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For kids over the age of 6, the American Academy of

Pediatrics says no more than 60 minutes on school days and 2 hours on non-school

days. Kids under 6 should spend closer to 30 minutes

It's also appropriate for parents to know and approve the games their kids

are playing. Avoid any games with graphic violence or sex.

Healthy Limits on Video Games - Child Mind Institute

article : healthy-limits-on-video-games

For kids and teens 5 to 18 years old, experts

recommend that parents think about how much their child uses any media. This

includes playing video games on gaming consoles, tablets, or smartphones. Using

media should not take the place of getting enough sleep or being physically active.

Kids and Video Games (for Parents) - Nemours KidsHealth

parents : good-gaming

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