

Video game time management- digital culture

- Monitor video game play the same way you need to monitor television and other media.
- Be a loving, attentive parent who disciplines your child well. An aggressive child is more a product of dysfunctional parenting than anything else, including violent games and TV. According to Los Angeles-based psychotherapist Robert Butterworth, PhD, dysfunctional parenting, children with little guilt, and accessibility to firearms with little parental supervision can create violent children. "Most children who commit violent crime show an early combination of personality and family factors that include having trouble getting along with playmates in preschool," Butterworth says. "By second or third grade they're doing poorly in school, and have few friends. By the age of 10 they're picking fights and getting labeled by their peers as social outcasts." What's more "they typically come from families where parents are poor at disciplining because they are indifferent, neglectful, too coercive or they use harsh physical punishment with little love."
- Although playing video games can be a learning experience, give your kid a variety of entertaining things to learn from, so your kid will not be addicted to just one thing. Be sure to make him read books, play sports, interact with other kids, and watch good TV. Everything should be taken in moderation. The American Academy of Pediatrics recommends that children not spend more than one to two hours per day in front of all electronic screens, including TV, DVDs, videos, video games (handheld, console, or computer), and computers (for non-academic use). This means seven to fourteen hours per week total.

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- Limit the amount of time they could play and also used the video game ratings to limit the content of the games have children who do better in school and also get into fewer fights.
- Monitor the effect of video games on your child. Observe his behavior. If it appears that he is becoming more aggressive with his siblings or friends during the period that he is playing violent games, stop him from playing the games. If he becomes interested in history after playing historical games, then the game is beneficial to him.

