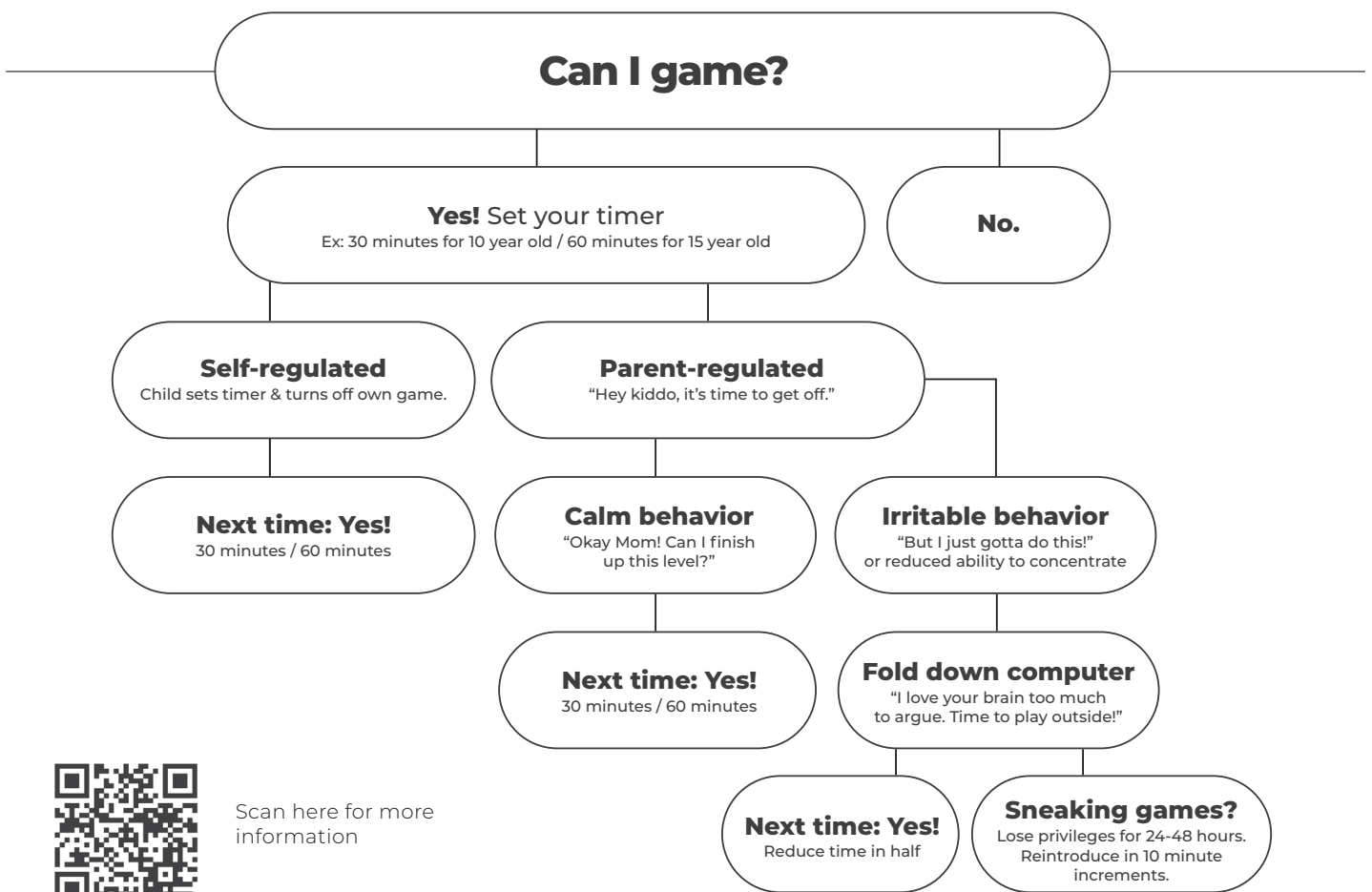


Can I game?

A GUIDE FOR SETTING BOUNDARIES AND AVOIDING VIDEO GAME MELTDOWNS

A common parenting question is “How much gaming is too much?” The magic number of minutes is going to vary from family to family; it can also be affected by the screen size, the game’s intensity, your child’s age and any special needs your kid may have. But one guiding principle is to observe if your child is able to transition off a game calmly and go about their day. If yes, you’ve likely found an appropriate time limit. But anytime they respond with behavior change — irritability, decreased concentration, meltdowns — that’s a good sign their brain is overloaded and next time you need to reduce the time.

Use the **Video Game Decision Tree** below to get your family on the same page about time limits. Consider sharing it with your kid and hanging it near the gaming station as a reminder of what you are striving for.



Scan here for more information

Kansas City-based Screen Sanity is an international nonprofit that equips parents to be mentors and guides so kids grow up happy and healthy in an increasingly digital world.