



Determine how much time you believe is acceptable for your child to play video games. Decide on an acceptable time for each day or for the week. Some parents limit video games to one hour per day, while others completely ban video games during the school week and only allow for a few hours on the weekends. Many health care professionals and development specialists recommend that the time children spend in front of a television or computer screen be no more than 2 hours per day. Take this into account when determining what time limits you want to set and decide on an acceptable amount of video game playing time that works for you.

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