PLAYSTATION



Comedian, games writer, and co-host of Dara O'Briain's Go 8 Bit

Hello there.

As a mum of two, I know that parenting can often feel like an endless series of questions. Are they eating enough veg? Should they get more exercise? How can it take a human being that long to put on a pair of shoes?

Then there's the issue of what our children do with their spare time. It's tempting to fill up the hours with swimming lessons, ballet, football and so on, and all those things are great. But kids need a bit of downtime too just like the rest of us.

Of course, no one wants to see their child stuck in front of a screen all day. And it's important the games kids play are right for their age. But our children are growing up in a digital era, and video games are a great way to explore this new world.

Basically, it's all about moderation. In the same way
ice cream is great as an occasional treat, video games can form
part of a healthy balanced diet of entertainment - along with
all that good stuff like reading, playing outdoors, and making

Games have moved on a bit since we were kids, so this
Parent's Guide is designed to explain how it all works.
The good news is it's easier than ever to make sure your
children are safe online, and enjoying the right kind of game
for their age group. Plus, it's not just about better graphics these days, games offer a much wider range of play
experiences, with more emphasis on creativity

Most importantly, though, games are great fun.

And they're not just for kids - they are a brilliant way to come together as a family, share experiences, and have a laugh.

So why not give gaming a go?

For more information visit PlayStation.com/parents

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Parental controls make it easy to keep an eye on what your children are playing and who they're playing with.

your kids safe, just like you do. designed to be as simple as possible to use.

Each family on PlayStation Network has a Family Manager, who can make any adult in the family a parent or guardian. Each parent or guardian can then customise parental controls for each individual child account.

Age ratings are just as important for games as they are for films. If you wouldn't let your child watch an 18-rated movie, they shouldn't be playing an 18-rated game.



Suitable For: Age 3 & Over No. of PS4 games available:



Suitable For: Age 7 & Over No. of PS4 games Available: More than 160



Suitable For: Age 12 & Over No. of PS4 games Available: More than 200

Visit PEGI.info for more information

Age ratings: You can set up the PS4 to play only games nd movies that are rated below a certain age limit. ternet access: You can tell the PS4 to block unsuitable websites - or you can disable the internet

Messaging: Disabling text and voice messages will prevent your kids from chatting to anyone online. Money matters: Setting up a child account means there's no need to worry about big bills, because you can set a monthly spending limit. Plus, your kids will only be able So the **PS4's parental control settings** are | to download content that's suitable for their age group.



Learning how to play is an important part of growing up. Games can teach us about creating and competing too.



'here's no point pretending that playing video es will make your child a genius. Let's be honest, it won't even help them with their times tables. But ames can teach us about working as a team, and coping with losing. Many of them encourage kids to use their imaginations to create brand new worlds. Plus, they send the message that you can get better at something through effort and practice.

Games aren't all about guns and cars. They are incredibly artistic both in storytelling and design, there is even a BAFTA Games Awards ceremony.







PlayLink is all about encouraging social gaming by bringing friends and family together around one telly.

> You don't need to splash out on a load of extra controllers. This range of PlayStation exclusive games is controlled with your smartphone or tablet, connected to your PS4. Get the family together, download the free app and have



It's a quiz game, but there are no boring questions about oxbow lakes and the capital of Kazakhstan. That's You! is all about how well you know

each other. Up to six players can get involved and there's also lots of fun to be had with touch-screen drawing and stupid selfies.

For when the kids have gone to bed, there's Hidden Agenda. It's just like a classic crime movie, except you get to decide how the story pans out. Work together with up to six friends to solve the mystery and get the killer banged up.



Who doesn't love a good gameshow? who doesn't love a grant the fabled Up to six players can enter the fabled Pyramid of Knowledge, running from

room to room as you try to work out who's the haraohest of them all. It's not just about trivia, you can slow your opponents down with Power Plays and fun touch-screen challenges.



the globe. Turn your smartphone into a



Gaming is a great way to have fun as a family - whether you're competing against each other, working as a team, or just laughing at the grown-ups for being so rubbish.

TAKE YOUR PICK

From racing and football to cooking and LEGO®, there are loads of games that are perfect for playing together in the living room. play and chat online. Parental controls keep Many allow up to four people to join in, playing either co-operatively or against each other

If you can't get together in person, there are plenty of games that allow you to things nice and safe.



















MOVIES, MUSIC, & MORE

Whatever kind of entertainment you're into, PS4 has something to offer.

Why should kids have all the fun? Once they're tucked up in bed. • Choose from millions of hours' of TV, film & music content. release the stresses of the day with a quick match on FIFA or some escapism with Uncharted. PS4 also has a wide selection of movie, music, and telly apps. And check out PlayStation VR. because who wouldn't want to be lost in a virtual world instead of surrounded by old nappies and half-eaten fish fingers?

- · Create kids' accounts, so you can manage the kind of stuff
- they're watching. • PS4's brilliant Suspend/Resume feature lets you pause your
- game to watch TV, switching between them seamlessly.
- Pretend you live on the Starship Enterprise by issuing voice commands to search your library and launch games.

