As we know, children achieve more when their parents are actively involved in their education, so the exam period is a critical time for parents to support their children.

Exams and assessments are a stressful time for children. Do the parents of your class know how they can support their children to get ready? Firstly, you need to get them on board. Give a talk at school on how they can best help their child and prepare a simple leaflet of top tips to take home with them. You can use the ideas in this article to form your leaflet.

During the stressful, exam period, parents need to provide emotional support to their child, help to create a positive environment for learning at home and help their child with revision.

Organise these top ten tips for parents into four categories:

- Study skills (SS)
- Emotional support (ES)
- Physical well-being (PW)
- Positive environment for study (PES)

1. Be supportive. It might sound obvious, but exams put a huge amount of stress and pressure on children. The most important thing you can do is to nurture and comfort your child and to be understanding.
   Category: __________

2. Listen to your child as they practise and give praise when due. Having someone there when revising will make revision feel more manageable and more achievable.
   Category: __________

3. Ensure there is quiet learning environment at home for study. Distractions like television and computer games are a big no. Why not reward your child with a little television after they have done a certain amount of revision?
   Category: __________

4. Teach your child to calm their nerves by breathing slowly and deeply. This will help them to learn not to let nerves get in the way so can keep a clear head and stay focused.
   Category: __________

5. Ensure your child has a good night’s sleep and eats healthily. This means going to bed at a reasonable time, and eating a good, well-balanced diet. A good, healthy breakfast is particularly important on the day of the exam. Sleep is extremely important for a child’s mind and body development and a good breakfast gives the body the refuelling it needs after 8-12 hours without food. If children do not eat breakfast their mood and energy drops by mid-morning.
   Category: __________
6. Go through school notes with your child and help them to condense the notes down onto postcards. This will really help with revision.
   Category: ___

7. Let your child know you are proud of their hard work. This will make it all worthwhile and spur them on to try their best. Remember to tell them you are proud of them for trying to do their best. Remember as your child gets older, to teach them they are working hard for themselves and their future, not just to make you proud.
   Category: ___

8. Give your child a chance to let off steam and run around as a break from school before study. Physical exercise is good for the brain as it encourages brain growth and helps the memory. It also helps to relieve the effects of stress.
   Category: ___

9. Try not to nag your child. Arguments will only cause extra stress. Instead discuss feelings with your child, be positive and help them to adopt a ‘can do’ attitude.
   Category: ___

10. Help your child to create a timetable and to break down revision into manageable chunks with breaks. Leaving revision to the last minute is never a good idea.
    Category: ___

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