

# How can I help my 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. It's worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for.

These are things that can really make a difference:

1. Work with your child to find what revision style works for them.
2. Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
3. Make sure they are eating and drinking at regular intervals.
4. Encourage them to take some time after revising to wind down.
5. Reassure them – reinforce that you are and will be proud of them no matter what happens.
6. Remain positive and hopeful!
7. Plan a treat or an activity together to mark the end of the exams.
8. Set aside one to one time so that they can talk to you about any worries.
9. Let them know their feelings are valid and normal, but also offer support and solutions where possible.
10. Anxiety is often worst at night and this means it is useful to encourage good bedtime routine
11. Work with them to develop relaxation techniques.
12. If anxiety and stress start impacting their day-to-day life seek help from your GP.

## **How can the school help?**

- Speak to your child's teacher(s) to find out what revision techniques they recommend.
- If your child is struggling with a specific subject, talk to the relevant teacher and explore whether they can provide additional help.
- Find out if the school has learning mentors that can help with practical steps including revision timetables.
- If your child has additional learning or developmental needs, speak to the school SENCO and establish what specialist provision they can put in place.