



# Exams

**Hints and tips to help you to  
support your child**

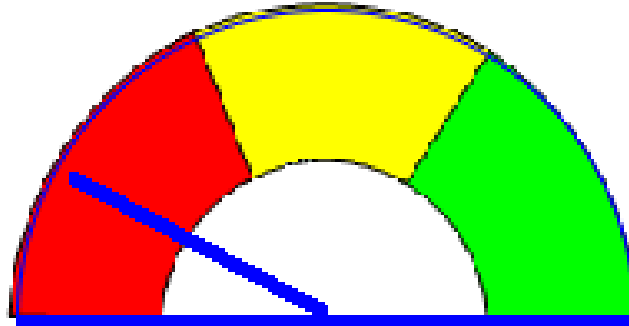
Exams are the top worry for both  
Primary (41%) and Secondary (39%)  
pupils...

Parents are key to making sure children  
can cope ...



*How can  
parents help?*

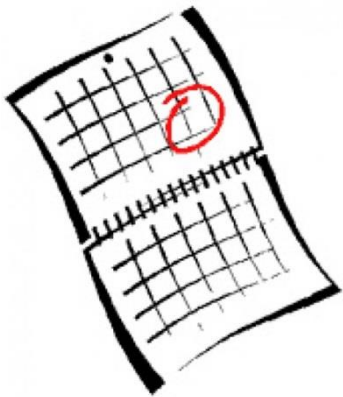




- \* *Try not to put pressure on your child.*
- \* *Encourage them to do the best they can.*
- \* *It seems obvious, but even the smallest of comments can place pressure.*

Help them to make a revision timetable and stick to it.

Keeping to a routine during study time may help them to get out of bed on exam day.



# **Look out for signs of stress or anxiety...**

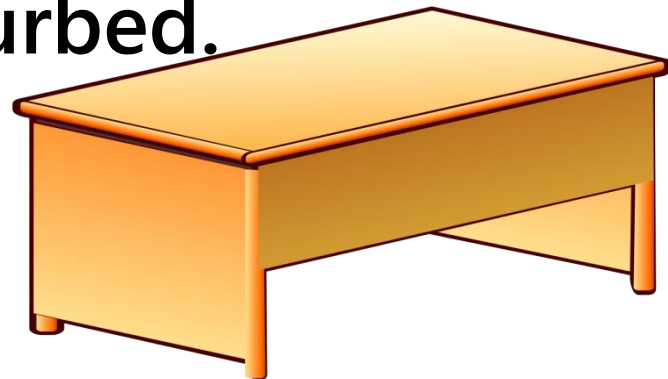


**Under/Over eating**  
**Under/Over sleeping**  
**Becoming withdrawn**  
**Becoming irritable**  
**Putting themselves down**  
**Headaches**  
**Upset stomach**  
**Nerves**  
**Chest pain**  
**Muscle aches/pains**  
**Clenched jaw/Grinding teeth**



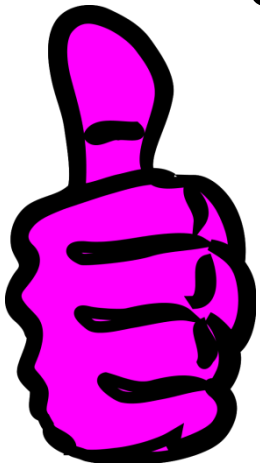
Help them make a space to revise where it is quiet.

Help keep siblings occupied so they won't be disturbed.





Keep them motivated by offering them a reward for when the exams are over- this doesn't have to be money.



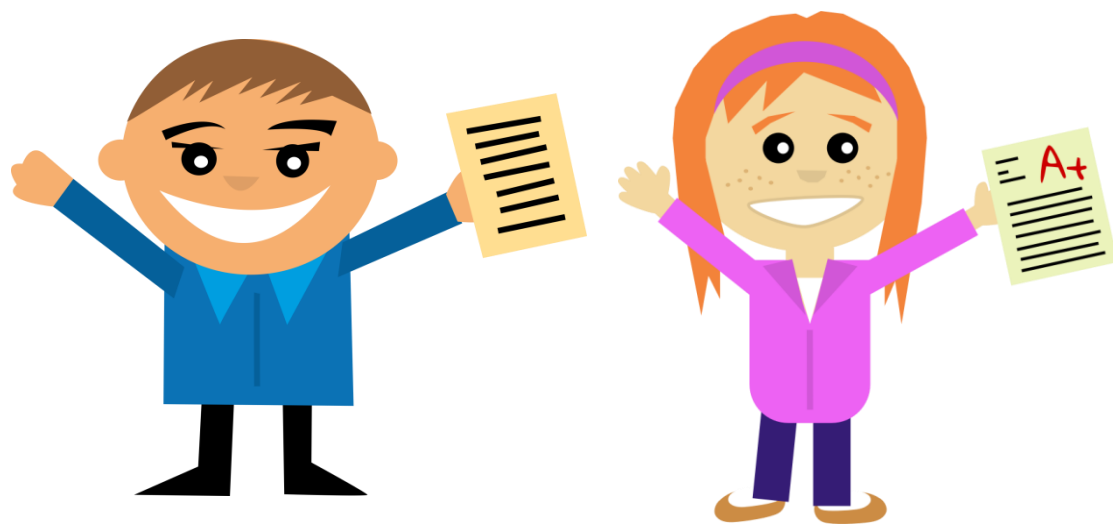




Encourage your children to eat,  
sleep and exercise as normal.

Healthy food and regular exercise  
helps the brain to function better  
and can reduce stress and  
tiredness.





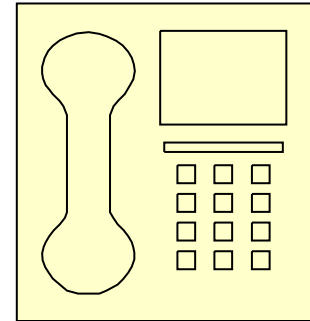
Make sure you are positive no matter the outcome and remember that a stressed child is unlikely to perform well.

# Further Support

- *School support*

- *Young Minds Website*

<http://www.youngminds.org.uk/>



- *Childline 0800 11 11*