

Finding support for a child's gaming behaviours

If you believe your child plays games excessively that results in negative consequences such as conflict in the home, it is important to seek professional support.

Parenting isn't easy and neither is asking for support. We recommend contacting a professional early. It never hurts to have your situation looked at by someone who has seen these issues before and is experienced on how to deal with them.

Getting some advice or ideas on how to deal with behavioural issues can really help. Ideally you should find a counsellor who:

- Understands addiction
- Understands and is comfortable with technology
- Specialises in working with children and young people
- Understands the positives and negatives about video game playing
- Takes a Cognitive Behavioural Therapy approach

A few tips:

- Avoid conflicts about gaming
- Develop a supportive and positive relationship with your child around the gaming
- Make sure that 9 out of 10 conversations about gaming are positive

The following are some suggestions on where to look for help:

- <https://www.headspace.org.au>
- <https://au.reachout.com>
- <https://www.beyondblue.org.au>

For more information, contact Gambler's Help at Bethany

Bethany Community Support 5278 8122 www.bethany.org.au
Gamblers Help 1800 858 858 www.gamblershelp.com.au

