



# REBUILDING CHILDREN FROM GAMING ADDICTION

**CASE STUDY/INSIGHT**

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The brain of a child develops more rapidly from birth to 10 years of age than at any time in life. 90 percent of a child's brain develops by age 5. The way the child is brought up during the early years –positive or negative, directly affects how the brain develops with long-term impact on child's future development. The early years of a child is a critical period for human development and number of incredible skills, languages and information can be learned at this period. The way the child is moulded during the initial years will have a great impact on the child's future. Hence, good attention should be given to the activities which the child does.

Children's addiction to video games is increasing day by day. The reasons for the children to opt video games are mainly, loneliness, attraction from the colourful animations in games and not engaged in any other time pass. When the young children play games for continuous hours, it affects their overall health right from eyes to ultimately their brains. Continuous staring at the electronic screens while playing games leads to dryness of eyes, affects vision and causes headaches. It also affects the brain development and leads to poor concentration. Video gaming involves long hours of sitting in one place, which in turn reduces the children's physical movements. This could lead to obesity in young ages and make them unhealthy. Physical movements such as playing in ground, running are essential for the children to keep up their good health. Besides these, gaming could make children lazy, aggressive and violent.





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All these negative effects of video gaming in children could be prevented with proper actions taken by parents. Parents should teach their kids healthy habits of reading books, storytelling, getting involved in extracurricular activities such as music, sketching, painting, learning new languages and playing in grounds. By engaging children in productive activities, they can be distracted from playing video games. Reading books is one of the best habits that need to be inculcated in children. Initially, parents can tell various stories and slowly children can be given the practice of reading books. The children's interest to read books can be increased by giving them books with colourful pictures. Music, sketching and learning new languages are important tools in strengthening long-range concentration, improving IQ and increasing creativity in children. It has been said that children are capable of learning eight languages even before the age of 10 years. Such is the potential of young brain and should not be wasted in video games. Their complete potential should be harnessed and put to use in the right way.



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Parents should allow the children to play in outdoor grounds. It helps them learn sports and sportsmanship. Playing outside contributes to their social and emotional development; builds physically active children and allows them to explore new things. Also, when children involve themselves in these activities, it will boost their brain development and will help improving their intellectual capability.

Parents must keep an eye on children's activity and psychology. It is better when parents divert the children from video gaming in earlier stage itself. Once the children start playing video games, they will not leave it; experiences show that they will become very adamant. But it is the responsibility of parents to divert the children from such video game activities in a friendly way. Parents hold the highest responsibility of raising the children in the right way by engaging them in productive activities.

