



YOU ARE IN CONTROL!



Just some of the places and online communities your children can access when they have a WIFI connection!

Teach your kids not to:

- Give out personal information online
- Share pictures of themselves on social networking sites

And to

- Talk to an adult if they are being Bullied-Cyber bullying



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Video games hold special attractions for children with ADHD. A child who is easily distracted in the real world can become fixated and infatuated by playing video games.

For ADHD children who struggle with social skills computer games are emotionally safe. When they make a mistake, while playing a video game, no else has to know. Video game errors are not marked in red by a teacher either, in fact they learn by mistakes and get satisfaction from improving their gaming capability.

Some ADHD children lack the capacity for self-regulation. This is particularly true when they are enjoying an activity and are hyperfocused on it. So parents need to be the one to set the rules and enforce limits.

Setting Boundaries

Parents must first agree on a set of rules:

- How long can our child play on a school night?
- Must homework/chores be done first?
- How about weekends?
- Which games are forbidden?
- Choose age appropriate games?
- Put all controllers and games away unless in use
- Have the rules clearly displayed
- Involve your child in the process
- Play the game with your child to see how it makes you feel

Sit down with your child to discuss the rules and explain how they will be enforced.

e.g. You will allow 30 minutes of playing computer games on a school night after homework/chores are completed and checked.



Some management tips:

- Keep the computer in a busy area of your house so that you can easily monitor its use.
- At first you may have to lock the games or controllers away when gaming is off limits. When they are allowed to play hand them over and say 'You've got 30 minutes'.
- When playtime begins set a timer – visual timer.
- Give plenty of warning

'You have 15 minutes' 'ten minutes to go' When time is almost up, announce 'You can play for 5 more minutes. Then it will be time to save your game'.

If your child does well with the time limit for several days in a row consider tracking their progress and award a few extra minutes at the weekend. Emphasise that, as they demonstrate greater responsibility, they will earn more play time.

If on the other hand your child continues to play, despite your warnings, do not shout or disconnect the power, or grab equipment, such approaches will only escalate anger. Instead, calmly remind them of the rules.

A consequence would be for each minute he continues to play, one minute will be subtracted from the time allowed the next day.

Once you are managing the time your child spends on video games, find other ways for them to occupy their time. Search out activities they can feel successful at, ones that tap into their strengths and talents.

Some other ideas:

- Watch out for cyber bullying.
- Don't forget to monitor smart phones and passwords
- Use tokens to gain time on the computer
- Have technology free days, family fun builds relationships