



Tip Sheet: Supporting Your Child During Exam Season.

Exam time is here, and while your child is busy with textbooks and study notes, we know you're probably wondering how to help from the sidelines. We believe success is a team effort, and your support can make a big difference.

Here are a few gentle ways you can be there for your student during exam season.

Simple Ways to Support Your Child During Exams:

- 1 Let Them Lead the Way**
They'll likely have their own routine, so try to work around their study times and respect their space. You can support by encouraging them to achieve their daily goals. It's also important that their schedule includes time for relaxation and fun as well as work to achieve a good balance.
- 2 Encourage, Don't Pressure**
A quick message or call to say "You've got this" can do wonders, no need to ask about every subject or grade.
- 3 Support Healthy Habits**
Remind them to eat well, rest, and take breaks. If they're home, maybe surprise them with a healthy snack or their favourite tea.
- 4 Keep It Calm**
Your calm and reassuring presence, even from a distance, can help them feel more in control.
- 5 Celebrate the Finish Line**
Once exams are done, celebrate their hard work. A treat, a walk, a movie night, or even just "Well done!" can mean a lot.
- 6 Engage in conversation**
Encourage your child to talk openly about how they're feeling and share any worries or concerns. Actively listen and try to avoid criticism. Reassure them that feeling anxious or nervous is completely normal.

Instead of simply telling your child that "everything will be fine," work with them to find practical ways to cope with their anxiety. If your child feels anxious or upset, it can naturally be stressful for you too, but remember to stay positive and try not to reinforce their worries.