

# Tips for parents

## Top ten tips from one group of concerned parents to the next...

1. A dedicated quiet space with good natural light or lighting is best for studying, with no distractions. If you have other children who are not studying exams, make sure that they know the importance of revision time.
2. Ensure that your son or daughter has one evening a week away from their studies. It's also important that they take regular breaks during the study periods.
3. Be around as a 'feeding station' – feed your child lots of healthy food and proper meals - not too many sugary snacks and junk food.
4. Offer to help with testing or ask if there is something that you can do for them – reassure them you are concerned about their welfare more than the results.
5. Know your son or daughter's revision timetable. Encourage them to tell you about what they are studying. If you know that they are not at their best first thing in the morning, encourage them to rest then and work when they are more lively. They should choose their weakest/sleepiest time of day to be sociable and go out, or watch TV at those times.
6. Know exactly the date, time and location for each exam and incorporate this into the revision plan and make sure that they have the correct equipment they need for the exam (calculators, rulers etc). Know what they are not allowed to take in to the exam (mobile phones, pagers text messagers etc).
7. If your son or daughter has a medical condition, eg Diabetes, hay fever etc. make sure that the school knows about it. There are special considerations for some conditions.
8. If there is a family crisis, for example divorce or bereavement, again ensure that your son or daughter's teacher knows about it since the additional stress can affect your child's exam performance.
9. Make sure that your child is using the internet to study and not as a resource to give the appearance of study!
10. Tell them that they can only try their best and even if they don't do as well as you hope, you still love them just as much.