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.

- 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.
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.