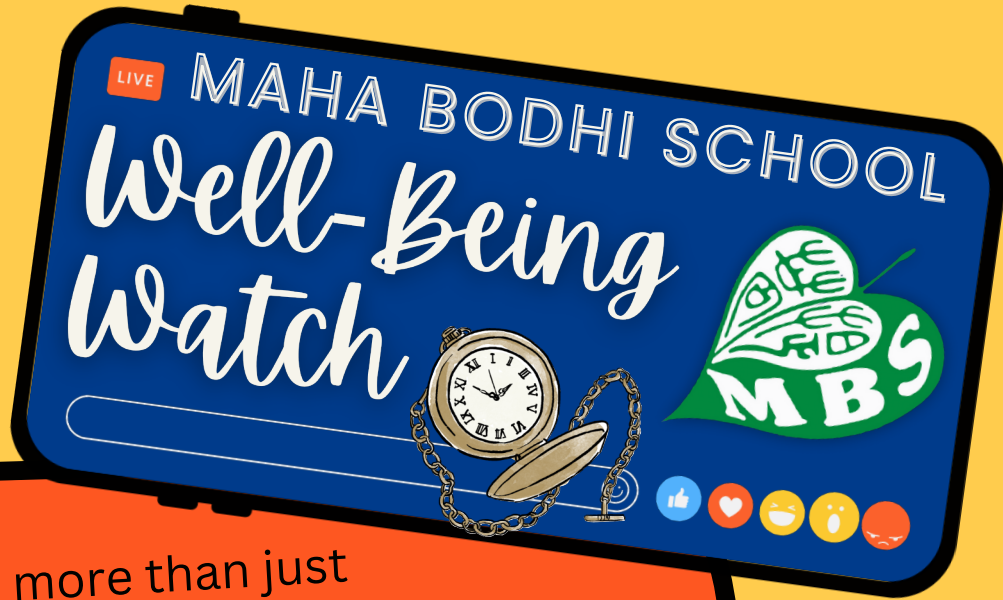




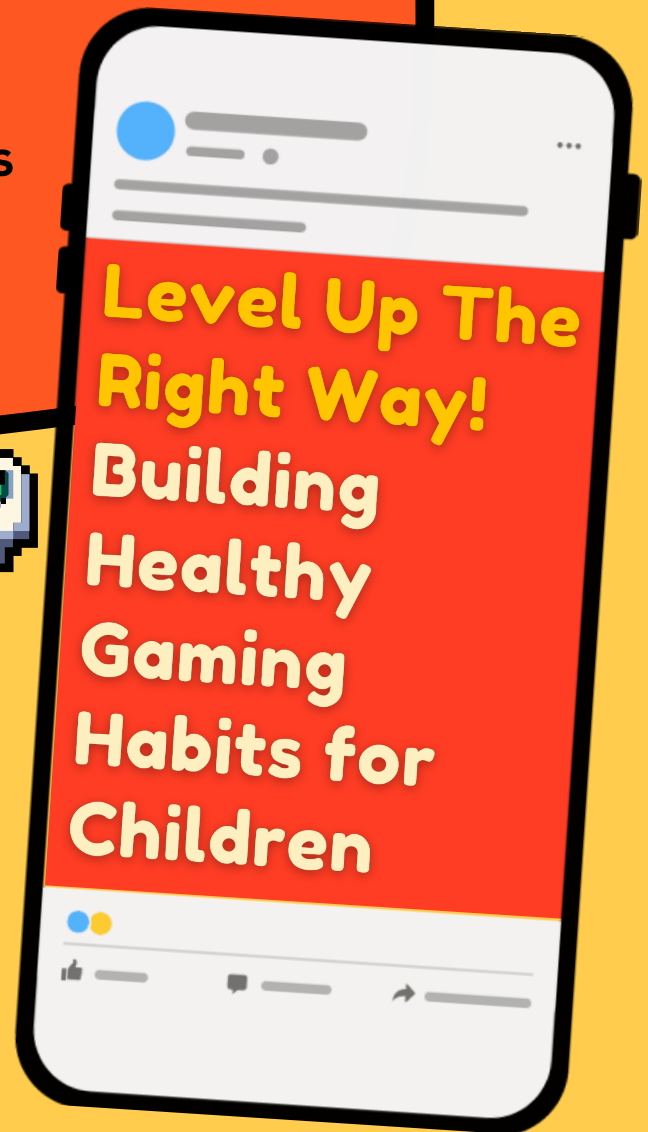
Issue #5 Term 3, 2025

PLAY



Online gaming today is more than just play – it's where children connect, create, and unwind. But how can we help them enjoy games while building habits that keep them safe, balanced, and healthy?

In this issue, we share practical tips for managing gaming time and nurturing positive digital habits at home.



Read on to find out more!



Well-Being Watch



HELPING YOUR CHILD PLAY SAFE, PLAY SMART

Here are some practical tips for you:

**GAME
OVER**

#1

Set Clear Rules Together

- Agree on time limits (Under 2 hours daily, except for schoolwork - MOH Guidance on Screen Use in Children (7 - 12 years old))

#2

Teach Good Gaming Etiquette

- Be kind and respectful
- Never share personal info
- Report unsafe behaviour

#3

Balance is Key

- Develop a Screen Use Plan (click link)
- Encourage regular breaks
- Prioritise physical play, hobbies, and family time

#5

Safeguard Children from Harmful Influences

- Have open conversations to find out what children are doing online.
- Use parental control settings (e.g. google parental controls)

#4

Bond through Games

- Stay involved, ask questions
- Understand the games your child is playing



Resources for Parents (Click to access links)

- Parenting for Wellness Toolkit
- MOH's Guidance on Screen Use in Children



"It's Just a Game... Or Is It?" - Why Your Child's Online Play Deserves Your Attention

To many adults, games like Roblox or Minecraft may seem like harmless fun or just a way to pass time. But for your child, gaming is more than entertainment — it's where they build friendships, test boundaries, and sometimes, escape challenges. Understanding their online world can help us parent better in the real world.

Games Shape Habits

How your child behaves in the gaming world often reflects — or shapes — their offline habits. Positive traits like teamwork, creativity, and resilience can emerge... but so can impatience, poor sportsmanship, or even addiction-like behaviour.

"He rages when he loses a round."

"She's calm until it's time to switch off the screen."

These are not just "gaming issues" — they're teachable moments - opportunities to help your child recognise and manage their emotions, and grow through guidance.

Gaming is Social Now

Today's games aren't solo — they're social playgrounds. Children talk to peers, make friends, or compete with strangers. It's part of their social development — but without supervision, it can expose them to **toxic behaviour** or **unsafe chats**.



What Your Child Needs From You

Not every parent needs to love video games — but every child benefits from a parent who:

- Takes an interest
- Sets firm but fair boundaries
- Checks in emotionally (not just about screen time)
- Keeps digital life part of real-life conversations

Online gaming is part of your child's world — and that's not a bad thing. With the right guidance, it can build friendships, fuel imagination, and even teach valuable life lessons. But without boundaries, it can easily become a world your child escapes into, instead of one they grow from.

Be present in their gaming world — so they don't have to navigate it alone.

TOP
TIPS



Be Present, Even When They're Online


- ✓ Keep gaming a shared conversation
- ✓ Guide instead of control
- ✓ Model healthy digital habits


HELPFUL RESOURCES FOR YOUR DIGITAL PARENTING JOURNEY




From tips to tools, here are trusted sites and suggestions to help you support your child's online gaming habits — safely and meaningfully.

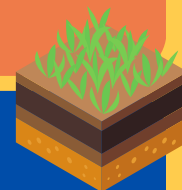
Tips & Guides on Online Gaming

 **Media Literacy Council (Singapore)**
www.betterinternet.sg
Browse parenting guides, online safety tips, and real-life case studies.

 **IMDA (InfoComm Media Development Authority)**
www.imda.gov.sg
Resources for parents on managing screen time and fostering healthy digital use.

 Look out for the section 'For Parents' to find age-appropriate advice tailored to children in primary school.

Some Common Games that Children May be Playing



Game Types	Examples	Description of the Games
Battle Royale (BR)	Fortnite, Call of Duty: Mobile, Apex Legends Brawl Stars	Outlast the others in an exciting showdown! Use your character's unique weapons and skills to take on opponents and be the final player standing
MOBA - Multiplayer Online Battle Arena	Mobile Legends: Bang Bang (MLBB), DOTA 2, League of Legends	Players work in teams to destroy the enemy base, aiming to defeat more opponents while minimizing eliminations. They can return to the game after being taken out
Sandbox	Roblox, Minecraft	Different game modes (e.g. obstacle course, hide-and-seek). Players can complete multiple game modes.
Action Role-playing Game (ARPG)	Genshin Impact, Diablo, Path of Exile	Games in the form of story quests. Players to complete main story and side quests.
Shooters (1st/3rd person shooters)	CS:GO, Valorant, Call of Duty: Mobile	Players aim to plant or defuse a bomb while eliminating opponents. The game ends when one team is defeated.



Quick Trivia

Test your cyber parenting instincts! Circle your answers below.

1. Which of these is a sign your child may need a screen time check-in?

- A. They ask for help with a game
- B. They become irritable when asked to stop
- C. They play games with siblings

2. What's a good digital habit to model at home?

- A. Responding to emails at dinner
- B. Taking screen-free breaks
- C. Letting kids explore online unsupervised