

Video Games and Your Child

Does your child have problems in any of the following areas?

Physical: delayed development, overweight, tired, lethargic

Mental: whiny, sad, tantrums, crying

Social: anger, hitting, pushing, biting, hitting self, swearing

School, Daycare/Preschool: can't pay attention or learn, poor grades

Maybe your child is playing too many video games!

Video Gaming Facts

- 1) Violent video games involve *fighting and killing*, which make children **aggressive** and **defiant** (Greitemeyer and Mugge, 2013).
- 2) Video games in general *overstimulate* children causing **attention deficit** (Christakis, 2011).
- 3) Video games *keep kids from moving*, causing **obesity** which can lead to **diabetes** (Tremblay, 2005).
- 4) Video games *isolate* children, robbing them of much needed human connection and touch, resulting in **anxiety, sadness, and tantrums** (Flores 2004).
- 5) Video games *keep children indoors*, resulting in problems **paying attention** and **learning** (Faber-Taylor, 2004).

Technology Use Guidelines for Children and Youth

Developmental Age	How Much?	Non-violent TV	Hand-held devices	Non-violent video games	Violent video games	Online violent video games and/or pornography
0-2 years	none	never	never	never	never	never
3-5 years	1 hour/day	✓	never	never	never	never
6-12 years	2 hours/day	✓	never	never	never	never
13-18 years	2 hours/day	✓	✓	limit to 30 minutes/day		never

Created by Cris Rowan, CEO Zone'in Programs Inc. and author of *Virtual Child* in conjunction with Dr. Andrew Doan, neuroscientist and author of *Hooked on Games* and Dr. Hilarie Cash, Director of reSTART Internet Addiction Recovery Program and author of *Video Games and Your Kids*, with contributions from the American Academy of Pediatrics and the Canadian Pediatric Society. © Zone'in Programs Inc. 2014

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