

## Parents' Guide To Good-For-You Gaming

(NAPSA)—Kids are playing video games at younger ages than ever and parents want to foster healthy gaming habits. A few simple guidelines can help parents ensure that their kids are making the most of game play time.

- **Keep on top of trends.**

Since most parents use MP3 players and PDAs, keeping up on the latest in video games can be a short leap. Online resources can tell parents what's in the games their children want and what systems offer the best value. Staying ahead of the curve also offers parents a chance to flex their own gaming skills, taking new games for a test-drive first.

- **Offer game time as a motivator.** Sometimes, parents find incentives a good way to keep their children focused on getting important chores done. During the school year, video game time can be allocated based on completion of homework or household duties.

- **Get smart with family game night.** There may be no better way for parents to feel comfortable with their children's video games than to play alongside them. By designating one night a week "game night," parents can bring the whole family together in one room with favorite games. Parents who play with their own PC or handheld games may just discover a new pastime. And multiplayer games, whether a console system or old-fashioned board game, let everyone enjoy the time together.

- **Set parameters.** Parents should make sure they purchase



**Some video games can actually help kids learn school skills and others can provide opportunities for the whole family to play together.**

software titles that are appropriate for their children's age level. Additionally, it's a good idea to "power off" at a set time every day—parents, too—and enjoy other activities, such as walking outside, reading, or listening to music.

- **Make learning fun.** Many video games are all about boosting kids' brainpower. Parents can find systems that combine the action-packed gaming that kids love with educational content that parents want. For example, LeapFrog's Leapster2 offers kids ages 4 to 8 math and language arts practice through "Star Wars," "WALL-E" and "Dora" titles. LeapFrog's Didj, for 6- to 10-year-olds, lets children and parents customize the educational content, incorporating a kid's own homework into games such as "Nicktoons," "Indiana Jones" and "Nancy Drew."

For more information on smart gaming solutions, visit [www.leapfrog.com/gaming](http://www.leapfrog.com/gaming).