

# Exam Stress Support

## tips for parents



Exam time can be as stressful for parents as it is for students. So how do you help teenagers stay calm, motivated and reach their full potential?

HERE ARE SOME TIPS TO SUPPORT THEM:

- MAKE SURE THEY ARE EATING AND DRINKING AT REGULAR INTERVALS
- HELP YOUR CHILD GET ENOUGH SLEEP
- BE FLEXIBLE DURING EXAMS
- HELP THEM STUDY
- TALK ABOUT EXAM NERVES
- ENCOURAGE EXERCISE DURING EXAMS
- MAKE TIME FOR TREATS
- REWARD EFFORT RATHER THAN RESULTS
- JUST BE THERE FOR YOUR CHILD

BBC BITESIZE

FAMILY LIVES

NHS

YOUNG MINDS



For any other Emotional Health and Wellbeing Services, please click [here](#) or scan the QR code.

