

# Supporting your child during their exams



# Exams can be a challenging time for many young people

It can be difficult to know what to do if your child is feeling worried or stressed about exams, but there are lots of ways you can help support them.

This leaflet offers some information about how to spot your child may be struggling, and some practical tips on how to support them during their exams.

## Signs your child might be struggling

Some common signs that a young person is feeling overwhelmed are:

- feeling worried or anxious
- problems sleeping
- changes in their eating (for example, skipped meals, picking at the food on their plate)
- low mood (isolating themselves, teary)
- lack of confidence
- frustration or anger
- upset stomach, headaches and flaring up of skin conditions such as eczema.

Remember, every young person is different. So if you notice a change, you can start by talking.

# Tips for supporting your child

## Ask how they're doing

Don't be afraid to ask how your child is feeling. They might not want to start the conversation but sometimes it can help to show you're there to listen.

## Offer help with practical things

Ask them what they think would help. This might be helping plan their revision or creating a relaxing work area for them

## Spend time together without talking about exams

Try having fun together to help your child relax.

## Remind your child to take breaks and drink water

Getting some fresh air and taking some time out can help our brains to process what we have learnt and help us to relax.

## Take an interest

Ask them to tell you about what they've been learning. Teaching you something new can help their revision.

## Give them space

Sometimes your child might just need a little time to themselves to relax. Encourage them to have a bath, watch a film, or listen to some music.



## Book something to look forward to

Making plans to do something at the end of exams is a great way to celebrate all of your child's hard work.

## Look after yourself

Exams can be challenging for everyone in the family. It can be hard to look after others when you're feeling the strain yourself, so try to take time for yourself along the way too.

Remember, exams don't last forever.

# How can I help my child find support?

Helping your child find information and extra support can be really important during exam time.

Encourage them to look at the Childline website at [childline.org.uk](http://childline.org.uk) for more ideas on how they can manage exam pressure.

You can also visit the Mind website at [mind.org.uk/cyp-support](http://mind.org.uk/cyp-support) for more ideas on where you can find help.



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