

How to prevent children from becoming addicted to gaming during long holidays?

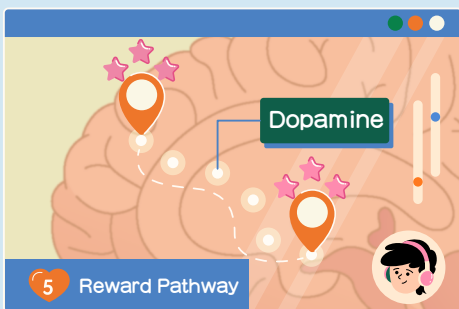


Children and young people today are inseparable from their smartphones. The issue of gaming addiction is becoming increasingly prevalent and may become worse during long holidays.

Appropriate amount of play benefits mental health

While playing healthy electronic games is harmless, indulging too much can lead to problems.

Since addictive behaviour affects the brain's prefrontal cortex and the mechanism of dopamine release, continuous stimulation of the reward pathway in the brain will create a sense of dependence and affect daily lives.



In fact, moderate gaming can bring numerous benefits, including increasing enjoyment in life, relieving stress temporarily, providing a sense of achievement when completing levels and stimulating social conversations with others.



How to keep children from gaming addiction?

Strategy 1. Maintain daily routines

Busy concentrating on study in daily lives more or less makes ones have the "I-have-to-play-till-I-have-enough" mindset as a compensation during holidays. Therefore, it is essential to maintain daily routines during school holidays. Don't let gaming disrupt life.



Strategy 2. Make family activities more fun

Boring life compels children to play games to kill boredom. Engaging in fun activities as a family can help children discover happiness beyond gaming and improve parent-child mutual conversations and intimacy. Good parent-child relationships can keep children from gaming addiction effectively, and will also increase the motivations for children to cooperate with parents.



Strategy 3. Understand the psychological needs behind gaming

Is it necessary for children to rely on gaming and the players' words to gain praise and recognition? Or whether they need to get rid of troubled thoughts and stress? Understanding the real causes why children spend long hours gaming to provide guidance accordingly can help parents guide children towards healthier ways to fulfil their psychological needs.



Strategy 4. Establish a sense of purpose in Life

The joy of gaming is temporary. Spend more time reading about other people's meaningful stories can broaden children's visions and help them understand that through meaningful activities, ones can get lasting happiness and a sense of achievement.



Strategy 5. Set gaming limits together

Establish rules about gaming with children as early as possible and put them into effect continuously. The agreements should be clear about when gaming is allowed, the consequences for breaking the agreements and the date for reviewing the effectiveness of the agreements.



Strategy 6. Adjust parenting styles

Parents should strike a balance between being authoritative and understanding. Take care of their children's psychological needs while setting reasonable rules for their behaviours in order to increase children's motivations for controlling their own gaming behaviours.



Authoritarian and prohibitive



Neglectful



Too permissive



Psychological needs



Set reasonable rules

Strategy 7. Parents should lead by example

Parents should demonstrate responsible internet and smartphone use to set a good example for their children. Children will then be more likely to obey and learn from parents' restrained behaviour.

