

Supporting Children during Exams

Dear Parents

Congratulations! Your child is appearing for his/her final Examinations. Now the next few days are going to be crucial for them as well as you.

You may observe series of mood swings, sadness, enthusiasm, relaxed behavior, rudeness from children during these days. Here is a list of simple actions from your side to help your child cope with exam anxiety:

- 1) Please wake them up in the morning with a positive stroke, a touch/hug which a child expects from the parents.
- 2) Start your child's day with a positive statement –“I love you! Come; let's start this beautiful day together.”
- 3) Take care about the communication you have with your child before he/she leaves for his/her exams. “I am sure you will excel, all luck to you. I will be waiting for you to come back, sweetheart, and like”.
- 4) Do not let your anxiety pass on to your child. Irrespective of the situation, any last minute positive support from your end will boost your child's confidence.
- 5) When the child comes back, avoid asking how the exam was; instead, ask how the experience was. Soothe your child with statements like, “Let's unwind for the day; let's go out somewhere.” Avoid giving a target of marks; rather, trust your child's sensibility to understand his targets.
- 6) Please ensure that a happy and healthy environment is given at home to the child. Avoid arguments within the family; differences can be solved later as they affect a child's performance.
- 7) Keep fresh flowers in the house. This brings a lot of positivity. Avoid advising and nagging for any reason and work on giving space to your child.
- 8) Stand by your child even if the exam has not gone as per his/her expectations.
- 9) Don't let the child meet relatives who give negative statements, put pressure, and unrealistic expectations that may prove detrimental to the child's performance.
- 10) Most important--cook fresh nutritious meals for your child.