



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](http://www.familylives.org.uk)



Kings Langley Student and Family Services, c/o Kings Langley School, Love Lane, Kings Langley, WD4 9HN.Tel:01923 264504  
Gade Schools Family Support: c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2Ju.Tel:07538 232069