



# TOOLKIT FOR PARENTS

Exams are often a source of stress for young people. It can lead to low self esteem and, as a result, a poorer performance in their exams. This toolkit explains how parents can help their children cope with exam pressure and achieve their potential, while also protecting their mental health.

## • LISTEN

*Encourage your child to talk through the concerns they have with you and reassure them that this is completely normal. Everyone will experience exam anxiety - they might just not show it.*

## •••• PROMOTE A SENSE OF PERSPECTIVE AND DON'T ADD TO THE PRESSURE

*Encourage your child to focus on realistic goals of their own, rather than compare themselves critically to their peers or worry about expectations other people have of them. This applies both to the amount of revision they are doing and to the results they feel they should get.*

## •• SUPPORT REVISION

*Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence. Talk to them about different revision techniques (see our weekly email). Finally, provide an environment which is distraction free e.g. remove phones.*

## ••••• BE POSITIVE

*Planning a special treat and talking about things they are looking forward to after exams can help them feel positive, motivated and less worried.*

## ••• ENCOURAGE HEALTHY ROUTINES

*Encourage your child to stick to healthy routines and to make some time for activities they enjoy – such as exercise, doing something creative, getting fresh air, seeing friends in person or online – as these help reduce stress. Make sure they take regular breaks between revision.*

## ••••• STRUGGLING?

*Look out for signs that your child is struggling e.g. sleep deprivation, not eating, extreme anxiety, becoming withdrawn or difficulties with concentration. Please speak to us if this is the case as we can help.*