

Parents' CLIPBOARD

ELEMENTARY LEVEL

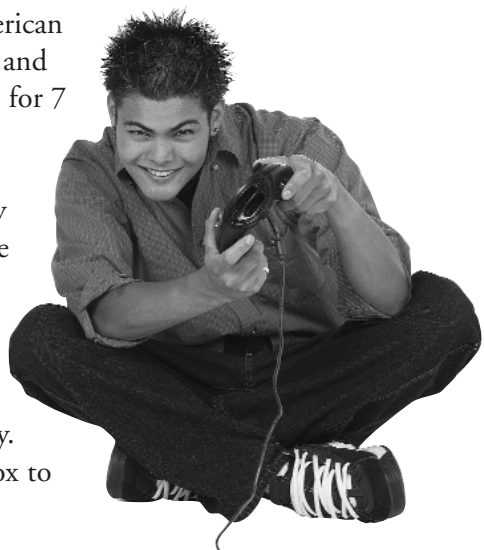
BY THE PARENTS & READING COMMITTEE OF THE COLORADO COUNCIL, INTERNATIONAL READING ASSOCIATION

There's Good News ...and Bad News... About Video Games

The average American child between ages 2 and 17 plays video games for 7 hours a week.

Continuing studies regarding this activity produce both positive and negative effects.

Parents need to monitor which video games their children buy and play. Look on the game box to see the rating before purchasing it.



Positive effects of video games:

- provide practice in following directions
- provide practice in problem-solving
- introduce students to technology
- provide occasions for adults and youth to play together

Negative effects of video games:

- linked to increased risk of childhood obesity and poor posture
- high rates of game playing linked to lower grades in school
- violent games may increase aggressive thoughts, emotions and actions
- high exposure to violent games may decrease positive prosocial action (helping others)

For information and ratings (e.g., “childhood”; “every-one”; “teen”; “adult only”, etc.) about specific games, parents can visit The Entertainment Software Rating Board (ESRB), an independent, nonprofit organization at www.esrb.org.

*By Karen Durica
CCIRA Parents and Reading Committee*

Back 2 School Good Routines for the Schoolyear

Every parent knows that the first few weeks of schools are both exhilarating and exasperating. Kids are excited to have new clothes and new school supplies and to be reunited with friends. They're not as excited about the demands that school work puts on their time – time they'd much rather spend playing or watching television.

When school starts, the transition back to a more structured routine can be tough on kids and parents alike. Here are some tips to help your child establish smart study strategies while still leaving time for being a kid.

- **Homework Comes First** – Homework is the number one priority on school nights. Making this clear eliminates the need to argue or bargain with your kids about playing video games or watching television before homework is finished.
- **Establish a Study Area** – The study area – in your child's room, a table in the family room, or wherever; needs to have good lighting, a large work surface and no distractions.
- **Monitor TV and Computer Use** – If your child is online, make sure you know what sites they're visiting or who they are instant messaging. Likewise, watch TV with your kids so that you know what they are viewing.
- **Make Time for Fun** – Be sure to set limits so that everyone understands time for fun. For example, “you can play outside until dark,” “you can watch one television show,” or you can spend half an hour on instant messaging.”

Setting up a few easy-to-follow routines as the school year gets underway can help set the tone for a successful school year.

*“The man who does not read
good books has no advantage over
the man who can't read them.”*

MARK TWAIN