



# How to support your child through their exams

Examinations are a worrying prospect for your child. They will feel a great deal of pressure with deadlines and examination preparation. Here are a few ways you can help.

## Positive start to the day

The beginning of the school day can be a rush for everyone. Here are some tips for a routine in the morning and evenings to help the day start smoothly and with minimum stress.

- Encourage your child to pack their school bag the evening before
- Lay out their uniform before going to bed each evening
- Try to make sure your child eats breakfast. This provides essential energy and will help them perform better at school.

## Ensure you are kept informed

Signing up to any lines of communication can ensure you have a better understanding of what is going on in school and what teachers are communicating to both pupils and parents/carers.

## Providing all round support

The best way to support your child during this stressful time is to make home life as calm and pleasant as possible. Arguments are counter productive and will only add unnecessary stress. Make sure there are healthy snacks in the fridge and try to provide nutritious food at regular intervals. Encourage your child to join family meals, even it is a busy revision day. Its important to have change of scene and get away from the books and computer for a while. Also encourage your child to take regular exercise to help clear the mind.

## Homework

Homework can often feel like a chore and there are lots of things your child would rather be doing. Though this work is done independently, your interest and input is still important and helps your child to do well. Ask your child if there's anything you can do to help. If your child has several assignments due in on the same day, suggest they space the work out rather than leave it until the night before.

- Set up the perfect study space
- No homework right before bed
- Choose the best time to work
- Start with the most difficult
- Plan ahead

## Revision

The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.

- Work out a revision timetable for each subject
- Break revision time into small chunks. Hour long sessions with short breaks at the end of each session works well
- Condense notes onto postcards to act as revision prompts
- Buy new stationery, highlighters and pens to make revision more interesting
- Go through school notes with your child and listen while they revise a topic

## The day of the exam

It is important to get a good night's sleep before an exam so discourage your child from staying up late to undertake last minute revision. Make sure they eat a good breakfast on the morning of the exam and get them there with plenty of time to spare. Reassure them that, no matter what happens you are proud of them.