



OUR LADY & ST JOHN  
CATHOLIC COLLEGE

## Supporting Your Child During Exam Time (Young Minds)

As we start to move towards exam season, Young Minds have launched advice for parents about supporting their children.

Tips include:

- Encourage your child to take revision breaks and find a balance between studying and doing things they may find relaxing.
- Make sure they are eating and drinking at regular intervals.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage good bedtime routine

You can find out more here:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/>



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