

Mayo Clinic Minute

3 tips on what to do if your child is addicted to gaming

Video	Audio
	Dr. Paul Croarkin, Mayo Clinic child psychiatrist, says it's normal for kids to want to play video games, but parents should pay attention to lines being crossed into addiction.
00:06:41 Paul Croarkin, D.O. Psychiatry Mayo Clinic	"Playing the games all night long, for example, or all weekend long. Abandoning things that used to ... be a source of great enjoyment: schoolwork, friendships, sports."
	Dr. Croarkin says gaming addiction can often be a sign of a broader mental health issue like anxiety or depression.
	He says there are three important things parents who think their child is addicted to gaming should do.
	No. 1: Communication is key.
00:08:08	"It's a time to get more involved in the teenager's life and try to open up more channels of communications, and ... really get a handle on what's going on in their life."
	No. 2: It's important for parents to establish rules about screen time and stick to them.
	If teenagers aren't meeting basic family expectations, Dr. Croarkin says internet time and devices should be treated as a privilege.
	And No. 3: Don't be afraid to get them professional help.
	For the Mayo Clinic News Network, I'm Ian Roth.