

PREVENT PROBLEMS

The following is a list of best practices to keep gaming a fun casual hobby:

- Allow two hours or less of gaming time and not every day.
- Require homework and exercise to be complete first
- Remove gaming devices from the bedroom (centralize)
- Single-player games instead of competitive multiplayer games
- Maintain firm, strong, and consistent boundaries
- Be aware of bingeing cycles (weekends, holidays)
- Maintain real life friends and face-to-face interactions
- No tech at the dinner table or during car rides
- Devices handed in one hour (or more) before bedtime
- Maintain other hobbies and interests
- Spend time in nature on a regular basis
- No gaming first thing in the morning

For additional support purchase a copy of our [Video Game Addiction Guide for Loved Ones](#)