



Exam Stress

**Hints and tips to help you to
support your child**

**Exams are the top worry for both
Primary (41%) and Secondary (39%)
pupils**

**Parents are key to making sure children
can cope**





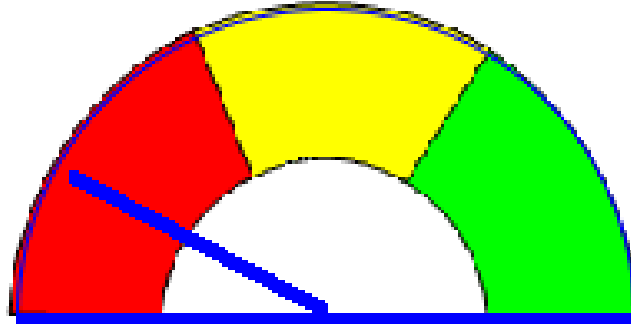
Exam time make up 10% of a GCSE year and 5% of a A-Level year

Exams can cause stress, anxiety , low self-esteem and if left alone can lead to eating disorders or self harm.



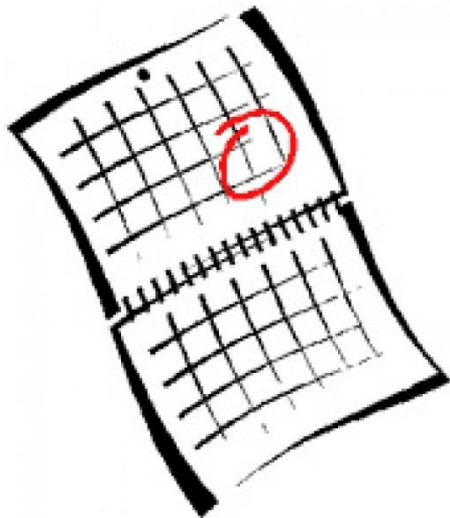
*How parents
can help?*





Try not to put pressure on your child. Encourage them to do the best they can. It seems obvious but even the smallest of comments can place pressure

Help them to make a revision timetable and stick to it. Keeping to a routine during study leave may help them to get out of bed on exam day



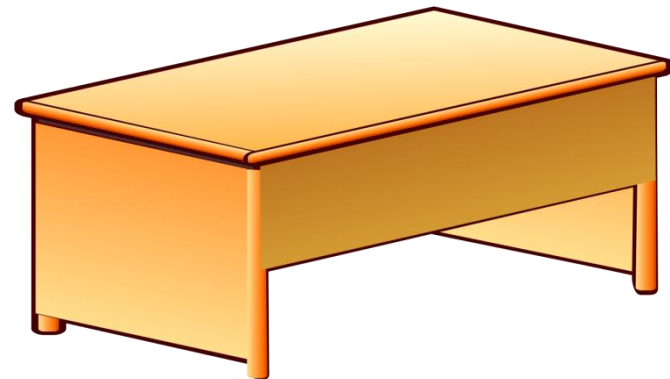
Look out for signs of stress or anxiety



Under/Over eating
Under/Over sleeping
Becoming withdrawn
Becoming irritable
Putting themselves down
Headaches
Upset stomach
Nerves
Chest pain
Muscle aches/pains
Clenched jaw/Grinding teeth

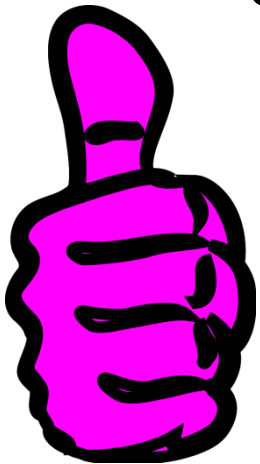


Help them make a space to revise where it is quiet, help keep siblings occupied so they won't be disturbed





Keep them motivated by offering them a reward for when the exams are over- this doesn't have to be money.

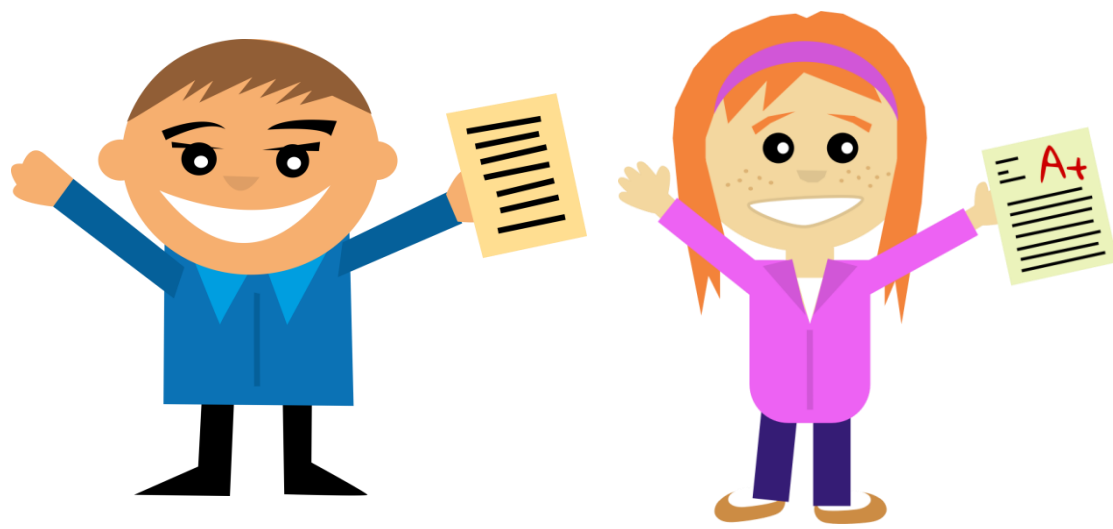




Encourage your children to eat,
sleep and exercise as normal.

Healthy food and regular exercise
helps the brain to function better
and can reduce stress and
tiredness.





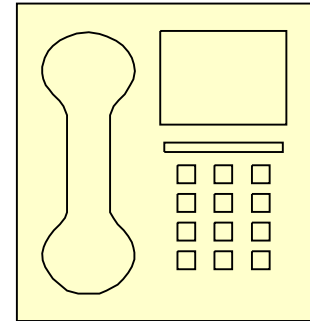
Make sure you are positive no matter the outcome and remember that a stressed child is unlikely to perform well

Further Support

- *School support*

- *Young Minds Website*

<http://www.youngminds.org.uk/>



- *Childline 0800 11 11*