

WHAT YOU, AS PARENTS, CAN DO TO HELP?

- Recognise how important these exams are and how much time your son/daughter will need if they are to do as well as they can
- Accept this is going to be a stressful time for the whole family – expect outbursts and try to remain calm
- Do not ask them to do too many chores or look after younger brothers and sisters; encouraging the rest of the family to help by not disturbing revision
- Secure a quiet place for study, where their work can be safely kept
- encourage planned relaxation time (too much study is not helpful)
- Encourage your child to have regular breaks, to do something they enjoy, even if it's just half an hour off for their favourite soap, or listening to music
- praise hard work and practise not talent/ability
- Emphasise the need for plenty of sleep
- Help them to forget about each exam as it is finished – avoid post mortems
- Try and work with your child and support them rather than 'policing' them
- Make sure they eat healthy snacks regularly, and drink enough so they don't get dehydrated
- Respect their body clocks – many teenagers are more alert during the night and this may be the best time for them to revise even though it makes parents anxious!

During the exam period

Try to ensure that:

- They know the start times of every exam that day.
- They know the revision lessons for each day.
- They know when the extra exam sessions are during the exam period.
- Your son/daughter gets a good night's sleep before exams.
- They have all the equipment they need:
 - a couple of black pens and sharp pencils;
 - a rubber and ruler;
 - a watch.

Sometimes they may also need:

- a calculator
- a protractor.

And when it's all over

Tell your son/daughter to relax and forget about studying for a while. They should be able to have a great holiday and studying cannot start for another 10 weeks.



