

Top tips for parents and carers during exams

- Remind them that you love them and that you are proud of them no matter what.
- Remember, a word, a hug or even just a smile can reassure them and let them know that you value you them regardless of the grades they get.
- Encourage them to reach their goals, but don't let their grades become the thing that defines them.
- Praise them for what they do well and acknowledge how hard they are working.
- Help them with the practical things if they want you to- eg; make cue cards, test them. Let them use you as a revision tool if that works for them.
- Continue to be clear about what is acceptable and what is unacceptable- just be more mindful about when you are having these conversations. If it's the night before an exam, but you're faced with something that can wait to be addressed until later, wait.
- Don't assume you know what to do to help or that they even want your help- encourage them to problem solve independently.
- Ask them what they would like you to do to support them.
- Remember, when we are stressed, anxious, tired and overworking, we sometimes say things we don't mean.
- Don't feed into the procrastination.

- Encourage useful breaks and help your child avoid feeling guilty for having some 'life time'.
- **Help them to challenge their negative thoughts- Turn the "I can't do this" into and "I can do this".**
- Encourage them to talk to you or someone else they trust if they need extra help to manage.
- **Don't force them to talk.**
- Look out for concerning presentation and monitor how your child is managing this. If it seems to be becoming unmanageable, talk to them and seek help.
- **Continue to make each other smile and laugh- sense of humour doesn't have to stop because of exams.**
- **Offload- As parents and carers you are likely to feel the second biggest hit during the coming weeks. Remember you are only human and if you need to talk to someone about what is going on, then that is okay.**
- **Do not lose sight of the fact that you are a good parent and that even if they don't say it, they do love you and you are important.**