

PARENT GUIDE

Tips for fun, safe & balanced play

Helping families make digital play a positive part of the day.

FUN	LEARNING	SAFE PLAY
Exciting games kids can enjoy.	Play that can practise useful skills.	Positive habits for digital play.

Play. Learn. Explore.

Welcome to GamesSMJ.com - a fun online space where kids can play games featuring some of their favourite SMJ beverage brands.

We believe digital play can be part of a happy, balanced childhood. Our games are designed to provide kids with entertaining, engaging experiences while encouraging them to think, explore, practise skills and have fun.

This Parent Guide provides a few simple tips to help your family enjoy GamesSMJ.com safely and responsibly.

Finding the Right Screen Time Balance

Every family and every child is different. Rather than letting gaming take over the day, encourage a healthy balance between screen time and all the other activities that help children learn, grow and have fun.

MIX SCREEN TIME WITH ACTIVE TIME

After playing a few games, encourage kids to get up and move! Outdoor play, sports, riding a bike, dancing or simply running around are great ways to balance digital activities with physical activity.

TAKE REGULAR BREAKS

Encourage children to step away from the screen regularly. Stretch, grab some water, rest their eyes or do something different before returning to play.

PLAY TOGETHER

Join in! Playing alongside your child is a great way to understand what they enjoy and turn screen time into family time. Challenge each other, compare scores or work together to figure out a tricky level.

CREATE SCREEN-FREE MOMENTS

Make room in the day for meals, homework, reading, family conversations, outdoor activities and bedtime without screens.

SET A ROUTINE

Agree on when it's time to play and when it's time to put the device away. Clear and consistent expectations can help children develop healthier digital habits.

WIND DOWN BEFORE BED

Encourage children to put screens away before bedtime so they have time to relax and prepare for a good night's sleep.

Play Can Build Skills Too!

Games aren't only about reaching the next level. Different types of gameplay can give children opportunities to practise useful skills while having fun.

PROBLEM-SOLVING	Puzzles, challenges and different game levels can encourage children to think about what to do next, try different approaches and learn from mistakes. PARENT TIP: If your child gets stuck, resist giving them the answer straight away. Ask, What else could you try?
MEMORY & FOCUS	Remembering patterns, following instructions and keeping track of what is happening in a game can give children opportunities to practise concentration and memory. PARENT TIP: Ask your child to explain how the game works to you. They may surprise you with how much they remember!
CREATIVITY & IMAGINATION	Colourful characters, stories and playful environments can inspire children to use their imaginations beyond the screen. PARENT TIP: Continue the fun offline! Ask your child to draw a favourite character, create their own game level or imagine a new adventure.
HAND-EYE COORDINATION	Games that involve moving, clicking, tapping, matching or reacting to objects on screen can help children practise coordinating what they see with their physical movements. PARENT TIP: Mix digital activities with colouring, building blocks, puzzles, throwing and catching a ball or arts and crafts.

Turn Game Time into Family Time

Games can also be a conversation starter. While your child is playing, try asking:

What's your favourite part of this game?	Can you teach me how to play?	What do you think happens next?
How did you figure that out?	What would you change if you created your own version?	Think you can beat my score?

Showing an interest in what children enjoy online can help parents better understand their digital experiences and encourage positive conversations about technology.

Staying Safe Online

Learning how to navigate the digital world safely is an important skill for children. Remind your child to:

- Never share personal information such as their full name, home address, phone number, school, passwords or other private information online.
- Tell a parent or trusted adult if they see something online that makes them confused, uncomfortable or worried.
- Ask a parent before clicking unfamiliar links or visiting another website.
- Ask permission before downloading anything.
- Treat other people online with the same kindness and respect they would show in person.

FOR PARENTS: Review the privacy and security settings on the devices your children use and consider age-appropriate parental controls.

Before Your Child Plays

Parents and caregivers are encouraged to explore GamesSMJ.com with their child, particularly on their first visit.

1. Explore the games together.
2. Decide how long your child can play.
3. Make sure the device is being used in a comfortable, family-friendly space.
4. Remind your child about keeping personal information private.
5. Encourage them to come to you if they have any questions or concerns.

Create Your Family's Game-Time Rules

Healthy digital habits are easier when everyone knows what to expect. Try creating a simple family agreement:

We play after:	_____
Our game time is:	_____
When game time is finished, we'll:	_____
Our favourite screen-free activities are:	_____

And remember - parents can help set the example too! Putting devices away during family time shows children that everyone benefits from taking a break from screens.

From Screen Time to Real-World Fun

When the game ends, the fun doesn't have to! Encourage children to take ideas and skills from their digital play into the real world:

Played a puzzle game?	Try a jigsaw puzzle together.
Played a matching game?	Create your own memory-card challenge.
Played a colouring game?	Bring out the crayons and paper.
Played a jumping or obstacle game?	Create a safe mini obstacle course.
Played a sorting game?	Turn tidying toys into a sorting challenge.
Beat a difficult level?	Talk about how trying again helped them succeed.

The goal is simple: play online, then keep exploring offline.

A Note for Parents & Caregivers

GamesSMJ.com is designed as an entertainment experience for children. While games can provide opportunities to practise skills such as problem-solving, memory, focus, creativity and coordination, they should complement - not replace - physical activity, reading, creative play, social interaction, schoolwork, family time and sleep.

Parents and caregivers are encouraged to stay involved in their child's digital activities and establish routines that work for their family's needs.

HEALTHY PLAY IS BALANCED PLAY

A little gaming can be a fun part of the day - but there's a whole world to explore away from the screen too.

Play a game. Take a break. Get moving.
Get creative. Spend time together.
Then come back and play again another day!

EXPLORE • PLAY • GROW

GamesSMJ.com - Big Fun. Little Players.