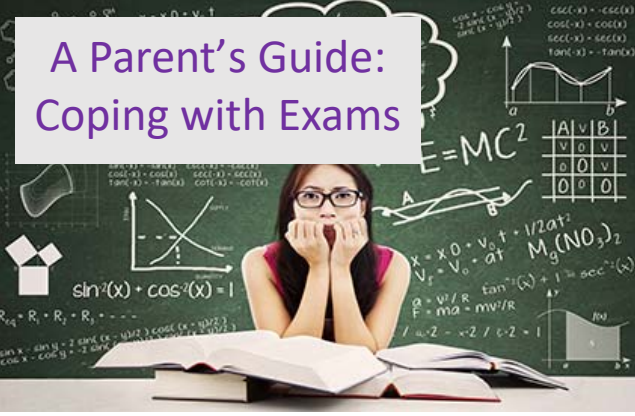


A Parent's Guide: Coping with Exams



Exams can be a very stressful experience for everyone involved, parents too! Here are some practical tips that could help during the exam season and support your child.



Number 1:

Help them create a revision timetable. This helps them to cover all their subjects without the worry of if they are spending enough time on them. Make sure they schedule in fun, relaxation and a day with no studying!



Number 2:

Do they have a quiet, productive space to work in? Tidy desk, tidy mind! Could you put up some motivational quotes together?

'Trust yourself, you know more than you think you do.'



Number 3:

Get them outside! Exercise produces endorphins, chemicals in the brain that act as natural painkillers and also improves the ability to sleep, which in turn reduces stress.



Number 4:

Encourage them to avoid screens an hour before bed. The best sleep environments are cool, quiet, dark and uncluttered. Lavender is a natural sleep aid. A good quality pillow is a must! Play a relaxation- <http://www.yoganidranetwork.org/mp3/yoga-nidra-good-night-sleep>



Number 5:

Be positive! Encourage them to eat well, healthily and regularly. Reward them when they've worked hard and be their biggest cheerleader! Remember that not everyone can get the top grades, they can ONLY DO THEIR BEST!