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# **Are Video Games Bad For Children**

Today a lot of people think that playing video games is extremely bad for children. You have to know that this is not so, even if there is a rational seed in this statement. You have to know that today there is a proper place and proper time for different activities. Like with any other activity, video games when played in balance could be both healthy and fun for your children.

In fact, all activities which are known these days have both negative and positive effects on people and video games are not an exception. Below we will try to discuss some of these factors. If a balanced view of video games can be maintained, both children and parents can find a compromise on this subject.

- The type of video games that are being played

You have to know that action video games could contain a lot of violence that could not be suitable for children. But, you have to keep in mind that far not all video games contain violence. There are some video games that are educational and could be healthy because they could stimulate a lot of mental activity in child's brain.

Monitoring the video games that are being played by your child could help you solve this problem.

- Set a limit time for playing video games

If you are worried about your child spending a lot of time playing video games, then you have to set a limit time for playing games. This could help your child realize what healthy time amounts of video plying are.

- Video games as a reward

It is a good idea to use time for playing video games as a reward for their good behavior or the completion of some tasks. That way you can teach your child that both time and different purchased items have their own value.

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