

EXAM AND ASSESSMENT PREPARATION: TOP TIPS FOR PARENTS

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It is well-documented that children achieve more when their parents are actively involved in their education so the exam period is a critical time for parents to support their children. Exams and assessments are a stressful time and parents need to provide emotional support, ensure their child's physical well-being, create a positive environment for learning at home and help with revision.

Do the parents of your class know how they can support their children to get ready? If not, you probably need to get them on board first. Why not give a talk at school on how they can best help their child and prepare a simple leaflet of top tips to take home with them? Use the ideas in this article to create your leaflet.

| Emotional Support

Be supportive. It might sound obvious but exams put a huge amount of stress and pressure on children. The most important thing you can do is nurture and comfort your child and be understanding.

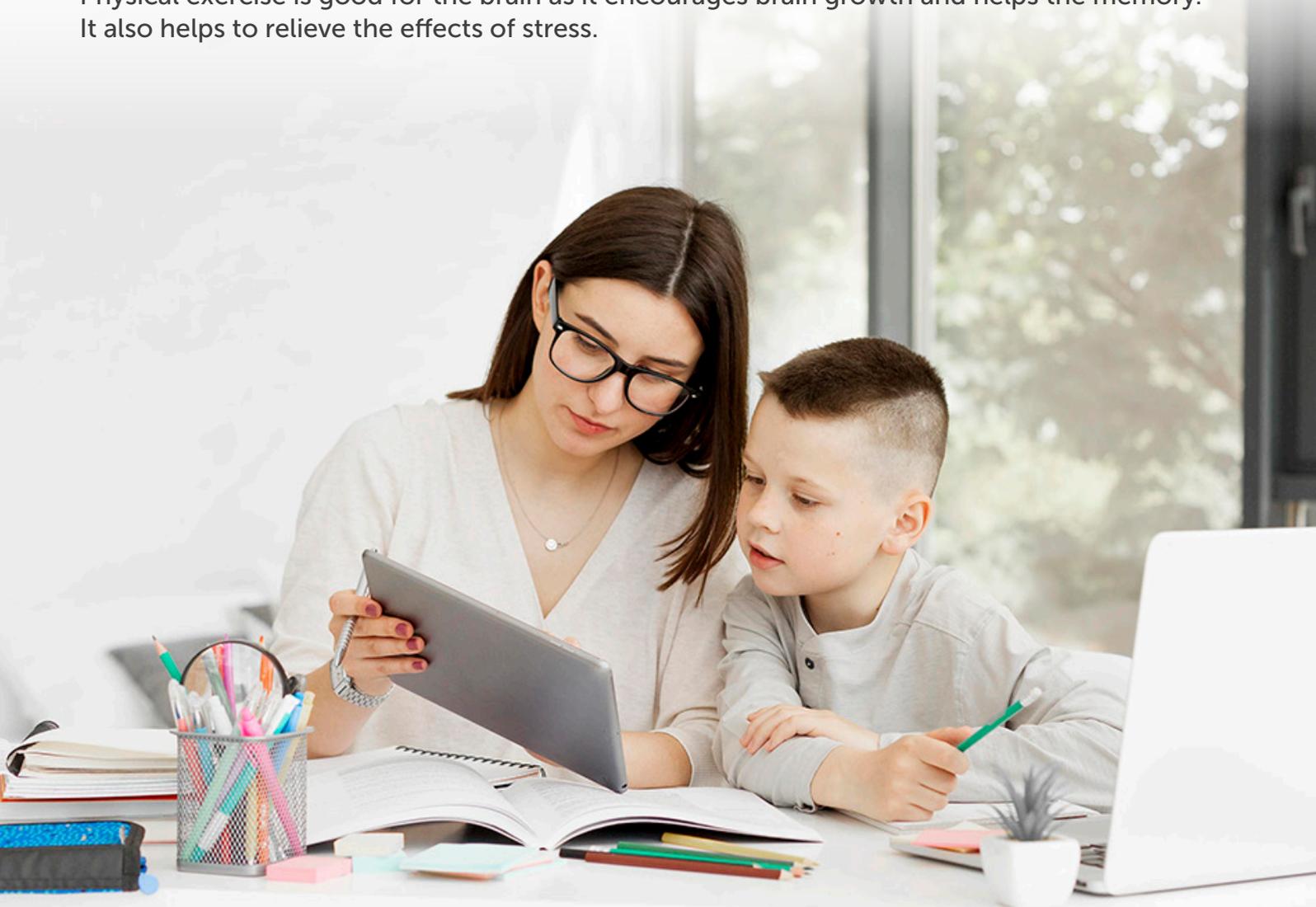
Let your child know that you are proud of their hard work. This will make it all worthwhile and spur them on to try their best. Remember to tell them you are proud of them for trying to do their best. Remember too, as your child gets older, to teach them that they are working hard for themselves and their future, not just to make you proud!

| Physical Well-Being

Teach your child to calm their nerves by breathing slowly and deeply. This will help them learn not to let nerves get in the way so they can keep a clear head and stay focused.

Ensure your child has a good night's sleep and eats healthily. This means going to bed at a reasonable time, and eating a good, well-balanced diet. A good healthy breakfast is particularly important on the day of the exam. Sleep is extremely important for a child's mental and physical development and a good breakfast gives the body the refuelling it needs after 8-12 hours without food. If children don't eat breakfast, their mood and energy will drop by mid-morning.

Give your child a chance to let off steam and run around as a break from school before study. Physical exercise is good for the brain as it encourages brain growth and helps the memory. It also helps to relieve the effects of stress.



A Positive Environment for Study

Listen to your child as they practise and give praise when due. Having someone there when revising will make revision feel more manageable and more achievable.

Ensure there is a quiet learning environment at home for study. Distractions like television and computer games are a big no. Why not reward your child with a little television or gaming time after they have done a certain amount of revision?

Try not to nag your child. Arguments will only cause extra stress. Instead discuss feelings with your child, be positive and help them adopt a 'can-do' attitude.

Study Skills

Go through school notes with your child and help them to condense these down onto postcards. This will really help with their revision.

Help your child create a timetable and break down their revision into manageable chunks with breaks. Leaving revision to the last minute is never a good idea.



Further resources

Read the rest of Macmillan's Home-School Link articles at [macmillanenglish.com/blog-resources/teacher-resources/young-learners](https://www.macmillanenglish.com/blog-resources/teacher-resources/young-learners) and watch the short videos on YouTube (Macmillan Education ELT) – look for the playlist called [Macmillan's Home-School Link for young learners](https://www.youtube.com/playlist?list=PL12345678901234567890)

This article originally appeared as part of Macmillan's Home-School Link series by Aimee Bates.