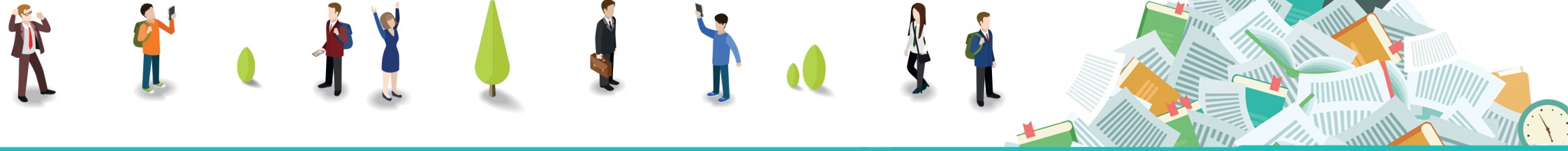


# HOW TO SUPPORT YOUR CHILD WITH EXAM STRESS

Don't let the stress of exams overwhelm your child. Help them stay in control with these top tips.

EXAM SUCCESS



## GET ORGANISED

Supporting your child with their organisation will help them feel more confident and in control. Make a list together of everything they'll need to study and create a schedule.



## MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep between 7-9 hours every night will help your child relax and feel well rested.



## REWARDS

Set out small incentives and reward your child for their good revision practice. Having something to look forward to like their favourite meal on a Saturday night or trip to the cinema can make all the difference when in the world of revision.



## OVERCOME PROBLEMS

Encourage your child to come to you in they're struggling to understand topics and work together through them.



## EXERCISE

A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.



## EAT RIGHT

Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!



## TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to relieve any stress and worrying they maybe experiencing.



## KEEP THINGS IN PERSPECTIVE

Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!