

# CAN I GAME?

## Yes! Set your timer

Ex: 30 minutes for 10 year old / 60 minutes for 15 year old

### Self-regulated

Child sets timer & turns off own game.

### Next time: Yes!

30 minutes / 60 minutes

### Parent-regulated

"Hey kiddo, it's time to get off."

### Calm behavior

"Okay Mom! Can I finish up this level?"

### Next time: Yes!

30 minutes / 60 minutes

## No.

Suggest an alternative activity.

### Irritable behavior

"But I just gotta do this!"  
or reduced ability to concentrate

### Fold down computer

"I love your brain too much to argue. Time to play outside!"

### Next time: Yes!

Reduce time in half

### Sneaking games?

Lose privileges for 24-48 hours.  
Reintroduce in 10 minute increments.

\* Older teens can have more time, but their brains still need a break **at least once per hour**.  
Go on a walk, do push-ups or grab a healthy snack to reset.

