

Parents' guide: Gaming advice to support Pre-school children

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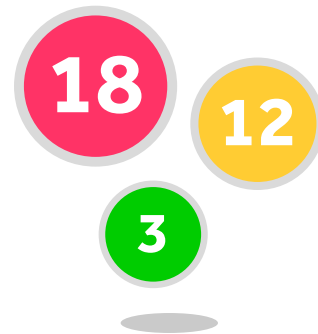


What to think about:



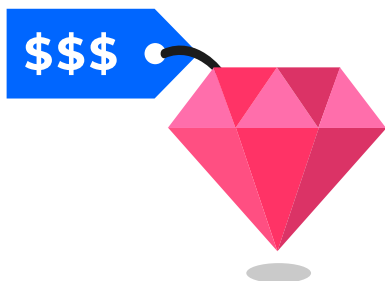
Research what games are available

Online gaming is increasingly popular with younger children so it's important to do a bit of research around the types of **age-appropriate games** that are available for your child.



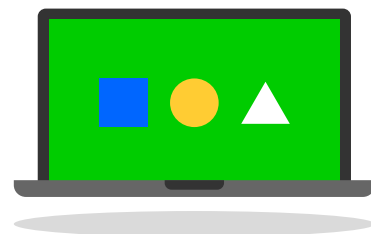
Know your PEGI ratings

Learn more about what ratings mean to make the right choices on suitable games for your child to play and avoid games that involve playing with others online.



Review the cost of in-game purchases

With more and more 'free-to-play' games available featuring in-game purchases, **it's important to see what additional cost may be involved** to avoid getting caught out with a big bill. Setting controls to restrict in-app purchases can help as a tech solution.



Mix and match types of games

Keep them engaged and learning by giving younger children a varied diet of educational games that teach them basic maths to more fun games that feature their favourite TV characters. This can help them to develop their problem-solving skills and creativity.

What to talk about

Set rules surrounding video gaming and screen use

Use a **family agreement** to agree together on some clear boundaries on what games they can play, when and for how long to help them have a safer experience while gaming. Review these as they grow to make sure they are still working for them.

Give them coping strategies

If things go wrong while they are gaming (i.e. they see something upsetting) **make sure they know what to do**, whether it is to turn off the screen or go speak to you or a trusted adult to resolve the situation.



Things to do

See what people say about the game

Read **online reviews by parents** to get a better understanding of the games.

Get help choosing the right game

Use sites like **PEGI** that offer age-specific game reviews to focus your search.

Make use of controls to keep them safe

Familiarise yourself with the parental controls on your child's console, mobile device or gaming app to **ensure they can only access content that is age-appropriate**.

Use tech tools to set time limits

Increasingly children are spending more time gaming so using tech tools on devices they use to **manage the time they spend** and what they play can help them build good online habits.



Use our set up safe gaming parental controls how to guide to learn how to make use of the tools

Play online games together

Typically, younger children will need a lot of guidance when it comes to choosing and playing games. **Playing together can help build their confidence and keep you engaged in their digital world.**

