



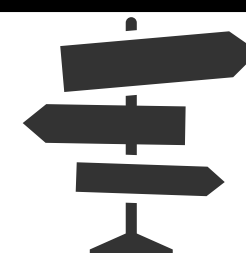
SUPPORTING YOUR CHILD THROUGH EXAM SEASON

Create an effective Study Space

Support them in creating a revision space, free from the distractions at home. We recommend that this isn't in the bedroom as their bedroom needs to be their sanctuary where they can switch off.



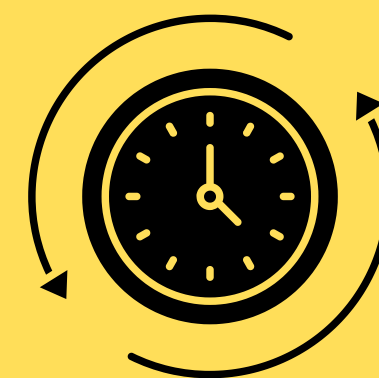
Spot signs of stress



Signs of stress can include not sleeping or sleeping more than usual, eating more or eating less than usual, experiencing headaches, stomach ache, negative thoughts, being irritable, not engaging socially. Tell them that you've noticed that they are feeling this way and offer your support.

If you notice that these levels of stress are interfering with their day to day life, please inform us and take them to see the GP.

Establish a routine



The pupils will be asked to create a revision timetable at school. It would be useful for you to make a copy of this too, so you can support them when it comes to sticking to this. They should have blocked out time each day to do something for themselves, whether that is going for a run, playing a game or seeing family. Please support them in ensuring they look after themselves too. Discourage them from staying up late revising.

OPEN

Make yourself available

Children can be difficult to engage in conversation at the best of times and do recognise that sometimes they may not want to talk to us about their feelings however, they need to know that we're there should they need us. Sometimes it's a case of starting a conversation up in the car or during a trip to the supermarket as there are elements of distraction here.



SUPPORTING YOUR CHILD THROUGH EXAM SEASON

Support them in looking after themselves

Ensure that they are getting enough sleep. Often stress levels will rise in the evening because there are less distractions. Encourage them to have 30 minutes before bed where they wind down. Suggest they do some journaling, read a book (not something for school), mindfulness colouring or listen to some calming music.

Get your hands on some brain boosting foods:

Oats and wholegrains - may improve concentration and focus

Eggs - may help recall and memory

Oily fish - may promote healthy brain function

Blackcurrants - may reduce anxiety and stress

Pumpkin seeds - may enhance memory and boost mood

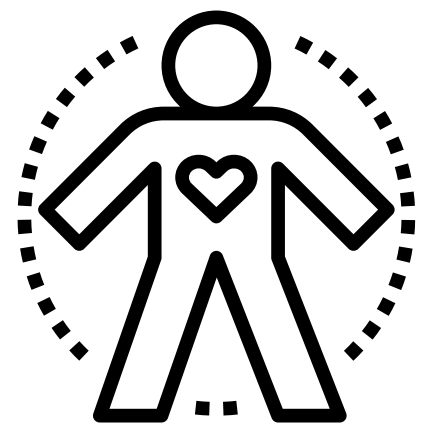
Broccoli - may improve brainpower

Milk, yogurt and cheese - may lead to better brain function

Nuts and nut butters - may help improve accuracy and reaction time

Beans - may help concentration

Lean meat - may maintain focus



Encourage them to avoid too much sugar and drinks with high caffeine content.

Allow for flexibility

If children have other roles and responsibilities at home e.g chores. Be more flexible if possible during the exam season to help reduce feelings of being overwhelmed. Be as lenient as you can, within reason.



Reassure them

Reinforce that you are and will be proud of them no matter what happens. Remain positive and hopeful.

