

If you suspect your child may be gambling too much there are some activities to help you to discuss the topic with your child.

Limits

What does your child think a sensible limit would be? What would be a healthy amount to ensure that they do not get caught up in play and be tempted to play and therefore spend more money.

In addition what is an appropriate amount of money? Do they view gambling as an activity as they would a night at a club? How much do they spend on a night out and what makes them stop spending? Can they apply this logic to when they gamble.

If they feel they could get caught up in the activity and therefore be tempted to spend more, what warning signs may appear to alert them? What steps can they take to ensure they do not spend more than they were planning to? Deactivating accounts so they can't just tap pay, keeping cards at home so they only have cash are some suggestions.

Tracking

If they are not sure how much or how long they spend on gambling get the to keep a note.

- **Look at how long they spend on gambling activities**
- **How much have they spent?**
- **How much do they lose and how often?**

Observations and reflections

What do they consider the pros and cons of their gambling activities?

Cover how it makes them feel and what they get from it

- **Why do they gamble?**
- **What other activities can create the same feelings?**
- **When do they consider gambling to tip to become a problem?**

Having discussions around the topic can help to get your child thinking about what and why they gamble. If you are worried your child is too involved this can create opportunities for you to reflect on your child's activities with your child and discuss both views.

