



Kings Langley Secondary



Bedmond Primary



Bovingdon Primary Academy



Kings Langley Primary



Nash Mills Church of England Primary



Sarratt Church of England Primary



St Pauls Chipperfield Church of England Primary

Kings Langley Partnership of Schools

Working Together to Prepare our Children for the Challenges of Tomorrow



Top Tips—Pressure of Exams Hitting Home? A Guide for Parents

The run up to the exam period for SATs, GCSEs and A-Levels can be extremely stressful for everyone in the family, as most parents/carers know. Below are some tips to help you cope and support your children during exam time:



- ◆ You can help your teen revise by being a bit more flexible in your routine. Also be lenient about chores and untidiness.
- ◆ Expect lost tempers and moodiness over and above the norm. Keep a calm head, try not to nag too much and remind yourself that the exams will be over soon.
- ◆ Sort out a revision schedule with them or ask for the school's advice. Remember its not too late to study or ask for help.



- ◆ Makes sure they have a comfortable place to work. Some people CAN revise better with music or TV on. You can also help by encouraging a healthy diet and early nights to aid their concentration.
- ◆ Don't go in for bribes. Encourage them to work for their own satisfaction and schedule small, frequent rewards for effort.



- ◆ Be calm, positive and reassuring and put the whole thing into perspective. They can always take the exam again.
- ◆ After each exam, encourage them to talk it through, this will be an opportunity for you to help re-focus them on the next exam and not dwell on something that can't be changed.
- ◆ Plan a family event to mark the end of exams, although be prepared to fit in with your kids social life—it could be something as simple as a meal together.

Information provided within this factsheet has been developed in conjunction with material available from Family Lives. For More information visit www.familylives.org.uk



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