

# Providing Healthy Alternatives

In striking the balance we looked at creating a healthy balance between online and offline play. One of the biggest issues from our parent feedback was looking at ways to prevent potential addictions due to playing too long online.

It is good to establish a healthy online/offline balance. We have looked at using online in a positive way with family games and games that involve being active, such as dancing or sports-style games. Let's explore the activities you can introduce to your child to match their interests.

**Ask your child why they game online. What do they get from it? Why do they enjoy it?**

The main reasons tend to be the following:



**For fun**



**A way to relax**



**Social**



**Boredom**



**Escapism**

Once you know your child's reasons you can link their reason to an alternative offline activity.



## Reasons for Gaming

## Alternative activities



### For fun

Sports, board games,  
outdoor activities, playing with others



### A way to relax

Read a book, listen to music, drawing, creative  
Teach them to cook  
Running, cycling  
Gardening



### Social

Meet up with friends, arrange a playdate  
Join a sports team/club  
Board /card games



### Boredom

Join a club, learn a new skill or take lessons in something  
Involve them in household/pet chores  
Find a project to complete  
Make up challenges to do  
Take up a form of exercise



### Form of escapism

Take part in a sporting activity such as running, cycling,  
writing/art/play an instrument  
Listen to some music  
Reading



### Creative

Drawing cartoons or pictures. Constructing something  
Playing chess, cooking, creating music or shows  
Writing. Learning a new skill.

## Substituting online play for offline alternatives.

Often the games young people play can easily be played offline too.

- If your child enjoys FIFA, introduce them to Subbuteo or table football
- If they enjoy solitaire, introduce them to card games
- If they enjoy challenges, take them to an adventure park or indoor obstacle course
- If they like character games get them to create their own character or make a super cape and react their own version
- If they like shooting games, set up a shooting range using nerf guns outside or take them paintballing
- If they enjoy sports style games, get them involved in clubs



## In-app purchases.

Rather than buy a virtual character or item, get them earning their rewards.  
Complete a task for money and they can save up for a new game or reward.  
This makes the effort of tasks worthwhile AND teaches them the value of money.

