

HELP YOUR CHILD TO TAME THE EXAM STRESS

Dear Parents

Exam times can give butterflies to even the coolest parents. “Dear daddies and mummies! Along with children, you must also unwind, reinvigorate and plunge into action.” Here are tips for you to help your child during exams:



Explain the significance of exams

Exams are actually meant to assess learning. Ask your child to focus on the joys and the process of learning and see exams as a concept to evaluate learning.

Chalking out timetables never goes out of fashion

Let the timetable include a routine that will cover the exam syllabus

comfortably giving enough time for revision and all other activities. This will bring clarity, focus, and a sense of direction that will increase the self-confidence in children and bring out the best in them.

It works best when timetables are prepared with full participation and involvement from the child. It's important to keep the timetable realistic and based entirely on the child's abilities.

Strong families build a positive environment

Strong families have the backs of their children. Exam times are crucial. Supportive families don't thrust their personal ambitions on their children.

They employ a parenting style that combines warmth, realistic demands, and democracy. They avoid needless comparisons and allow children to have the space to know themselves and develop their own identity.

Practice stress-busting exercises

Stress-busting exercises like running, jogging, a gym workout, cycling, swimming, a favorite sport, boost energy levels, relieve stress, and clear the mind. Parents and children shouldn't skip their exercise routines during exam time.

A healthy diet to tame the exam stress

A well-balanced vegetarian diet supplemented with fruit juice, nuts, soya milk, and ample water keeps the body and mind in full swing. Avoid junk food, energy drinks, cola, sweets, and chocolates. Food items with high-fat, sugar, and caffeine content make us hyperactive, more irritable, and moody. To keep our minds fully alert, we should keep our stomachs light.

Let them vent

Sometimes the best way to send stress packing is to let off a little steam. If your children has been cooped up inside with their books and needs to vent, then be a sounding board. If they're on a roll and just need to get it all out, try not to offer advice or suggestions. Nod, smile and enjoy the show! Chances are, you and your child will feel better after it's all said and done.

Motivate them with Rewards

Your child will perform better if you will set targets for their entire preparation journey and reward each target with their favourite items.

If your child really isn't coping with their study load it may be time to seek further support from a professional. A psychologist or counselor can help them learn exam stress management strategies.

Be with them and let them grow.

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