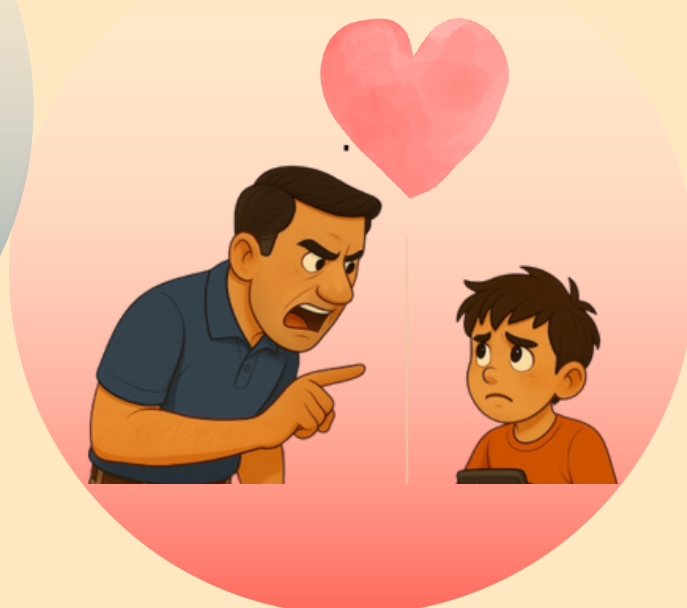
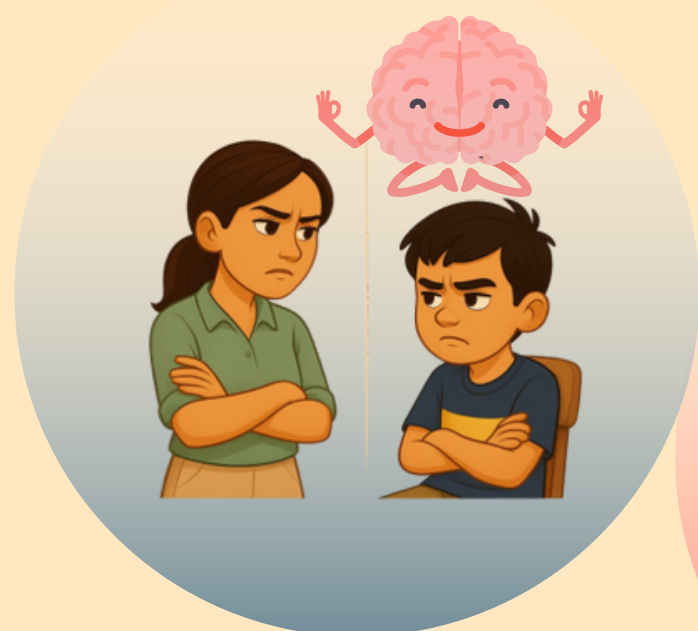


POWERFUL PARENTING

MIND. HEART. ACTIONS.PLAN



Game Buddy



TO BECOME
FRIEND WITH
YOUR CHILD

Annie Van

Can you relate to this?

"Let's be honest...

How many times have you tried to talk to your child about computer games or screen time... and it just didn't work?

Maybe you said:

'Computer games are toxic. They're useless.'

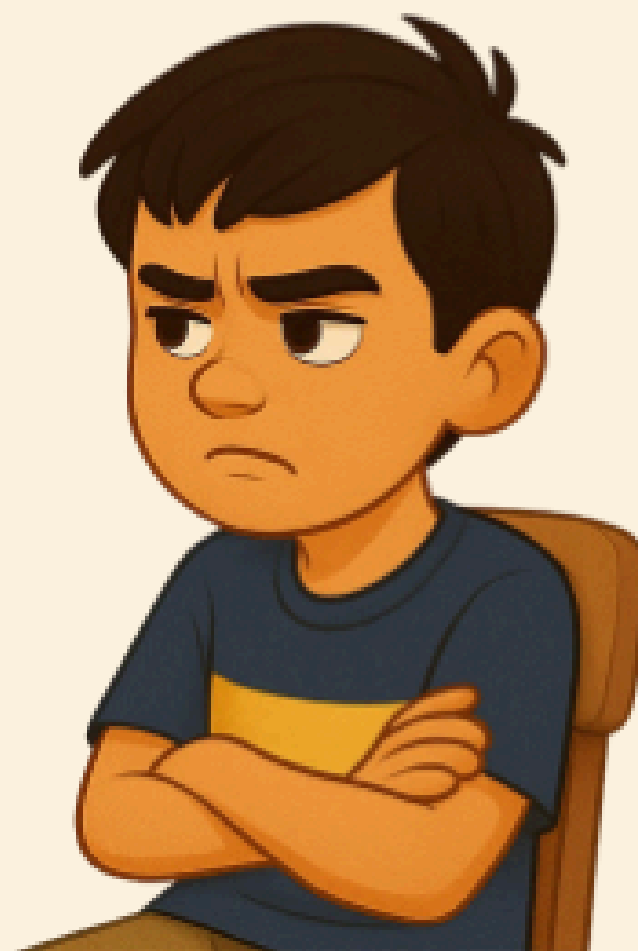
But in your child's head?

'No... they're fun. They help me be creative. I connect with my friends there.'

**"Games are
useless.
They're bad!"**



**"No... they're fun.
They help me be
creative. I connect
with my friends
there"**



And just like that... you lose them. Your logic doesn't land.

Or maybe you tried this:

'Loving games is not good. You need to stop.'

But in your child's heart?

'I love it... how can I just stop loving it?'

**“Loving games is not good.
You need to stop it”**



**“I love it... how can I
just stop loving it?”**

**You're fighting against their emotions — and emotions don't
switch off like a button.**

**And sometimes... you get frustrated. You yell. You snap.
On the outside, your child might look scared.
On the inside? Angry. Overwhelmed.**

**“If you don’t stop now, you
are in big trouble”**



**That's when your actions send a louder message than your words
— and that message is:
'I don't have the tools to solve this.'**

Another common scene:

Parent: "Why do I have to call you down for dinner every single day? It's dinner time and you don't even care!"

Child: "I forgot... it was such an intense moment. Can you give me 5 more minutes?"

“It’s dinner time and you don’t even care”



The reality?

Maybe your child promised yesterday... or you reminded them the day before... but the same thing happens again today. This isn't just forgetfulness — it's a sign of inconsistency in habits and commitments.

Have you ever wondered: Why doesn't my child listen when I speak?

Often, it's because what you say doesn't quite make sense to your child's logic — or it doesn't connect with their feelings.

You start to feel powerless... and then it turns into yelling, maybe even punishment. Your child's routines get disrupted, the schedule goes off track, and you can't seem to agree on when things should get done.

When these conflicts and tensions keep happening again and again, they chip away at your connection. Over time, they can cause hurt on both sides, leaving you and your child feeling drained and distant.

From your child's perspective, when what you say doesn't feel reasonable or emotionally fair — and it's followed by yelling — they might comply out of fear or pressure. But deep down, they'll still look for ways to do what they want... sneaking around, bending the rules, even lying just to keep playing.

If this feels uncomfortably familiar... you're not alone. And today, I want to share with you some truly effective tips and strategies to help you:

- **Connect deeply with your child**
- **Walk alongside them as a guide and supporter**
- **Avoid constant restrictions by being both reasonable and emotionally fair**
- **Move from feeling powerless to having real, effective methods to help your child**

Let me tell you a story...

A story about one small choice... that created a lifelong connection between a father and his son.

Game Buddy



Annie Van



Arthur was eleven, sharp as a whip, and stubborn as they come — especially when it came to one thing: computer games. To him, games weren't just entertainment. They were brain food. "They make you smarter, more creative," he'd argue. "Besides, everyone plays. It's how you make friends!" And, truth be told, he had a point... sort of.



The problem was, gaming had taken over. When he had to stop playing — or worse, got banned — Arthur would explode. If he lost a game, he'd snap. If his little brother interrupted, he could get downright mean. Family activities? No thanks. The only world that mattered was the one behind the screen.



The Plot Twist

Things might have stayed that way if Dad hadn't decided to try something different.

One afternoon, instead of lecturing, instead of pulling the plug, Dad did the most unexpected thing: He sat down... and picked up a controller.



At first, Arthur looked suspicious. But within minutes, Dad was in the game — and losing spectacularly. Arthur laughed, shook his head, and started teaching Dad how to play. For the next three or four days, they were a team. They tackled missions side by side, shared inside jokes about their characters, and celebrated their virtual victories.

And little by little, something shifted.



The Small Changes

Arthur stopped raging when he lost. After all, Dad lost plenty — but always laughed it off, making silly jokes about his "terrible skills." Arthur stopped begging for more time when the game session ended. If Dad closed the game because it was time for other things, Arthur followed — because now they were doing it together.

He even stopped pushing his little brother away. Why? Because he saw Dad enjoying the game and still chatting with the "cheeky monkey" on the sidelines.



Dad's Discovery

It wasn't just Arthur who changed. Dad did too. He admitted to Arthur, "These games are actually... pretty fun. They're smart, they're interactive."

He saw what Arthur saw — teamwork, problem-solving, strategy. He heard his son and his friends communicating, coordinating, and cheering each other on.

One day, Arthur confided his dream: "I want to be a gamer when I grow up. I think it'd be fun... and I could make lots of money." For Dad, this was huge — to be invited into his son's dream, to learn what he valued, and to see the world through Arthur's eyes.



Beyond the Screen

The bond didn't stop at gaming. Soon, Arthur was saying "yes" to Dad's invitations:

Building LEGO masterpieces. Washing the car. Fixing furniture — "man stuff," as Arthur called it.

And he found he enjoyed those things too. They talked about games, but also about life — about skills, about courage, about becoming a "big, brave man." Arthur still played games, but now within set time frames. The anger and obsession started to fade.



Years Later... When Arthur grew up, he never forgot. Dad wasn't just a parent — he was a big friend. A friend who understood him. Who listened without blowing up. Who respected him enough to offer advice and choices, not just commands.

Sometimes Arthur took that advice. Sometimes he didn't. But after failures, he always knew where he could go: Back to Dad. A place where he'd find tolerance, wisdom, and the quiet kind of love that says, "You can always come home."

The end !

Lesson from the story

"So... why did this work?

Why did a dad who joined the game succeed... when lectures, limits, and yelling had failed?

It's because he used — maybe without even realising it — something I call the **CALM** approach.

C – Connect

First, he stepped into his child's world. He didn't try to control from the outside.

He sat beside Arthur. Played with him.

And in doing that, he earned something far more valuable than instant obedience — he earned trust.

And trust is the bridge that allows you to lead your child anywhere... even away from the screen.

A – Acknowledge

He didn't dismiss the games as "useless" or "a waste of time."

He said, 'Yeah... this is fun. This is smart. I get it.'

When a parent can truly feel what their child feels, the child doesn't have to defend their love for something — they can open up and listen.

L – Limit / Let Them

He let Arthur enjoy gaming — but within healthy boundaries.

Because they played together, ending the session wasn't a battle.

The game became part of life, not all of life.

M – Mentor / Model

He modelled patience when losing. Kindness toward the little brother.

And he mentored Arthur by introducing other kinds of fun — LEGO, car washing, building things.

Those moments showed Arthur there's a bigger, more exciting world beyond the screen.

And here's the magic:

The goal isn't to make your child 'stop loving games.'

The goal is to help them build a life so full, so rich, and so balanced... that games are just one of many things they enjoy.

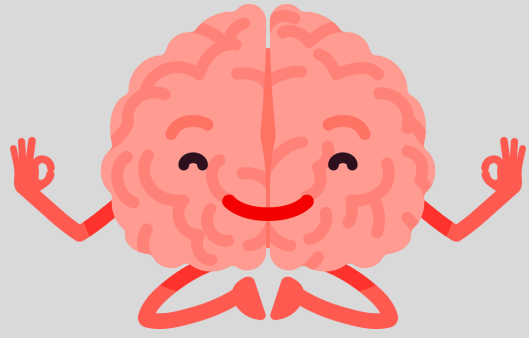
That's how you prevent obsession. That's how you grow their character. And that's how you keep your lifelong connection with them."

A Powerful Parenting approach - mind, heart, action and Plan

Arthur's gaming had become more than a hobby — it was an obsession that affected his mood, relationships, and daily life. Dad could have chosen the usual route: more rules, more arguments, more bans. Instead, he stepped into Arthur's world.

- **Mind:** He understood that gaming wasn't just a problem; it was also a place of creativity, skill, and connection for Arthur. Instead of rejecting it outright, he approached it with curiosity.
- **Heart:** He showed love not by lecturing, but by joining Arthur where he felt most alive — proving he valued his son's world enough to enter it.
- **Action:** He didn't just talk about wanting to help; he picked up a controller, played, laughed, learned, and built a bridge between them.
- **Time Plan:** He kept gaming within boundaries, showing Arthur that shared time is precious — and that fun can fit within healthy limits.

This story holds a simple truth: if we want to influence our children deeply, we must meet them at four levels.



Thought – Reasonable: Align with your child's thinking and experiences. Your words will reach their logic and make sense in their mind.



Emotion – Compassionate: Be understanding and respectful of your child's feelings. Your words will touch their heart.



Action – Right Action: Guide your child toward the right choices by giving them freedom within healthy limits. This helps them feel a sense of autonomy and independence while learning self-management.



Time Plan– Consistent Presence: Structure your life so that your presence is consistent and your discipline is real.

When parents consistently live these pillars, influence becomes natural — not forced.



Dear Parents,

There's a hard but undeniable truth about modern parenting: We are living with so many responsibilities, worries, and pressures that even when we know our children need our guidance, we can struggle to show up fully for them. We want to connect, guide, and influence them for the better — yet our own stress, exhaustion, and lack of time can hold us back. Therefore, We, as parents, need to make time and effort and be presence with your child.

Here's the key: parenting isn't about "winning" over your child. It's about winning yourself first.

The truth is, you can't give what you don't have.

That's why building your own Four Pillar System matters:

1. **Mind:** See clearly that it's your role and responsibility to guide your child.
2. **Heart:** Let love and genuine connection fuel your actions.
3. **Action:** Show up — in the small daily moments and the big ones.
4. **Time Plan:** Commit to routines that make your presence dependable.

When you strengthen these pillars in yourself, you naturally pass them on to your child.

Parenting is not just raising children — it's raising ourselves into the kind of people our children can trust, respect, and return to.

Do's & Don'ts for Parents on Games

"Remember the situations I mentioned earlier — the thoughts, emotions, and actions that often make things worse instead of better?

Let's break them down... and see the 'Don't' version... and the 'Do' version that actually works."

1. Mindset - Be objective, understand your child's reasoning

✗ What not to do:

- Parent's mindset: "Games are useless and harmful."
- What your child hears: "You don't understand anything about games, and you don't understand me either."
- Result: Your child defends gaming even more strongly and withdraws.

**"Games are
useless.
They're bad!"**



**"No... they're fun.
They help me be
creative. I connect
with my friends
there"**



✓ **What to do:**

- **Parent's mindset: "Games can be fun and creative — but they need balance."**
- **What your child hears: "You understand me, and you have a point. Maybe I can listen to you."**
- **Result: Openness, trust, and an opportunity to guide.**

**"Games can be fun
and creative — but
balance matters."**

**"You get me.
Maybe I can
listen to you"**



2. Emotions - Acknowledge instead of denying

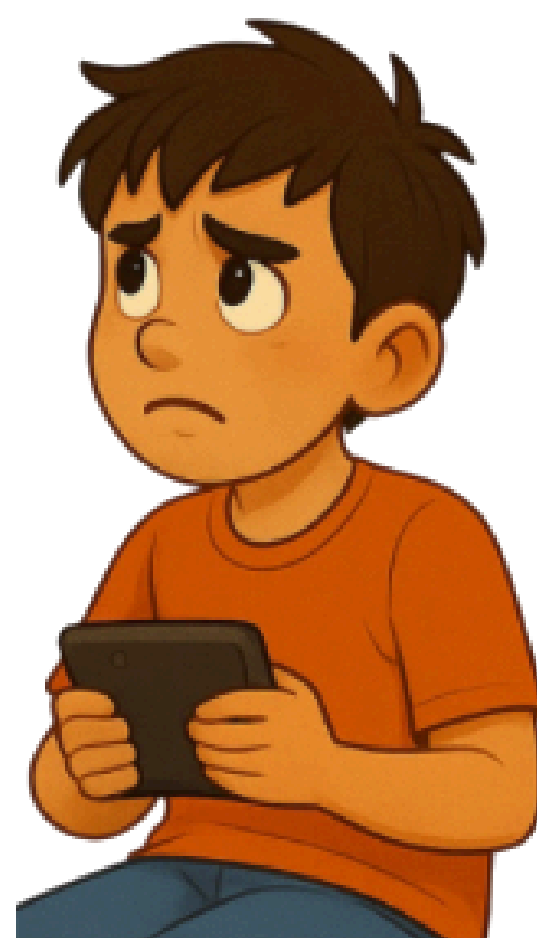
✗ What not to do:

- You say: "Loving games is bad. You have to quit."
- But in your child's mind: "My parents don't understand me. I enjoy it, but they just keep forbidding me."
- Result: The more you forbid, the more they want it.

**"Loving games is not good.
You need to stop it"**



**"I love it... how can I
just stop loving it?"**



✓ **What to do:**

- **"I know you like games. But I'm really worried about you — your eyes have been working for too long." (respect and care.)**
- **Your child also understands that your feelings come from love and wanting the best for them.**
- **Result: Respect, understanding, and long-term cooperation.**

"I know you love games. But I care about you, and I want to give your eyes a rest"



3. Offer healthier choices – Make it fun instead of forcing or threatening

✗ What not to do:

- "If you don't stop right now, you're in big trouble!"
- Your child: they may stay silent out of fear. But inside, they're resisting and even feeling resentment.
- Result: The child will find ways to keep playing anyway — possibly lying or playing in secret.

“If you don’t stop now, you are in big trouble”



✓ **What to do:**

- **"Let's pause the game — we can bake cookies, play basketball, or take the dog for a walk." (Alternative activity + bonding time)**
- **Your child: Hears about fun, engaging alternatives they can do together with their parents.**
- **Result: The child learns there are many enjoyable things outside of gaming.**

**Stop for now — let's bake cookies,
play basketball, or walk the dog**



You can also try adding other strategies. For example, setting a clear schedule is one of the most effective methods because it works like a "mutual agreement" or "contract" between parents and children.

4. Schedule – Set limits with a Plan to avoid chaos

✗ What not to do:

- **Having no clear plan often leads to situations like: "It's dinner time — why do I have to call you over and over?"(inconsistent and chaotic routines)**
- **Your child may try to sneak in game time when you're not watching and will struggle to stop on their own.**

**"It's time to eat,
why do I have to keep calling you?"**



✓ What to do:

- Agree together: "You can play after you've finished your homework, eaten dinner, and helped wash the dishes. On weekends, you can have an extra 30 minutes." (clear schedule)
- Result: Both parents and children are on the same page, there's less arguing, and control is shared.

**"You can play after homework and helping with dishes.
Weekends: +30 minutes."**



Closing Words:

There's a truth we all need to accept: a child's love for games... is completely normal.

What matters most is not how much they enjoy gaming, but how we respond to it. Our reaction will decide whether they open their hearts to listen — or shut down and refuse to cooperate.

When we choose to speak and act with respect for our child's thoughts, feelings, actions, and planning, we're not just addressing a gaming habit. We're helping them build self-control, maintain balance, and nurture trust — skills they will carry for life.

And above all, it's our unconditional love that will guide us to truly understand our children and walk alongside them through every challenge life brings.



A Gift for you and your child



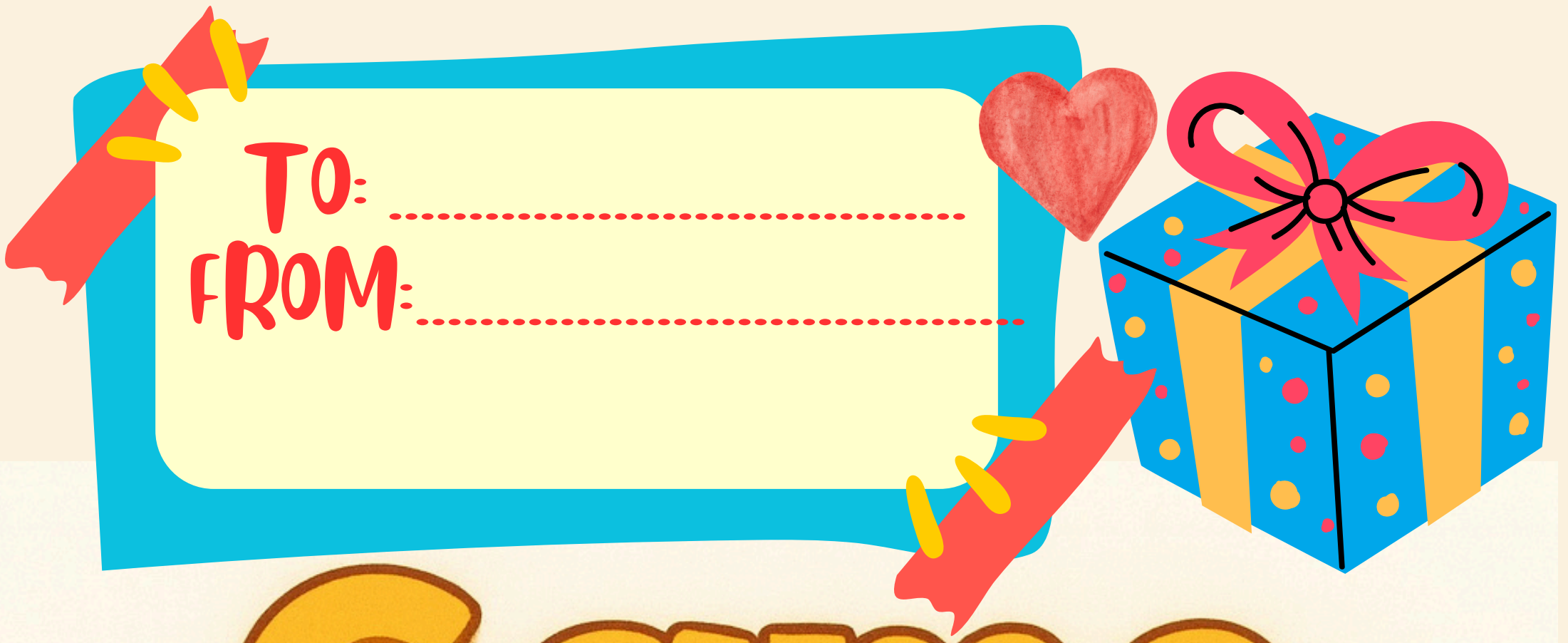
Dear Parent,

In this section, you'll discover a wonderful opportunity to work side-by-side with your child. You'll find a new version of the same story — but this time, it's told from the child's perspective. This version is designed to resonate more deeply with your child and help them see themselves in the story.

After reading, you'll find activities that encourage meaningful communication between you and your child. This is your chance to strengthen connection, build awareness, and nurture empathy. You'll also get practical suggestions for starting open, honest conversations through a guided activity.

You've just learned about the Four Pillars — Mind, Heart, Action, and Plan — the four keys to becoming compassionate, wise, proactive, and resilient. Now it's time to help your child explore these ideas by answering thoughtful, open-ended questions. These prompts are designed to encourage your child to share their thoughts, feelings, and experiences freely, while giving you valuable insight into their inner world.

If your child is currently facing challenges with gaming or screen use, this activity can be a gentle yet powerful way to explore those challenges together. There are no right or wrong answers — the goal is to raise awareness, deepen your bond, and create a safe space where your child feels truly seen, heard, and supported.



Game Buddy



Annie Van

Dear _____

My name is Annie Van. Do you know that your _____ gave you this book because they love you more than words can say? They care about you so deeply and want you to know just how truly special you are to them.

I know this because I'm a mom too. I believe that children can learn so much from stories — and I love story time with my own kids. It's one of our happiest moments together.

I used to be a teacher, and now I write storybooks for parents and children to enjoy side by side. I've met and helped many wonderful kids, and every story I write is inspired by real children from all around the world.

In this book, you'll meet a boy who's smart, kind, and caring.

He loves computer games and devices — which is absolutely fine! Almost every child does. But there's just one tiny challenge: he spends a little too much time on screens.

Will you read his story and help him? Help him figure out what he's right about, what his parents are right about, and what they could do together to make things better?

Most of all, I hope you enjoy reading this story with your parent(s). Those moments together can be some of the most beautiful memories you'll ever have.

And remember — you are very lucky, because your parent(s) love you with all their heart.

With love,

Annie Van



Hi! My name is Arthur.

This is Me, when I was eleven.

Smart — if I do say so myself — and stubborn.

Especially when it came to one thing: computer games.

Games weren't "just games" to me. They were brain food. They made me smarter, more creative. And yeah, they were fun — but more than that, they were how I connected with people. All my friends played. Playing together was how you belonged.



But... if I'm being honest... games were kind of my whole world.

If I had to stop? I'd get mad.

If I lost? I'd get really mad.

If my little brother interrupted me? Let's just say it didn't go well.

Family activities? No thanks. The only adventures I wanted were the ones behind the screen.



The Day Things Changed

I thought it would always be that way.

Until one afternoon, Dad surprised me.

No lecture. No pulling the plug. No "You've had enough."

Instead, he sat down next to me... and picked up a controller.

I stared at him. "What are you doing?"

"Playing," he said.



I have to say.....My dad was terrible.

Within five minutes, he'd fallen off cliffs, gotten lost, and accidentally shot his own teammate.

I couldn't help it — I laughed. "Dad, you're the worst player I've ever seen!"

But something weird happened. Instead of quitting, he laughed with me. And I started showing him how to play.

For the next few days, we played as a team. We fought bosses, completed missions, made up silly nicknames for each other, and laughed more than we ever had over a game.

And little by little... I changed.



The Small Stuff That Wasn't So Small

When I lost a game, I didn't blow up anymore.

Dad lost all the time, but he always made jokes about how bad he was.

When game time was up, I didn't argue for "five more minutes."

If Dad said, "Let's stop here," I stopped — because we were in it together.

Even my little brother started hanging around us while we played. And instead of telling him to go away, I let him watch — because Dad was there, chatting with him like it was no big deal.



What Dad Saw

One night, Dad said, "You know, these games are actually pretty fun."

That shocked me. He started noticing the things I loved — the teamwork, the problem-solving, the strategy.

He heard me and my friends cheering each other on. He saw us planning, helping, and building each other up.

One day, I told him my dream. "When I grow up, I want to be a gamer. I think it'd be fun... and I could make money too."

And instead of laughing or telling me it was silly, Dad listened. Really listened.



Beyond the Screen

After that, Dad invited me to do other stuff. And for the first time in forever... I said yes.

We built giant LEGO towers.

Washed the car.

Fixed things around the house — "man stuff," as I called it.

We still talked about games, but also about other things — life, courage, what it means to be a "big, brave man."

I still played, but not for hours and hours. And the angry, obsessive feeling started to fade.



Years Later..... (You see me, my brother and my dad?)

Now that I'm older, I still remember that time. Dad wasn't just my parent.

He was my friend. The kind who actually understood me. The kind who listened without blowing up. The kind who gave me advice and choices, not just rules.

Sometimes I took his advice. Sometimes I didn't. But when I messed up, I always knew I could go back to him — back to a place where there was patience, wisdom, and the quiet kind of love that says:

"You can always come home."



What do you think about my story?

Do you know what I do now that I'm an adult?

I'm a teacher!

I know, right? :)) But did you know that many of my friends who once dreamed of becoming gamers ended up choosing other paths and careers as they grew up?

As I got older, I had so many choices and opportunities. Along the way, I discovered things that suited me even more... and made me truly happy.

I still play games sometimes — but now, I play them with my sons. :)))

The end !

To Parents

Now, let's guide your child in answering some questions.

These questions are designed to help them share their thoughts, feelings, and ideas — while giving you a window into their world.

Here's what you should know before you start:

PURPOSES:

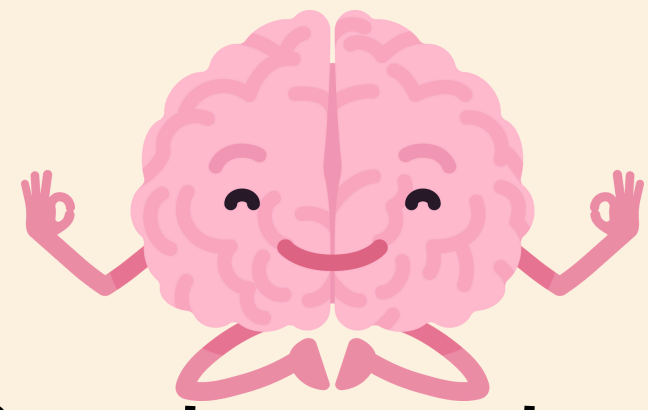
- Build your child's awareness of their thoughts, feelings, choices, and time habits around gaming.
- Explore different perspectives — theirs, yours, and others'.
- Strengthen your bond through curiosity, listening, and sharing.

YOUR ROLES:

- Listen with curiosity, not judgment.
- Acknowledge feelings without rushing to fix or argue.
- Share your own views respectfully, making it a two-way exchange.
- Remember: the goal is trust, not "winning" the conversation.
- You don't need to ask or answer all the questions. These are just examples. The key is to use them to spark your child's awareness and create a meaningful way to connect, talk, and bond with them.

Let's start!

1. Mind - Thought & Reasoning



Help your child think deeply and see different perspectives.

- What do you think about the reason Arthur likes games?
- Is that true for you? Why or why not?
- What makes you like games or screens?
- What do you think Arthur's dad thinks about gaming?
- What do you think other people often say about playing games — what are the good points and bad points?
- What do your parents usually say about games? Do you agree with them? Why?

2. Heart - feelings & Understanding



Explore emotions — your child's and others' — with empathy.

- How do you think Arthur feels when he plays games?
- How do you think he felt when his little brother interrupted him?
- How do you feel when you play games? when you win? when you lose?
- Can you think of a time when you didn't feel happy while playing games? Why?
- Can you think of a time when you felt really good playing games? Why?
- How do you think your parents feel about you playing games?
- What do you think they might worry about?

3. Action - Choices & Behaviors



Talk about balancing gaming with other activities.

- What can you do to balance playing games with other parts of your life?
- What do you want your parents to do to support you in enjoying games in a healthy way?
- What activities do you want to do with your parents apart from gaming?
- What else would you like to spend more time on besides playing games?

4. Time Plan - Boundaries & Routines



Encourage healthy schedules and agreements.

- How long do you think you should play games each day?
- What should you do before and after playing games?
- How much time do you think is good for playing games on weekdays? On weekends?
- What do you think your parents believe is the right amount of gaming time?
- Would you like to ask your parents how much time they think is right?
- Can we make a gaming schedule together that works for both of us?

Final Words from the Author

Dear Parent,

Game Buddy is just one example of the many situations we face as parents — moments of conflict, disconnection, uncertainty, and repeated problems that leave us feeling powerless. Whether it's about games and screens, homework battles, emotional meltdowns, or daily routines, these moments often touch on the four biggest parenting pain points.

Now, through this book, you've discovered the key to turning those moments into opportunities: the Four Pillars of Parenting Power — Mind, Heart, Action, and Planning. These four areas hold the power to help you win your child — not through force or control, but through connection, understanding, and consistent, loving guidance.

But the truth is: knowing about the Four Pillars is only the first step. Bringing them into real-life parenting is a whole journey — one that can often be challenging. It requires patience, consistent practice, a willingness to try and fail, and moments of uncertainty. Meanwhile, parents are constantly busy, carrying countless pressures and responsibilities. That's why, even when you know what you should do, when the real situation unfolds, you may still find yourself confused and unsure about how to do it.

That's where I come in.

If you want to take the shortest path to parenting with clarity and confidence...

If you want the tools, skills, and strategies to handle challenges without losing your connection...

If you want a guide who will walk alongside you, supporting you every step of the way...

I would be honoured to help you.

Through my workshops and coaching programs, I'll give you:

- **Clear solutions for your toughest parenting challenges.**
- **Practical skills you can use immediately.**
- **Tools and strategies tailored to your family.**
- **Guidance and support so you never have to navigate this journey alone.**

Parenting can be easier, more intelligent, and filled with love.

You deserve to feel like a happy, confident parent — and your child deserves to be raised with joy, connection, and resilience.

Your journey starts now. Let's walk it together.

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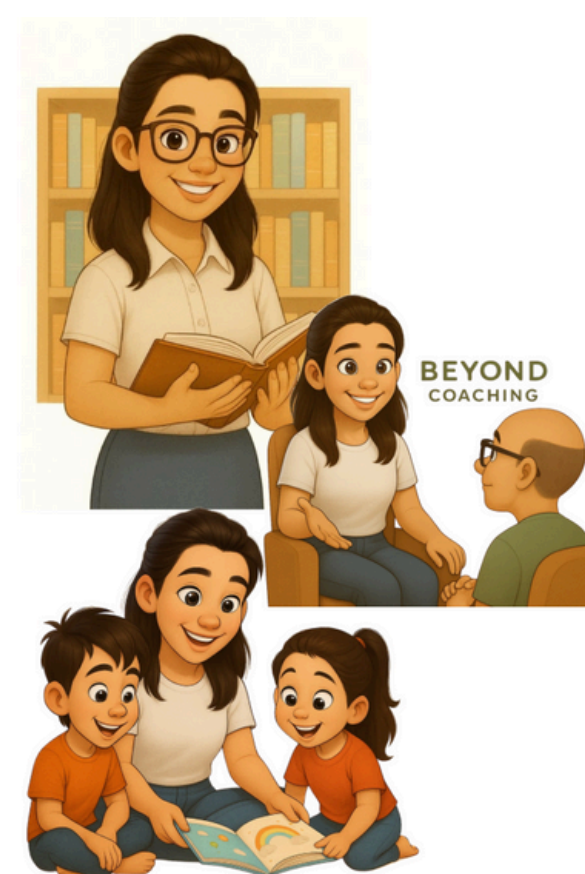
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Annie Van

A Mom • Doctor of Education • Certified Coach

Devoted to building a better life for the next generation