



## WELLBEING – SUPPORT YOUR CHILD AT HOME

One of the most important things that you can do to support your child at home is to talk to them about how they feel. Remind your child that it's normal to feel anxious and nervousness is a natural reaction when preparing for exams.

**The main way to support your child's wellbeing is to make sure that they:**

- Attend school every day on time
- Complete all home learning (check their planner regularly)
- Have a revision timetable
- Have family time planned to consider their revision
- Get enough sleep
- Eat sensibly
- Have all the equipment required
- Have a suitable place to work at home
- Start revising now

### **Exercise during your exams**

Exercise helps to boost your energy levels and can help to combat feeling stressed. Any type of exercise can be effective – do what you enjoy.

[Benefits of exercise - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### **Healthy Eating**

A balanced diet is really important for your child's health and can certainly help with their wellbeing during revision and exam periods.

Some parents say that high-fat, high-sugar and high-caffeine foods and drinks, such as energy drinks, fizzy pop, fast food and sweets make their children hyperactive, irritable and moody.

Where possible, encourage your child to choose healthy snacks and to eat healthily in the mornings and throughout the day.

### **Sleep**

Good sleep is vital for thinking and concentration. Most teenagers need 8 to 10 hours sleep per night. Allow half an hour or so for your child to wind down after studying or using a computer, to help them to get a good night's sleep. 'Cramming' all night before an exam is a bad idea. Sleep will benefit students far more than a few hours of last-minute revision.

### **Coping with the demands of exam preparation**

This 8-minute read for 'Family Lives' has some useful pointers for families who may be feeling under pressure due to exam preparation. There are also some top tips for helping your children with their revision.

[Exam stress | Family Lives](#)

Childline has some good guidance on helping young people talk about stress and has some practical guidance that might help at home.

[Exam stress and pressure | Childline](#)

### **Getting help**

Remember that you can help if your child is experiencing low mood and this interferes with their everyday life. Students are regularly reminded about wellbeing support services such as Kooth. If you need additional support, then it may be that seeing your GP is a good place to start.