Is a very unlimited tried to talk with you about these things instead of write to you your first question is what are the most common effects of children becoming addicted to videogame and some ways that I can determine if the kid is addicted to video games are if they sneak the video games when they are not supposed to if they have trouble turning them off on their asked if when they are turned off they get extremely angry if they are sneaking video games in the middle of the night instead of sleeping if they are getting online and doing things that they are not supposed to do all of those would be some symptoms also usually see a decline in school and in leaving the room and in doing some other things with other people and they forget to do stuff that's important like their chores clean their room and do their homework how our children socially the social lives negatively impacted by video games videogame is generally an indoor thing so kids start not doing as much stuff outside with other kids and they tell their parents that their friends are people they play video games with usually they're not next to their friend playing a videogame but they're doing it online so they are sitting by themselves in a room playing a videogame with other kids who are sitting by themselves in a room that's pretty bad for a kids healthy normal social development in which they need to be out doing things with other people whether it be a team sport or an individual sport talking communicating live with other people face-to-face with the video games due to negatively affect children's mental health because video games can cause irritability grouchyness and lack of sleep that can cause kids to suffer from what look like mental health symptoms such as depression anxiety and even ADD because they look like they can pay attention to video games and electronics but they're not doing well and other things in their life you cannot catch that he ADHD from video games but not getting sleep not eating getting really irritable and grouchy can be some symptoms that his child is suffering from a mental illness such as a mild depression.

Part 2

So for the next question has to do with how to video games affect children physically when kids are playing exciting video games it causes arousal in their body their heart rates go quicker other breathing goes quicker you can hear them when they talk with other kids online that they are becoming excited and agitated there are some other video games which seem to be calming and relaxing such as mine craft on that there is clear the fact of basically getting on a videogame and what could happen to a person's heart rate breathing etc. another thing that's very interesting is that there was a sleep study done and it shows that after kids play video games they have a hard time going to sleep for at least one hour. Perhaps the reason for this is because when it's time to go to bed they've turned off the video games and they keep thinking about the game and what they want to do next time so it causes their body to have a hard time relaxing and going to sleep that's pretty bad affect for many kids and so this sleep doctors say that all video games should be turned off one hour before bedtime and in fact not only video games but all electronic devices that have a screen what is the main problem the children that I see have as a result of playing video games power struggling with their parents to not turn them off sneaking video games when they're not supposed to lying about video games and playing video games sneaking video games after bedtime in the middle of the night telling their mom and dad that there doing homework or doing chores when actually they're doing video games pretending to be on their computer doing something on Google when instead they're actually playing video games are looking at YouTube so it causes major distractibility and power struggles with parents constantly what do you do to help children recover from videogame addiction work with the parents to set very firm limits on when the kids can play video games make sure that kids are getting done what they need to get done before they play video games and that the video games is more like a reward or a paycheck for hard work. Setting up some automatic controls to control the amount of video gaming or electronic stuff that kids are doing. This could include something like net Nanny Disney 360 Wi-Fi controls that turn off Wi-Fi sleep timers on televisions with parent controls parent controls on Apple devices and Google