

Exam Stress – What can you do to help your child?

Exam time can be very stressful for everyone in the family as your child may be feeling anxious and under pressure. You may also be feeling under pressure as you want them to be able to do their best and put the effort in.

What is exam stress and what causes it?:

Stress is a negative reaction to excessive pressure or other demands. Exam stress can be caused by:

- Pessimism and thinking the worst
- Unrealistic expectations
- Feeling unprepared
- Ending or starting a new school year or term

What to expect when exam stress hits:

Your child may openly express how stressed they're feeling. Or they may hold it in and try to cope on their own. These are some signs they may be under stress:

1. Losing touch with friends
2. Difficulty making decisions
3. Nausea or minor stomach upsets
4. Blaming others, anger or frustration
5. Problems going to sleep or waking up

Top tips for exam revision

- Make sure they have a comfortable place to work and study which is quiet.
- Give them a break and understand lost tempers and moodiness.
- Try to avoid nagging them as it can help them lose focus.
- Don't go in for bribes; encourage them to work for their own satisfaction.
- Schedule small and frequent rewards for the effort they are putting in.

If you would like support and advice, you can talk to a Family Support Worker by calling 'Family Lives' confidential helpline on 0808 800 2222

You can also seek support from the SEND team this evening who are based in the library

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If you're worried about your child's exams and the marks they might get, imagine how overwhelming it might be for them.

As a parent you can really help your children through this time, just by being there for them and encouraging them to talk about their feelings and fears

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