

# 5 TIPS FOR PARENTS OF GAMERS

Level Up with Your Kids



## STOP ARGUING WITH YOUR KIDS

### The Compassionate Dictatorship

Parents complain that their gamer son won't listen. Fine. Whatever you want from your child, make a request. Then, if they don't comply, the request becomes a command. If that command is not met, then there needs to be reliable consequences. Negotiating and pleading does nothing for you or your gamer kid.



## CONSISTENCY IS KEY

### A Stable Household

Chaos is the enemy. Gamers struggle with feeling like they have a handle on things. If your house is a chaotic mess of unhinged emotions and shifting schedules, that needs to change. Otherwise, video games will remain the reliable stress reducer. Create a schedule and consistent expectations for the family.



## PROVIDE PROPER MEALS

### Eat in the Morning

Gamers have a tendency of skipping meals. Start having breakfast with your kid, and MAKE IT QUALITY FOOD. Reduce simple sugars and carbs (pancakes, toast, bagels). Provide food that is high in protein. Eggs, nuts and a steak are some good choices. Also, get rid of accessible junk food and sweets.



## STAY CALM

### Strong Emotions Overwhelm

Excessive gaming suppresses the emotion centers of the brain. Emotional outbursts will overwhelm them and they will shutdown. Your frustration as a gamer parent needs to come through words; not dramatic actions. Limit your emotional outbursts.



## SEND THE RIGHT MESSAGE

### Relationship over Results

Responsible behaviors (e.g. good grades) are things parents want, and THEY SHOULD. Frustration occurs when these behaviors don't happen. When responsible behaviors become the main focus, this can send the message that the child is only worth what they can produce, and the unconditional love can feel absent. Notice and emphasize the good things they do.

