

# 8 Top Tips!

Exams can be stressful for pupils, and parents should recognise that their child will need the best learning conditions possible to prepare for their exams effectively.

We have created this leaflet to provide you with some tips for creating the best environment for your child during the exam period!

 Offer to help develop your child's revision timetable.

- Try to avoid thinking you know best, as this may increase pressure and lead to frustration.

 Encourage plenty of rest breaks.

- Time away from the books to meet friends, relax and have fun will ensure your child doesn't become lethargic and they'll have the energy to commit to their revision - it's all about finding a balance!

 Pick your battles.

- Exams are stressful; your child may need some slack cutting during this period and will not need the extra pressure of being nagged to pick up their socks. By taking some pressure off, you will greatly help with their revision time and stress levels.

 Help siblings understand the importance of this time for their brother or sister and what they can do to help.

- Try to limit loud music, TV noise, friends visiting at key times, e.g. the night before an exam, and encourage siblings to help with some extra chores.



 Encourage your child to eat a good breakfast to set them up for a big day of revision or an exam itself.

- Try providing a snacks tin which contains energy-boosting snacks, and make sure the fridge and cupboards are well stocked with nutritious foods, such as yogurts and fruit.



 Provide a stationary box with everything your child may need to see them through the exam period.

- Remember to include lots of ink so the printer doesn't run out, highlighters, pens, record cards, paper, pencils, blue tack, a clear pencil case, a new maths set etc.





Discuss lessons and topics.

- Asking your child to explain a topic, or asking them to explain what they did in lessons or during their revision that day, helps your child to recall knowledge, which will improve memory.



Set realistic expectations for your child.

- By attending parents' evenings, you will be able to ask any questions that you have regarding your child's progress and how the school is supporting your child.

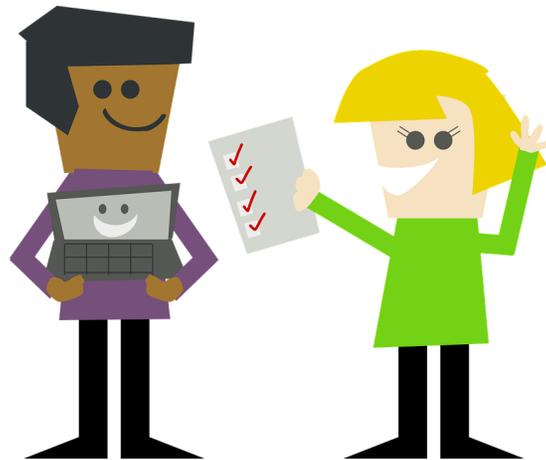


## Remember!

Your exam experience was your own and will be different to your child's.

You should remember how stressful and worrisome you found your exams - your child will likely be feeling the same!

While you may think now that exams are nothing by comparison to the stresses experienced as an adult, to a child exams are a big worry!



# Help your child beat exam stress – practical tips for parents

