**NOTICE IF YOUR YOUNG PERSONS GAMING IS IMPACTING ON SLEEP, SCHOOL ATTENDANCE, ACADEMIC PERFORMANCE, RELATIONSHIPS, OR OTHER COMMITMENTS AND ACTIVITIES.**
ENCOURAGE FACE TO FACE ACTIVITIES AND SOCIAL CONNECTIONS OUTSIDE OF GAMING. ENCOURAGE ANYTHING THE PROMOTES CONNECTION OVER DISCONNECTION.

**NEGOTIATE LIMITS OF THEIR GAMING. SOME PARENTS MAY FIND IT IMPORTANT TO MAKE GAMING CONDITIONAL ON OTHER BEHAVIOURS OR RESPONSIBILITIES BEING COMPLETED. FOR SOME, THERE MAY NEED TO BE CONSEQUENCES IF LIMITS ARE EXCEEDED. ITISIMPORTANT YOUR YOUNG PERSON KNOWS THESE CONSEQUENCES, AND THAT YOU FOLLOW THROUGH WITH THEM.**
AGREEING TO TAKE REGULAR BREAKS DURING GAMES SESSIONS CAN BE HELPFUL. BREAKS CAN LOOK LIKE GOING TO THE TOILET, EATING A SNACK, HAVING STRETCH OR GOING OUTSIDE TO CONNECT WITH NATURE.

**IF YOUR A GAMER AND A PARENT, BE MINDFUL THAT YOUR OWN GAMING HABITS AND SCREEN TIME IS ROLEMODELLED TO YOUR CHILD. THIS CAN ALSO LEAD TO PROSOCIAL HABITS IF YOU ROLEMODEL BALANCE AROUND GAMING AND SCREENTIME. CONNECTING WITH YOUR KIDS AROUND GAMING IS FUN AND A GREAT WAY TO CONNECT.**

**SETTING A TIME LIMIT** AT THE START OF THEM HAVING SCREEN TIME CAN MAKE IT EASIER TO GET THEM OFF AT THE END. GIVE THEM A 5-15MIN WARNING THAT THEIR TIME IS SOON TO BE UP, THIS WAY THEY CAN MAKE IT TO THE NEXT CHECK POINT TO SAVE THEIR PROGRESS OR COMPLETE THE QUEST THEY ARE DOING. BE FIRM IN THE TIME ALLOCATED, BUT ALSO BE REASONABLE.

IF THEY SAY THEY NEED ANOTHER 5 MINUTES TO FINISH THE GAME, GIVES THIS TO THEM. SOME GAMES ARE NOT ABLE TO BE SAVED OR PAUSED (LIKE LEAGUE OF LEGENDS), SOME HAVE CHECK POINTS THEY NEED TO GET TO BEFORE THEY CAN SAVE. WHILE OTHER GAMES THEY FIGHT JUST BE IN THE MIDDLE OF THE BOSS FIGHT. HAVING SOME IDEA OF THE GAME FUNCTION CAN HELP WITH PUTTING THIS IN PLACE AND YOUR CHILDREN WILL APPRECIATE YOU NOT TURNING THE GAME OFF IN ANGER BECAUSE THEY DIDN'T GET OFF THE SECOND THEIR TIME RAN OUT.

ONE OPTION IS TO TELL THEM EVERY MINUTE THEY SPEND PLAYING AFTER THE TIME LIMIT EXPIRES WILL COST THEM THE SAME AMOUNT OF THEIR NEXT SESSION. ANOTHER TIP IS USING A KITCHEN TIMER TO THE SET AMOUNT OF TIME SO THEY CAN SEE HOW MUCH TIME THEY HAVE LEFT.

**IF YOU ARE FINDING IT HARD TO SET AND REINFORCE APPROPRIATE LIMITS AROUND GAMING, OR YOU ARE STRUGGLIGNG WITH YOUR YOUNG PERSONS BEHAVIOURS AROUND GAMING, PLEASE SPEAK TO YOUR YOUNG PERSONS CLINICIAN FOR FURTHER SUPPORT.**

CONNECTION OVER DISCONNECTION

# GAMING PLAN

## THINGS I CAN DO TO MAINTAIN BALANCE

1.

2.

3.

4.

5.

## SIGNS I MIGHT BE OUT OF BALANCE

1.

2.

3.

4.

5.

## MY SUPPORT TEAM

1.

2.

3.

4.

5.

MARINOTO WEST - 09 822 8666
AFTER HOURS - 09 822 8501
REGIONAL - 0800 800 717
YOUTHLINE - 0800 37 66 33
TEXTLINE - 1737

## WHY MY GAMING CAN GET OUT OF BALANCE

1.

2.

3.

4.

5.