

Is it video game addiction or not?
Navigating Summer with Children during Covid-19



Family Considerations and Resources

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INCREASED FAMILY TIME = New Opportunities and New Challenges

- **PARENTAL ALIGNMENT** is key -- Avoid "Do as I say NOT as I Do."
- **CONSISTENT** with expectations, boundaries, and consequences.
- Family **TIME OFF** digital media [dinners, family activity, car, etc.]
- **BE CURIOUS** about child's online use and activities.
- Be aware and attend to **PARENTAL FATIGUE**.
- **COORDINATE** and collaborate with other parents.



Guidelines: American Academy of Pediatrics & Experts in the Field

- Up to 2 hours per day of entertainment-based applications.
- Age appropriate video games – Consult [esrb.org](https://www.esrb.org).
- Keep school laptop and entertainment devices separate.
- No smartphone or computer in bedroom at bedtime; put in central docking area.
- Technology is turned off at least one hour before bedtime.
- Avoid binge use – 45-min of play at a time.
- Match ONLINE entertainment time with OFFLINE time [Art, Music, Movement]
- Replace online gaming with board games, offline gaming.
- One day per week tech free.
- Socialize "Face-to-Face."
- Maintain and complete daily self-care routines before engaging entertainment-based apps.



13-18
Years

Blocker & Tracker Apps



RescueTime

 Net Nanny®

 CovenantEyes®

 Gameplay Time Tracker

 famisafe

circle
WITH DISNEY



SAFESURFER
SUPPORTING ONLINE SAFETY



SPACE



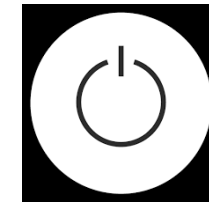
Qustodio



ScreenTime



AppDetox



OffTime



Antisocial



Screen Time

What Does Healthy Digital Media Use Lifestyle Look Like?

- Waking up and engaging in self-care behaviors such *BEFORE* picking up the phone or opening your computer.
- Returning emails in a timely manner, and not checking email as the first thing you do in the morning.
- Utilizing your device to engage face-to-face with the important people in your life.
- Completing online academic requirements on time.
- Reading the news online no more than 15-20 minutes per day.
- Watching an online video up to 60 minutes per day on sites such as, Netflix or YouTube.
- Playing video games for 45 minutes and up to 2 hours per day.
- Turning off your device(s) 1 hour before your planned bedtime in order to fall asleep.
- Watching a movie with your family and discussing it.
- Having meals with your family without devices on the table or the TV on.
- Playing board games on a Saturday night.
- Checking in with friends and family on social media up to 2 hours per day.
- Going for a walk without your phone.