Parental Guidance and Support Session

Ways to support your child stay calm, motivated and reach their full potential in their exam this summer.

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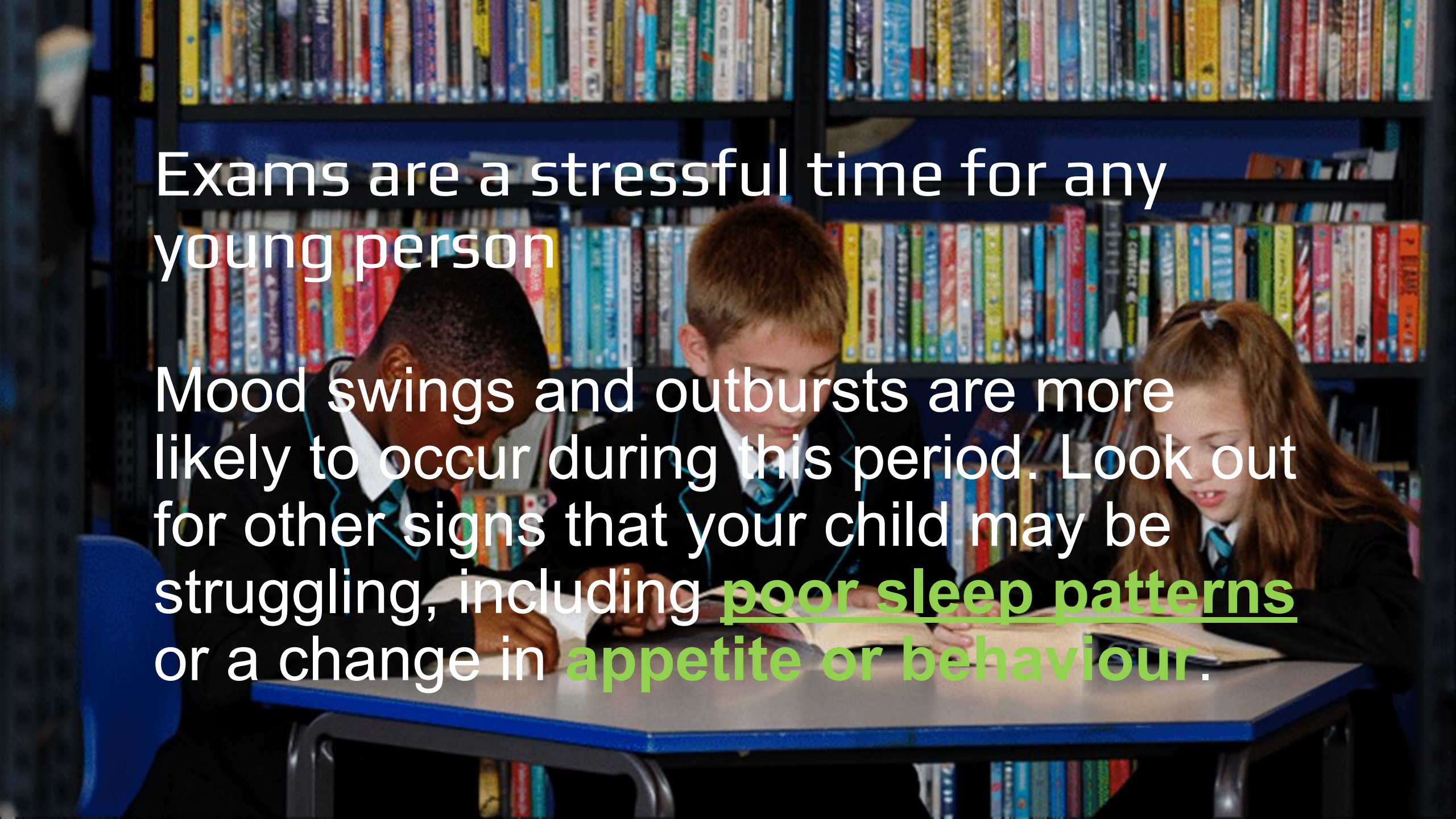
How to support your child through their revision and exams

As a parent it often feels as if you are sitting your children's exams yourself. However, you don't need to be an expert in physics or fluent in Spanish to be able to help. Effective support from a parent is vital in helping children perform at their best in exams.

Here are some suggestions to help your child:



Exams are a stressful time for any young person

Mood swings and outbursts are more likely to occur during this period. Look out for other signs that your child may be struggling, including **poor sleep patterns** or a change in **appetite or behaviour**.

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Work with your child to find what revision style works for them.
Make sure they are eating and drinking at regular intervals.
Encourage them to take some time after revising to wind down.

Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.

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How best to support your child at home

Reassure them – reinforce that you are and will be proud of them no matter what happens.

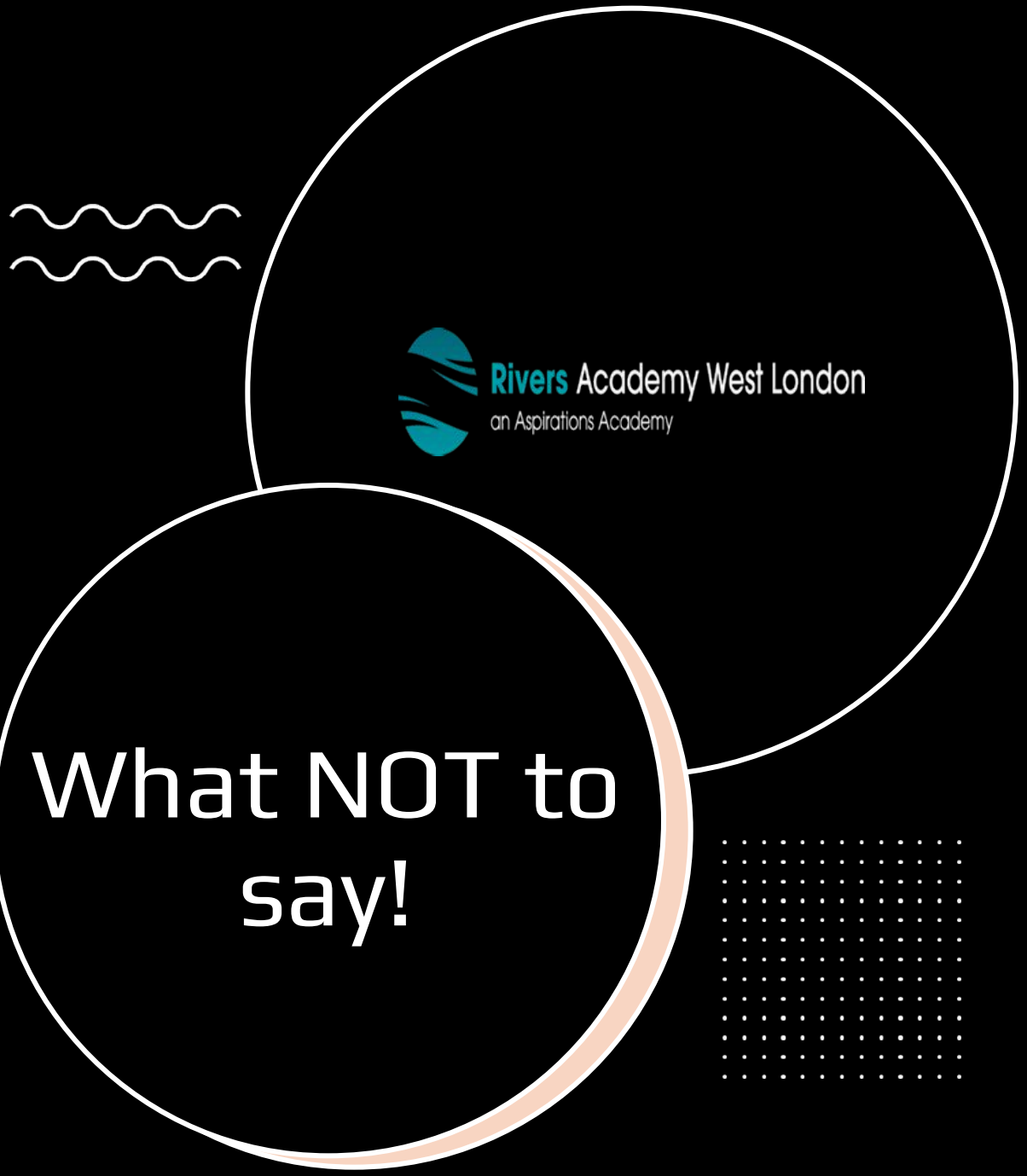
Remain positive and hopeful!

Set aside one to one time so that they can talk to you about any worries.

Let them know their feelings are valid and normal, but also offer support and solutions where possible.

Anxiety is often worst at night, and this means it is useful to encourage a good bedtime routine.

Work with them to develop relaxation techniques.



Finding the RIGHT words of encouragement and support for teenagers can be very hard!

How do you get them to do more revision or motivate them to even begin?

How do you keep them away from their phones or prevent them from spending all their time revising in their rooms?

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Reducing anxiety

Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence.

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https://www.bbc.co.uk/programmes/articles/2Qf86MGyCkHlTq4h1tWfknn/advice-for-parents-whose-children-are-sitting-exams

Here are some tips from teachers, parents and students.