

Parent / Carers Guide to Exams

How can I help my child?

Exams can be a stressful time leading to mood swings and behaviour you may not normally see. Look out for signs that your child may be struggling, including being unable to sleep or a change in appetite or behaviour. It's worth preparing ways to support your child during exam weeks and reassure them it's natural to feel scared or anxious. Think about how you will celebrate on results day but also plan what you'll do if they don't get the results they were hoping for.

These are things that can really make a difference:

- Work with your child to find what revision style works for them. Speak to school if you need any support with this.
- Encourage your child to follow a revision timetable which includes rest breaks and downtime.
- Encourage them to take some time after revising to wind down.
- Make sure to raise any concerns or gaps in knowledge with teachers.
- Reassure them and let them know that you are proud of them no matter what happens.
- Remain positive and hopeful
- Plan a treat to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Anxiety is often worse at night meaning it is useful to encourage a good evening routine.
- If anxiety and stress start impacting day-to-day life seek help from your GP.
- Be prepared - make sure they have everything they need for their exams - pen, highlighter, calculator etc

Where can I get help? <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guidetosupport-exam-time/>

Student Minds

Supporting students to look after their mental health.

<https://www.studentminds.org.uk/> Email:
info@studentminds.org.uk

Counselling Services

Beacon Counselling 0161 4400055

<https://www.beacon-counselling.org.uk/>