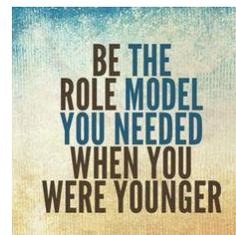


## Top 10 Tips to Support Your Child Through Their Exams

### 1. Being a role model

Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



### 2. Help them set goals

- Encourage them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall.
- Help focus them and talk to them about their goals regularly.
- Give positive reinforcement.
- Connect with them about 'why' and 'what' they want to achieve.

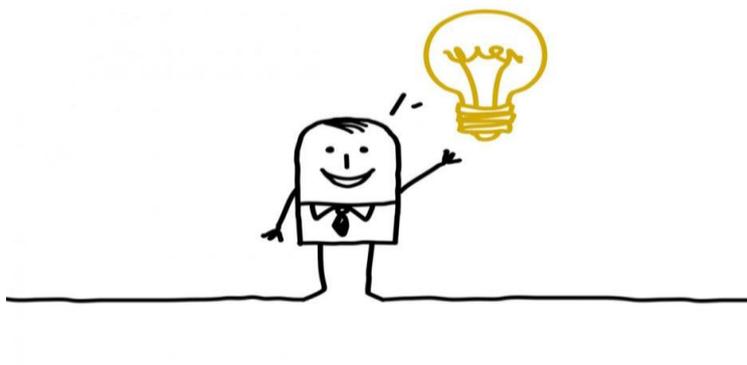


### 3. Keep them active

- Encourage them to keep active on a daily basis.
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day.
- Plan to do active things together on a weekend.
- Go out for a walk together and get some fresh air.
- Help them plan out their weekly exercise schedule in advance.
- After exercise your brain functions well, so encourage a revision session afterwards.

### 4. Healthy eating

- Plan your family meals for the week – breakfast, snacks, lunches and evening meals.
- Carry out a weekly food shop and make sure you write a list.
- Avoid high sugary and fatty foods or drinks.
- Aim to eat clean, fresh and healthy foods.
- Have a couple or 'treat' meals / or meals out per week.
- Use the Mark Lloyd recipes and meal planner as guidance (see attached document and links).
- Encourage them to eat breakfast everyday.
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them.



#### 5. Time out

Encourage them to build in opportunities to take some time out every week, away from study.

For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



**TAKING TIME OUT**  
IS AS IMPORTANT AS PUTTING TIME IN

#### 6. Sleep patterns

- Young people need between 8 – 9 hours sleep per night.
- Help your child create a relaxing evening routine.
- Make sure they don't eat too late at night.
- Avoid giving them caffeine or sugary drinks late at night.
- Make sure they don't work or revise too late before going to bed.
- Encourage them to switch off from social media / technology at least an hour before bedtime.

#### 7. Unplugging

- Encourage them to unplug from technology everyday.
- Help them switch off from technology at least 30 mins- 1 hr before going to sleep.
- Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework.

#### 8. Staying cool & calm

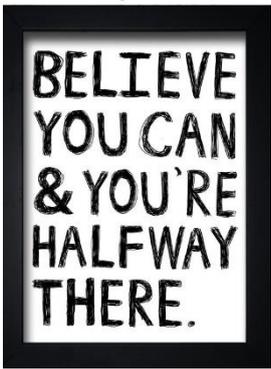
- Set a good example by staying calm yourself.
- Create a relaxing environment for your child.
- Help them plan out coping strategies to deal with their stress.
- Help them understand their stress & to focus on controlling the controllables.
- Promote a balance of their academic studies & other activities during the week.

#### 9. Belief

- Give them positive reinforcement.
- Boost their confidence daily.
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals.
- Try not to set your expectations too high.
- Show them how proud of them you are.
- Give them the belief in themselves to help them achieve.

#### 10. Be supportive

- Be a good listener.
- Be approachable.
- Encourage them to take breaks in between revision.
- Show some understanding of what they are going through.
- Help them deal with their emotions & feelings.
- Just be there for them!



**BELIEVE  
YOU CAN  
& YOU'RE  
HALFWAY  
THERE.**