

**TALK WITH  
YOUR KIDS,  
AND STOP  
PROBLEM  
GAMBLING  
BEFORE IT  
STARTS.**

**Visit [TALK2KIDS.ORG](https://TALK2KIDS.ORG)**



New York Council on Problem Gambling



## HOW CAN PARENTS HELP?

- Ask questions and listen
- Show interest in what your child is doing on their phone, tablet or gaming system
- Pick a moment when you can talk naturally and effortlessly
- Let them know the facts about gambling, gaming, and risk-taking in terms they can grasp
- Explain to your child that gambling results in losses far more often than wins
- Tell them saving their money to buy things they want is better than possibly losing it all
- Point out that small amounts of gambling can lead to larger gambling problems
- Explain that underage gambling is risky
- Let them know their gaming can become a problem since many games have options that mimic gambling
- Help them figure out healthy alternatives to gambling
- Keep an eye on your child's spending habits and social activities, and any attitude or behavioral changes

**YOUR WORDS CAN  
MAKE THE DIFFERENCE.**

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