

2020 - 2021

THE PARENTS'  
GUIDE TO

EXAM REVISION

GCSEs

# CONTENTS



PARENTAL INVOLVEMENT IS KEY  
TO STUDENT SUCCESS

# Introduction

We want our children to do well in exams and effective revision plays a crucial role. Whilst you can't revise for your child, there are lots of ways you can help them. This ranges from checking what they know and helping them remember things, to providing the right homelife so that they can be at their most alert, healthy and resilient.

Taking GCSEs is a big step in a teenager's development. They are the middle to oldest children in school, they're working toward qualifications which will affect decisions they make later about their future, and they are beginning to feel grown up. This is an ideal time for you to help them form good habits that will set them up for adulthood, not only in terms of lifestyle (eating the right foods, being active, building resilience) but also in helping them discover which ways of learning suit them most and which environments limit them versus which help them to flourish.

Effective revision also requires developing and growing essential life skills, such as good time management; the ability to deal with situations when things go wrong; and finding the right balance between work and play. These are areas where you have lots of experience and can help them develop systems that work best for them.

It's not possible to write a 2020/2021 guide without mentioning the additional impact of Covid-19. Mid to late teens are such an important phase in your child's development and usually a tricky time for them (and consequently you too!). This has been magnified by the uncertainty surrounding Covid-19 and the restrictions imposed to contain it. Among the many impacts, it's been difficult for any of us to look to the future and make plans: we seem to be existing in a strange limbo waiting for "normality" to return. However, it's vital that your child doesn't lose sight that they have a positive future ahead, whatever shape that may take, and they need to put in the effort now to strive towards it. More than ever, parental support is key: only you can provide consistent and reliable support from home to reassure them by making them feel safe, secure and motivated.

This guide shows how to support them in making revision time as productive and helpful as possible, helping them keep a balanced lifestyle, and hints and tips on providing a homelife that encourages success. We've mostly focused on long-term support, but there are also some pointers on how you can help just ahead of examinations when the pressure is especially high. Examinations will take place in 2021, although they have been delayed to allow more teaching time.

# Sleep

**Sleep is an essential element for optimum health, so make sure your child is getting enough rest. Teenagers need a lot of sleep given the huge changes taking place in their bodies – somewhere between eight and ten hours each night. Tempting though it may be for them to revise into the small hours, they will be much better off putting work aside and settling down for an early night. Work backwards! If they have to get up at 7.00 am, then they need to be asleep by 11.00 pm – which probably means being in bed much earlier.**

**TRY TO GIVE YOUR CHILD AT LEAST 30 MINS SCREEN-FREE TIME BEFORE BED**



## Mobiles, screens and sleep

Getting enough sleep can be severely impaired by ready access to a 24/7 online community via their phones such as Instagram, Snapchat, Tumblr, WhatsApp and other messaging services, not to mention their compulsion to play games and catch up with box sets late into the night.

To combat this you may want to minimise the number of screens they have in the bedroom, encourage them to have at least 30 mins screen-free time before settling

down to sleep and get them to use night screen settings in the evening to reduce glare (white light on bright screens prevents sleepiness). Phones should be set to silent at bedtime so that sleep is not interrupted by regular pinging with alerts and messages. Encourage them to use the “Do not disturb” feature if their phone has one, which will automatically silence alerts at the same time each night.

## Other ways to minimise phone time

Create rules for the whole family – such as no phones at the table during mealtimes, no phones before school, no phones after 9:00 pm. If you do this, it's important you're consistent (don't set a bad example by ignoring the rule if it doesn't suit you). Establish rewards for appropriate phone use.

Some wireless providers allow you to set daily phone use limits, so you could add time limits for all apps, or different time limits for different apps. You could try the app **Our Pact**, which enables you to block or

grant access to internet and apps on your child's device at any time, from anywhere. Netflix allows you to modify user preferences, so you can block programmes and box sets that you don't want your teen to watch or to restrict them watching at inappropriate times (removal won't be instant but will filter through). You could make some things available only via your profile so you're aware of what and when your child is watching.

Importantly, have conversations with your teen about using mobiles sensibly, and do this at times when neither of you are tired nor emotional. This will avoid heated discussions or rows and you're much more likely to reach a compromise that suits you both.

## Be firm

Be firm about bedtime when they're in their mid-teens. At this stage you can insist they go to bed at the right time which should encourage them to stick to a similar routine when they reach their late teens when it's not so easy for you to tell them what to do.

## Useful links

[Our Pact](#)

*I'm interactive!  
Click me and I'll take  
you to their website*



## A bedtime routine

Creating a “bedtime” routine, such as switching the phone to silent, putting it away 30 minutes before bed, taking a bath, having a hot drink and dimming the lights can all help calm the mind and prepare it for sleep.

Sticking to a similar routine every night signals to the body that it is time for bed and helps it switch off so try to get your child into the habit of doing the same things before bed and going to sleep at a similar time (especially on week nights).

Encourage them to keep a notebook where any worries or important things to do the next day can be jotted down. This prevents the mind turning over once the lights go out and fretting about forgetting things thus preventing sleep.

If they share a room, curtaining off their sleeping area helps give them some personal space.

## Avoid lie-ins

At the other end of the day, try to set a routine so they get up at a similar time each morning and, hard though it may be, try to limit lie-ins at the weekend to just an extra hour or so in bed. Long lie-ins disrupt their sleeping rhythm, making it harder for them to go to sleep at an appropriate time on Sunday night and consequently, making it harder for them to wake up on time on Monday mornings. Where possible, bedtimes and get-up times should be similar from one day to the next allowing the body to synch to a regular cycle. Make plans for weekend mornings so they have a reason to get up if there aren't activities they can do through school or if they aren't inclined to organise anything themselves.

## Walk your talk!

Are you setting a good example? It might be harder for them to get into good sleep patterns if you are not following the advice you give them.

## Useful links

NHS  
Live well

Sleep  
Council  
UK

# Diet

Food is fuel for the body, so making sure they eat at regular intervals with plenty of healthy ingredients is vital. Try to ensure they have a healthy breakfast before leaving the house (even if it is only cereal), provide a packed lunch and a nutritious supper in the evening.

## A balanced diet

As well as their “five a day” (about a third of the overall diet), everyone should have some starchy carbohydrate (another third), and the remaining third split between protein and milk/dairy with a small amount of fat. Ensure vegetarians and vegans are getting enough protein with plenty of protein rich vegetables (such as peas, sprouts, sweet corn, asparagus, broccoli and avocado) as well as nuts, pulses and beans.

Good food choices to maximise concentration include green leafy vegetables, herbs, oily fish and pulses so try to include these as a regular part of their diet – it will be good for the whole family too!

## Useful links

NHS - Eatwell Guide

BBC Good Food

## Eating regularly

It's important that teenagers eat at regular intervals to avoid peaks and dips in energy levels. Breakfast, lunch and dinner should be punctuated with healthy snacks. Providing a packed lunch and snacks for them when they are on the go can help ensure they are eating the right types of food. If possible, sit down for a family meal together at the end of each day (mobile and tablet free!). Not only will this start a fantastic lifestyle habit for them to take through to adulthood, it will also provide a break from being online and a chance to chat and share one another's experiences that day.



## Snacking

The temptation to eat sugary, highly salted, unhealthy snacks to keep energy levels up is not only bad for overall health but can negatively impair their performance and ability to concentrate. Help them make the right choices when they are in a hurry by providing them with healthy alternatives. If chocolate is a must, swap milk chocolate or chocolate bars for dark chocolate. This doesn't mean they can't have an occasional treat, but it's better to avoid eating high sugar and salty foods too often.

## Cook together

Whilst it may not be possible every night, it's great if you can include some home-cooked meals (from scratch) regularly throughout the week. Not only is this much healthier and cheaper than buying ready-meals and take-aways, it's one of the best lifestyle habits to teach your child which they'll benefit from throughout their adult life.

Cooking together provides a very good opportunity to spend time together and bond. It's a non-pressurized space for them to talk to you about things that may be troubling them without making it the central focus – you can catch up on good news too.

## KEEP THE HOUSE STOCKED WITH PLENTY OF HEALTHY SNACKS



## Growing up

As teenagers are getting older and more independent, they will be preparing food for themselves and it's not possible for you to watch what they are eating every meal time. However, where possible, provide food for them rather than money which they might be tempted to spend on unhealthy favourites. Remember, they are going to eat what you have available in the house, so if your fridge, freezer and cupboards are full of good options, that's what they'll reach for when they're hungry.

Fast food, sweets, crisps and other treats are absolutely fine, so long as they are a small part of an overall diet and not the staple foods. However, tired teenagers are often tempted by convenience and "quick fix" energy boosts so may be drawn towards unhealthy options despite your best efforts to encourage them otherwise.

## Walk your talk!

The foods you have available in your house, and what you eat will influence your child's choices. Are you being a good role model?

### Healthy snacks shopping list:

- Mixed nuts
- Raisins
- Yoghurt
- Fruit
- Dried fruit
- Popcorn
- Rice cakes
- Flapjacks
- Dark chocolate
- Carrot sticks
- Cottage cheese
- Kale chips
- Hummus
- Eggs
- Smoothies
- Olives
- Peanut butter
- Avocado
- Tuna



# Hydration

The teenage body is made up of around 60% water. Not drinking enough water reduces productivity, both mentally and physically, and symptoms can include tiredness, confusion, reduced energy levels and the temptation to snack when not actually hungry (thirst is often mistaken for hunger).

## Have water on hand at all times

The best way to make sure your child is drinking enough is to ensure they have water on hand at all times – at their desk, in bottles in their bag when on the go, and served alongside food. Plain water is ideal, but to add interest, use natural ingredients to give flavour – such as cucumber, lemon, lime, orange, tangerine, mint or ginger.

## Other drinks

Natural fruit juices are great, but can be high in natural sugar, so why not dilute them? Herbal teas or honey with a dash of lemon offer hot, caffeine free alternatives. Limit your child's fizzy drink intake – whether calorie controlled or not, including energy drinks. They are all unhealthy if drunk in large quantities.

## Useful links

NHS  
Live Well

Natural  
Hydration  
Council

## Eight glasses a day

Health experts recommend adults drink at least two litres of water each day. This equates to roughly eight 250ml glasses.



## Walk your talk!

If your child never sees you drinking a glass of water they are less likely to think of drinking themselves.

KEEPING HYDRATED IMPROVES  
CONCENTRATION AND  
FOCUS





# Caffeine

Caffeine affects us in different ways, and different people are more sensitive to it than others. On average, adults shouldn't consume more than 400mg of caffeine a day and adolescents should have much less.

## Look out for caffeine consumption

Caffeine is present in coffee, tea, energy drinks and chocolate so keep an eye on how much of these your child consumes. Energy shots are often very high in caffeine and a firm favourite with teens. Drinks with high caffeine (more than 150mg per litre) need to show this on the label, although it is not always clear – and it doesn't apply to drinks bought in coffee shops. Lots of products high in caffeine are available in health food shops which can give the impression that they're good for wellbeing but, like many things, can be harmful if taken in large quantities.

## Useful links

British  
Nutrition  
Foundation

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you to their website*

## Energy shots and drinks

Energy shots can be deceptive as they are tiny in quantity but often packed with caffeine – for example a 60 ml shot can contain around 200mg of caffeine. Likewise, many energy drinks don't necessarily have huge percentages of caffeine, but they are served in large volumes (half litre bottles) so the amount of caffeine your child is drinking is a lot (160mg of caffeine in a can of Monster), whereas a small glass of the same product would be fine.

Most supermarkets and high street stores have banned sales of energy drinks to under 16s.

## Coffee

If your child regularly drinks one or two cups of coffee each day, it's absolutely fine to continue this, even during exam time, as their body will be used to it. What's not good is introducing changes, so they shouldn't start drinking a cup of coffee or two during revision periods to help keep them alert if this is not something they do regularly. It's more likely to make them jittery, hyper and unable to concentrate.

## Food

Less obvious sources of caffeine are foods. Chocolate cake with chocolate frosting or cup cakes with chocolate topping are likely to be very high in caffeine (as well as sugar) so this is not ideal to eat as a dessert after dinner. Likewise coffee flavoured products can also contain lots of caffeine, so look out for ice-creams, frozen yogurts and milkshakes.

## Isotonic gels

Teens often love isotonic gels, some of which contain as much as 75 mg of caffeine per pack. These are fine consumed in moderation but watch out that your child isn't having too many or substituting an energy rush when they are thirsty and should be drinking water.

**BE AWARE OF THE AMOUNT OF CAFFEINE CONTAINED IN ENERGY DRINKS**



## Effects of caffeine

Too much caffeine can result in loss of sleep, loss of energy, low mood and low concentration – the opposite of what's needed to revise well. Caffeine is also long lasting, so drinking caffeine-high drinks in the afternoon can still impact on your child's ability to sleep that night. It's an absolute no to drinking coffee (or other caffeine fuelled drinks) late in the evening to try and overcome tiredness and revise into the night.

Keep an eye on their caffeine intake and, if possible, get them to avoid it completely from lunchtime as a year-round rule.

## Walk your talk!

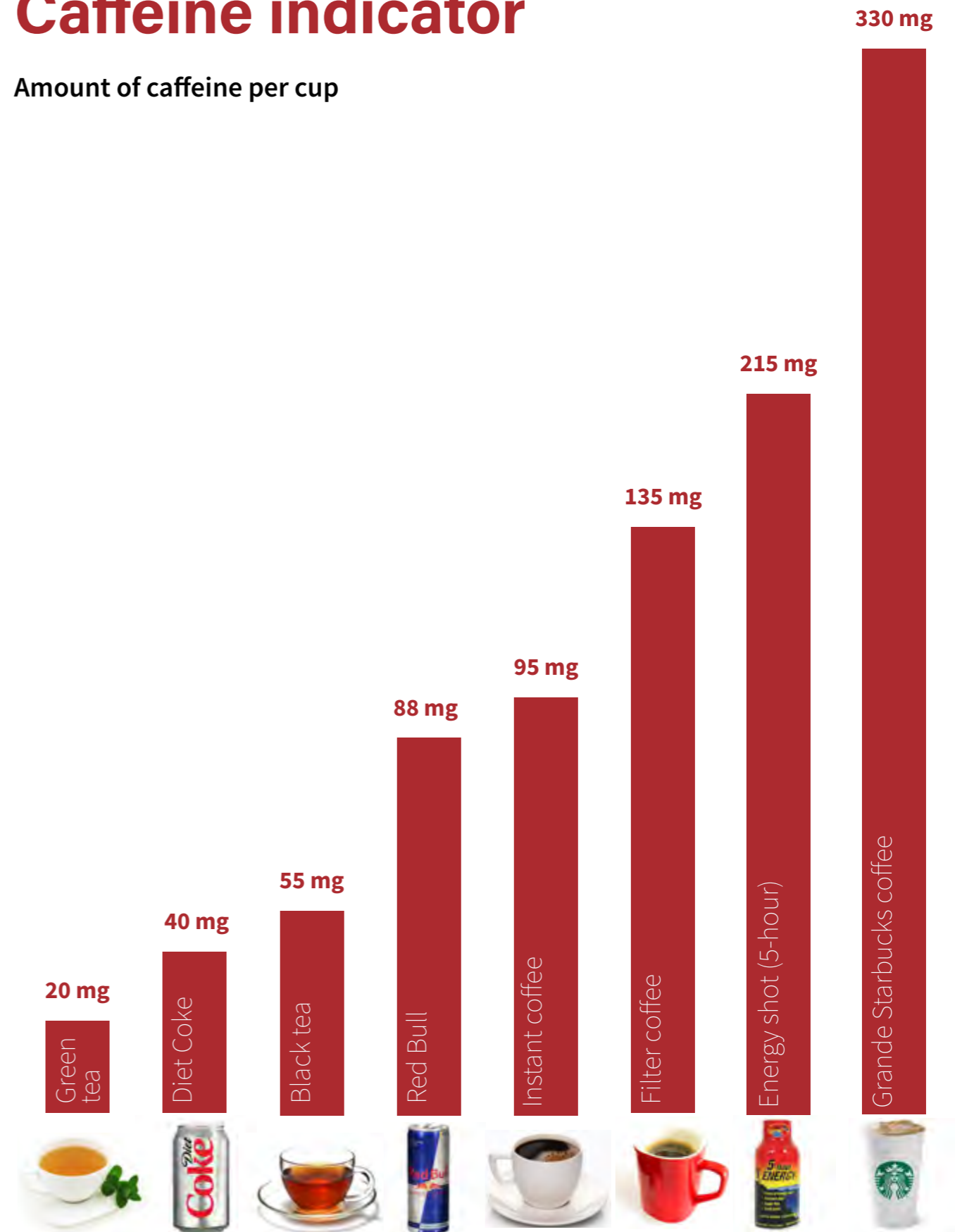
If you're reaching for a strong coffee several times daily to try and keep your energy levels up, you're impacting your own ability to sleep at night, as well as sending the wrong message on how to manage tiredness.

**CAFFEINE IN MODERATION IS OK BUT TRY NOT TO LET YOUR CHILD CONSUME TOO MUCH**



# Caffeine indicator

Amount of caffeine per cup



# Environment

## Finding the right space

Help them find a calm space to study and revise. Things to consider are noise levels, lighting, ability to store their papers tidily, not being disturbed by other family members. Different people have different needs, for some, background music is helpful to studying, for others it's a distraction. Different locations can help some children, so rather than always working in their bedroom, they might like to use the dining room, or living area from time to time. Give your child space to work out what works best for them (which may not be what works best for you).

## Other options

If there's not a good place to study and revise at home, maybe they could spend time in a nearby library (opening times may currently be restricted) or a local café with wifi, to help inspire them by providing a different environment (and where adults working can act as role models). Varying the revision space can be helpful in creating new energy to take in things differently; being out of the home may also be energizing.

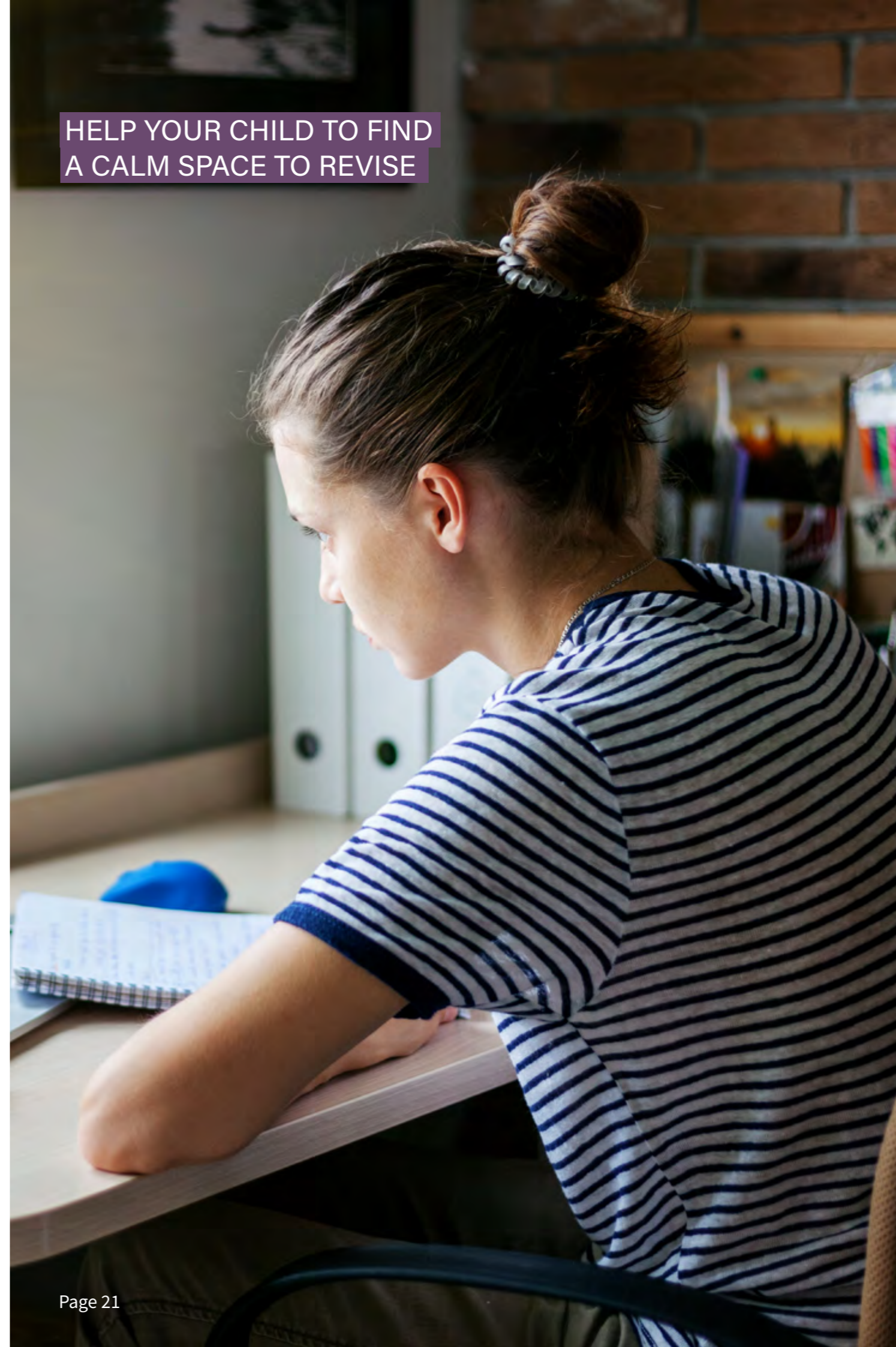
## Bedroom

A calm environment can encourage sleep, so make sure their room is a comfortable temperature; their linen is fresh, clean and cosy; they have black-out blinds/curtains to reduce light in summertime (or eyeshades if that's not possible) and that it is quiet. Of course, you can't be responsible for whether or not they keep their room tidy (although you can try to encourage it) but it is proven that a calm, uncluttered environment helps relaxation and sleep. If they use their bedroom to study, it's better if they set aside a small area for this (if possible) rather than having books, laptops and other studying items all over the bedroom, which can make it hard for them to switch off once study time is over and it's time to relax.

## Chatting

Teenagers have a reputation for being non-communicative, so when they do chat to you, don't be tempted to quiz them on how they're getting on with revision and studying every time! Of course you will want to show interest, but sometimes a complete break is a good thing and there are lots of other things you will want to talk to them about.

HELP YOUR CHILD TO FIND  
A CALM SPACE TO REVISE



# Routine

**Routine is important, not only when it comes to creating a revision time-table, but also for homelife in general. People respond well to routine and by creating regular activities at regular times, you are creating your own family rituals and traditions.**

This is especially relevant at the moment, given how many activities have been curtailed due to restrictions imposed to contain Covid-19. Teens are missing out on many things that they'd previously taken for granted: concerts, gigs, festivals, sporting events, theatre, clubs, parties – even visiting their close friends and some family members. This can all contribute to feelings of uncertainty, resentment, fear and insecurity. Do what you can to offset this by creating a secure, regular framework at home. If your routine has been disrupted by working from home or, should schools close again, try and maintain several “anchor points” in your family life, such as eating together at similar times each day, sharing family time together (whether going out or staying home) and regular getting up and bedtimes. Routine creates stability.

## Home timetable

Try to set breakfast, dinner, family time, family activities at similar times

to create stability and familiarity. It can be difficult when everyone has their own schedule but it is worth having some anchor points throughout the week when you all get together, such as breakfast at 7.15 am on weekdays or at 9.00 am at weekends, or family dinners on Monday, Wednesday and Friday at 6.30 pm. You may not be able to keep the same routine every day, but try to keep a similar routine each week so your teen knows what's expected of them and when.

## Showing up

It's much more difficult to “duck out” of activities when they are part of the regular routine rather than occasional exceptions. For example, if the family always spends half-an-hour together to eat and chat at around 6.00 pm, it's much more difficult to take food upstairs while revising or snack in another room than it would be if the regular routine were to eat in different places at different times. As far as you can, don't encourage your teen to take mealtimes in their room (or in front of the television).

## Improve time management

Creating regular activities at regular times of the day will help your child take breaks from revising as well as improve their time-management skills by having to organise revision around these times.



# Breaks

**It's vital for effective study that your child takes regular breaks (both long and short) – without feeling guilty!**

## Short breaks

When helping them create a revision timetable, ensure they factor in five or ten minute breaks within 30 or 60 minute study sessions. Short bursts of studying produce much better results than long stretches. Even if they have to study all day or all evening, they should not do more than an hour at a time without having a short rest.

## Long breaks

It's important for them to take time out and do things they enjoy – such as watching a film, being part of their regular sports team, attending a concert, spending time with friends and family. Not only does this give the brain a chance to switch off,

refocus and assimilate information, it's an important way to find an appropriate work-play balance to ensure a productive and happy life in the long term. Try and help them ensure their breaks include a variety of different activities (not just staying in their room watching a box set series).

## Taking a day off

From time to time, we all need to take a break. When things get tough, it can sometimes be helpful to step away from the problem and revisit it with a calm mind and renewed outlook rather than struggle on. If, on occasion, your child doesn't stick rigidly to their revision timetable, don't worry, they are probably doing enough to stay on track. If you don't think they are, and the school agrees, it might be time to work out different rules to help them refocus.

## Ideas for revision breaks

Encourage your child to:

- Get creative, such as painting, puzzling, sewing or drawing
- Get active, such as going to the gym, going for a run or playing a sport with friends
- Get some fresh air by taking a walk, visiting the local park or sitting outside
- Go screen free and read a book or listen to the radio
- Interact with others by chatting to a friend or family member
- Relax by taking a bath, watching an episode of their favourite TV series or listening to some music
- Refuel by preparing a healthy snack and eating it away from their desk or computer
- Recharge by having a power nap, doing some exercise or meditating

## Physical exercise

Being active is a key component in healthy living – both for mental and physical health. If you can arrange some outdoor activities with your child this will not only give you some quality time together, it will ensure they are getting out in nature, taking a break from being online and getting some exercise. Active hobbies release “happy” hormones that are fantastic for regulating mood, promoting self-confidence and reducing stress.

Doing active things as a family not only helps bond but also creates an expectation that life should include “doing” (being physical in some way) as well as “resting” (such as watching TV or going to the cinema). Good examples include going for a walk together, taking a day out to a castle or local attraction, visiting a national park or city farm. If the weather’s poor, there’s ten-pin bowling, table tennis, visiting a museum, ice-skating, swimming or visiting an aquarium.

Of course, some of these usual options are currently restricted or not available, but there are still enough alternatives to do something different, although that does mean planning ahead (and booking) in many cases.

It’s great if you can do some activities together, but if your teen is exercising alone or with friends, this can also increase the chances of them having life-long healthy habits as well as releasing energy and making themselves physically tired (instead of just mentally tired, which can make it hard to sleep).

If your child is not keen on being active (for example they don’t like swimming, playing sports, running or dancing) encourage them to take regular walks to boost circulation, stretch their muscles and be outdoors. It is very important that they spend some time being active outside every week.

### Useful links

[Health for teens UK](#)

[NHS Live Well](#)

IT'S VITAL FOR EFFECTIVE STUDY THAT YOUR CHILD TAKES REGULAR BREAKS



# Relaxation

Your teen needs to establish a routine which allows balance between their school work and studies and their free time, whether they spend that free time with family, friends or relaxing. This will set them on the right track to maintaining an even “work/life” balance when they’re older which supports a happy and healthy lifestyle.

The challenge here is balance; many teens fall into one of the two extremes, either ignoring school work to increase free time or panicking about not doing enough school work, and spending too much time on studying leaving little time to relax. When they’re creating homework and revision timetables, do help them factor in relaxation time too.

## Relaxing online

For many teens being online is a great way to relax. They like to spend time gaming, catching up on social media or browsing their apps. This may make

## Useful links

BBC  
study-life  
balance

*I'm interactive!  
click me and I'll take  
you to their website*

you feel uncomfortable, because it's so different from the way you spent free time as a teenager. Too much screen time isn't great for their health, but their world is different from yours, so don't judge them for enjoying their online communities – so long as it's within reasonable limits.

If you feel your teen is spending too much time online, try talking to them about it, rather than complaining. Pick a time when you are both feeling calm and fresh. A good idea is to ask them how much time they think is reasonable to be online each day. You might be surprised how sensible their answer is. If what they say is much less than what they're doing in reality, you'll have a good starting point in reducing their daily online experience and it will be their own idea!

Helping them establish sensible boundaries around screen time at this age should set patterns they will follow when they're older.

## Hobbies

A great way to reduce the amount of time your teen spends online is for them to get involved in a hobby that takes them away from their phone or laptop – better still if it involves interaction with others. Doing something that absorbs their mind, allowing them to switch off from thinking about school work whilst also developing other skills is beneficial, so do encourage them if they show interest.

## Get them moving

The UK winter weather, especially when combined with restrictions on group activities during Covid-19, may encourage your teen to tend towards indoor hobbies that involve sitting down. There's nothing wrong with this, so long as they are active on a regular basis (several times each week). Help them find interests that get them moving – physical activity releases feel good hormones that are an effective natural pick-me-up as well as maintaining their physical health.

## ENSURE THAT YOUR CHILD TAKES REGULAR BREAKS



# Skills to revise well

The skills your teen needs to develop so they can revise effectively and do well in exams and coursework are the same skills they will need to do well in the future - whether that's going on to further education or entering the world of work. These skills include:

## Remembering

This may seem an unnecessary skill now that we can look anything up online, but your child will need to be able to remember facts during examinations. There are lots of techniques they can use to help them remember things including:

- Summaries of information;
- “Key points” cards or flash cards with more detailed explanations on the other side (great for you to use with them when testing their knowledge);
- Mnemonics (a pattern, such as song, rhyme, acronym, phrase, or sentence to recall something more complicated);
- Using a memory map (this involves taking a familiar place or journey and imagining the things to remember in strange situations on that route).

## Useful links

**BBC**  
Memory tips  
and hacks

**Newcastle**  
University  
memory tips

## Listening

In the words of Larry King, the US television host: “Nothing I say this day will teach me anything. So if I’m going to learn, I must do it by listening”. This is a fantastic philosophy for a chat show host, but it’s a worthwhile philosophy for everyone: we can only learn by hearing or reading something new; what we have in our heads we already know.

Many people listen to the beginning of a conversation (or explanation) and then stop listening while they try to think of what they will say next or what that first point means. Consequently, they will have missed much of what the other person said afterwards, and this results in poor communication, lack of understanding and sometimes following up with the wrong action.

Encourage your child to listen actively – can they recall information after they’ve heard it? Can they summarize important points made? Are they able to take notes whilst listening? Can they do this when they’re listening to a video as well as when someone is actually in the room talking?

HELP YOUR CHILD DEVELOP  
THE SKILLS THEY WILL NEED  
TO DO WELL IN EXAMS





## Reading

Your child won't need to remember everything they read word for word but, as with listening, they need to be able to read information, understand what's being communicated, summarize key points and know where to go back to review detail. Skimming an article first, asking what it's about then reading thoroughly with a view to answering those questions can be a helpful way to take in information. As with all skills, the more they read, the easier it will be, which will give them more brain power to focus on content rather than the act of reading.

## Writing

It's still important that they can express themselves in written form (which is less likely to be handwritten and more likely to be typed). Employers appreciate clear, concise, simple written text. It's good to hone this writing style from GCSE – it will help them be clearer about the answers they are trying to communicate to teachers, it will improve their English and it will also help in job / further education applications.

## Researching

Critical if they go on to further education and certainly used in many different jobs, they need to be able to find out stuff for themselves. The internet has made that much easier than it was when we were young, but they should use a variety of sources to gather information, not just a google search. They will need to discern what is factual (proven) and what is not (suggested). Quoting the sources they've used is a good habit to form.

## Summarizing

If they learn to summarize well, this skill will serve them both in studies and work in the years ahead. They should practise communicating lengthy, complicated information into a straightforward, short format. This will help them with their own studies, it proves they understand the longer piece and can take out the most important facts contained within it. They should practise this across all their subjects.

## Ways you can help

### Remembering

Play memory games together, such as matching pairs of cards or playing 'I went shopping'. Alternatively, help them create a memorable mnemonic to help them revise key words or facts.

### Listening

After watching a programme together, ask for their help in understanding what was said and see whether they can summarize. If their take-aways are different to yours, you can both chat about why that is.

### Reading

Where you can, encourage your child to read for pleasure as well as their school work. This will broaden their vocabulary and make them more accomplished readers. Reading of any sort is valuable, so don't discourage them – even if you're not too keen on the content.

### Writing

Encourage them to write thank you letters (or emails) to family members for gifts at Christmas and on their birthdays? It will help them learn to adapt their writing depending on the recipient – how they write to Gran is different from how they might write to a friend, for example.

### Researching

Is there something the family needs that you can ask them to research? A day trip out, a holiday, comparisons for a new purchase (such as a TV, washing machine etc). Researching something that has a real-life purpose can feel useful.

### Summarizing

Read some of their summaries to see if it encapsulates the original text well. Alternatively, ask them to shorten one or two paragraphs to a few sentences, conveying the overall message.

# Planning

Sit with your child and help them work out a revision timetable, planning months ahead of exam time - not just weeks before! Smaller, regular revisions sessions are usually much more productive than cramming (or leaving everything until the last minute, which increases stress) so starting revision well in advance is a good strategy.

If your child is well organised and wants to create their own timetable without your help, fantastic! If possible, get them to share it with you and talk through why they've structured it the way they have so you can help tweak it early on if you spot areas that could be improved.

## Goal setting

As well as long term goals (i.e. passing their GCSEs), help them break down their different revision goals, so they will get a sense of achievement after every revision session.

## Useful links

Revision  
template

*Download me!*



For example, rather than “read the whole book” break this down to chapter level. Feeling that they have done what they set out to do will positively reinforce and encourage them to start their next revision session feeling capable rather than over-whelmed. Every revision session should have at least one goal they can achieve during that session.

## Keep subject focus

They might be taking lots of subjects at GCSE but they should stick to just two or three subjects on weeknights to help them stay focused and block the sessions into chunks with short breaks in between. For example, rather than suggest revision from 7 pm until 9 pm, have revision in 25 minute stretches with five minute breaks in between. This doesn't mean they can't spend 50 minutes on one subject, it just allows them to rest their eyes and change thinking patterns by taking a break in between.

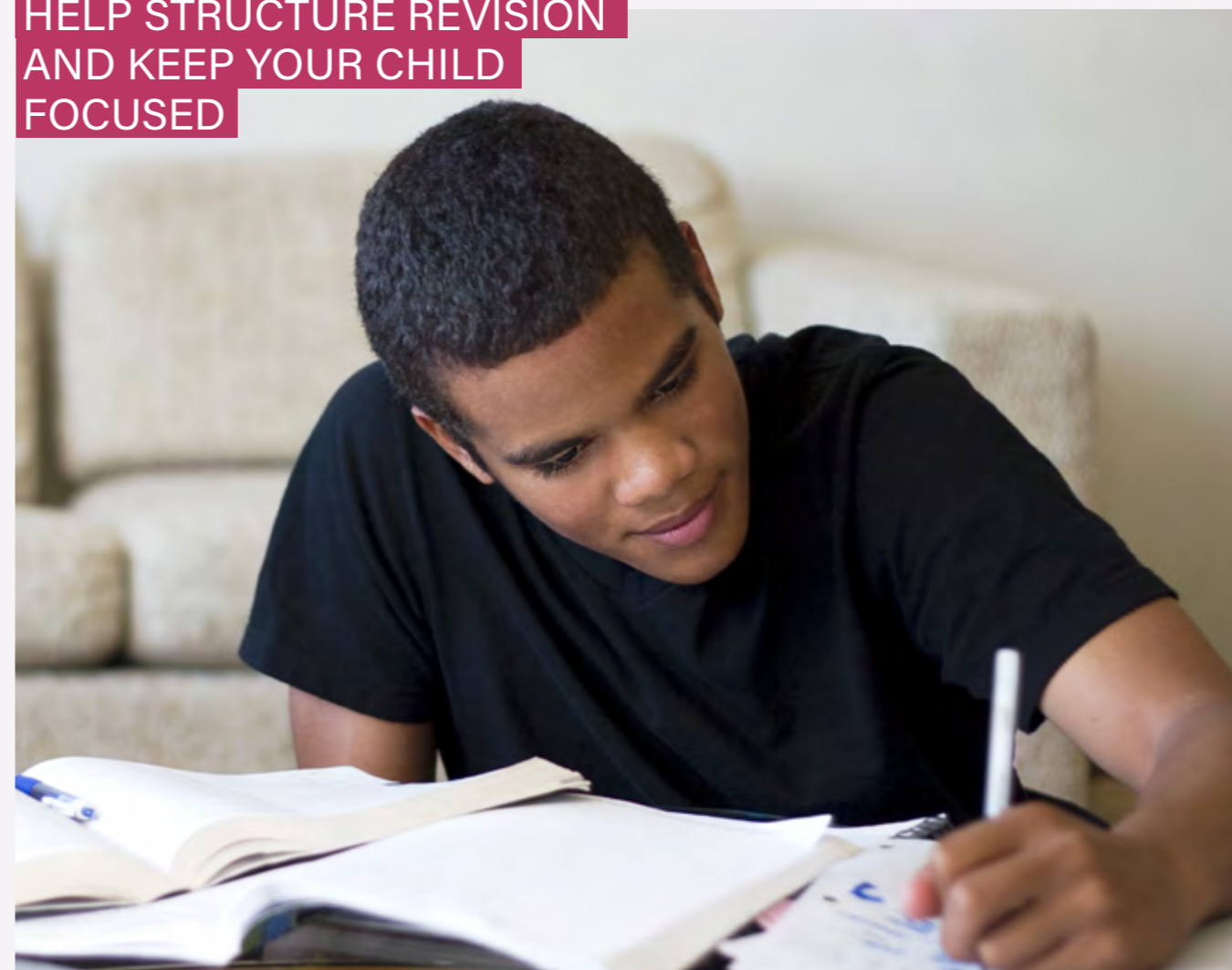
## Factor in relaxation time

You can also make sure they are taking longer breaks by including activities that are not related to revision so that they can still enjoy time with friends and family and their hobbies. Even in the lead up to exam time, taking time out is crucial. It's important that as well as outlining when they will be revising, they can also see that they have dedicated time for fun things too.

## Be strict yet flexible

Part of the value in creating a revision timetable is to ensure all topics are covered in the lead up to exams, rather than your child getting side-tracked by one subject they either find very difficult or prefer doing. Sticking to the timetable is important and promotes self-discipline. However, sometimes things take longer than expected, so don't get cross if your child deviates from the plan. A good idea is to factor in some unassigned revision time to make flexibility easier.

**A REVISION TIMETABLE WILL HELP STRUCTURE REVISION AND KEEP YOUR CHILD FOCUSED**



# Revision timetable - Easter holiday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8am	Maths Fractions and algebra	Geography Revise case studies	Science exam paper 1 - timed conditions (2hr)	Family breakfast	Art Coursework	English Make notes on main text		
9am	Geography Volcanos	Drums lesson			French Vocab revision	Maths Simultaneous equations		Drums lesson
10am	History Essay question French Vocab revision				Maths Simultaneous equations			
11am	Maths Algebra	History Read through unit 2 notes	Time off	Science revision day with friends	Geography Revise coastal defences	English Make notes on main text		
LUNCH	LUNCH	LUNCH			LUNCH	LUNCH		LUNCH
2pm	Science Physics Art Coursework	Art Coursework	Football and swim lesson		Geography exam paper 1 - timed conditions (90 mins)	Science Biology		
3pm	Science Chemistry					Art Coursework		History Key dates
4pm	Unplanned revision	English Complete an essay question			Dinner and cinema	Evening off		
5pm	Gym	Time off		Gym				
6pm	Time off	Time off		Time off				
Evening	English Look through unit 1 notes	Maths formulas French Vocab revision		History Make flash cards on unit 2				

# Understanding their revision style

Every child works differently and what works for one child may not work at all for another. However, in broad terms, there are four different learning styles and, whilst using a combination of these styles can be effective (and indeed, some styles overlap), some children (and as adults later) will exhibit a preference for one style over another – it just seems to make

learning easier for them. If you haven't already, identify what learning style works best for your child and help them construct revision around this learning style to make study sessions more productive and less boring. If they have a preference for digesting information in a specific way, it will be more interesting and stimulating for them.

## Visual Learners

Visual learners prefer colour and pictures, so they should work around these themes:

1. make their notes colourful, with different colour pens, paper, highlighters and post-its;
2. use images and pictures instead of words;
3. use symbols to represent key messages;
4. use maps and charts where possible;
5. adapt text to flow charts;
6. express change and ideas in diagrams;
7. use doodles when note taking.



## Reading writing

For some, the traditional method of reading and writing still works best, so they should work around these themes:

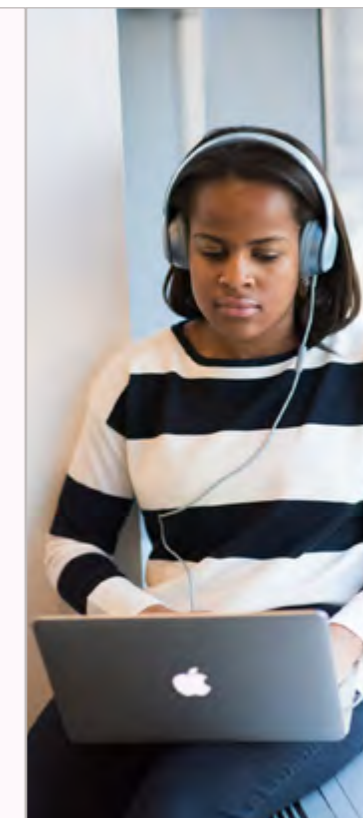
1. Take lots of notes (both during lessons and during study);
2. Re-write notes in different styles;
3. Do lots of practice papers;
4. Use post-it notes to emphasis key points;
5. Use highlighters to make important items stand out;
6. Read books, online articles, magazines and their own notes.



## Auditory

Auditory learners prefer to listen and speak, so they should work around these themes:

1. listening to pod casts and audio books where the information they should learn is spoken aloud;
2. joining study groups so they can listen and talk over ideas with others;
3. listen to speakers/teachers/lecturers whether in live sessions or online;
4. engage with you by talking, discussing and explaining what they know;
5. using sound and music to help them learn;
6. teaching (or pretending to teach) others to demonstrate knowledge;
7. speaking answers to past papers aloud.



## Tactile Learners

For others, their preferred method of learning is through action or movement. This is good for practical areas, such as experiments in science and drama, but can require a little extra imagination to help them translate theory to practice.

1. Where possible, do the activity themselves (cooking, carpentry, design);
2. Use real life examples to help them understand abstract concepts;
3. Take frequent breaks to enable them to be active;
4. Use art and drawing to help memorize ideas and themes;
5. Study in groups and act out the material;
6. Make study sheets and flash cards to help memorize information;
7. Watching videos of people doing the activity.



## Ways you can help

### Practise and repetition

If you have the time and it's something they'd find helpful, give them the chance to recite, repeat and practise what they've learnt with you. Even if you don't know the answers, the opportunity to say out loud what's in their mind can help clarify whether they have grasped the concepts or whether they are still hazy. This style of revising might not appeal to those who prefer reading/writing, but it's especially useful to aural and tactile learners.

Other ways you might be able to help is using quizzes, mind maps, white boards, multiple choice or sound bites to see what they've learned.



### Timed exams / questions

Closer to the exams your child will be completing a number of past exam questions. Help them prepare by creating an environment that resembles the conditions they are likely to experience in the exam hall - minimise external sounds, setup a clear desk and if you can, locate a single clock to encourage your child to time manage under test conditions. Once the allocated time has come to an end, get your child to stop writing as they may be tempted to continue. If they did not finish get them to reflect on the reasons why. Do they need to do more revision, improve their time management or work on their exam technique?



### Host a revision day \*

Revising together can also help, so encourage them to revise with friends if it's something they enjoy. This gives them a chance to test one another, swap revision notes and revise in different atmospheres. But don't compare! Everyone is different, so whilst it's fine to hear how other children are revising (either directly from them or via their parents) it doesn't mean they are doing better or worse than your child.

**\*This may not be appropriate given the current circumstances. Listen carefully to the guidance given by the government and limit all social interaction if you or your child display symptoms of Covid-19.**



### Act as the student

Studies have shown that one of the best ways to revise is by teaching others. Take on the role of student and ask your child to speak through their subject knowledge by teaching you a topic from one of their subjects. Listen carefully and don't be afraid to ask them questions if you don't fully understand what they're saying.

## More ways you can help

### Memory

It might seem that with the internet at our fingertips, there's no longer a need to commit everything to memory. However, examinations are a test of understanding and your child will need to have some facts in mind to express their knowledge.

Research has shown how much information we retain through different ways of receiving it. Most people only remember 10% of what they have read for the first time, whereas they will remember three times more if they have watched a demonstration.

It's a good idea for your child to use lots of different ways of reviewing the same information which will help them remember more over longer periods of time. Trying different ways will also help them discover which work best for them. Use this in combination with their preferred learning style (page 38) for maximum effect.

### Motivating them to revise

Don't be tempted to use bribery (such as financial incentives or exemption from chores) to get them to revise. They are doing this for them, not you! However, encourage them to be motivated by helping them visualise how their revision

and examinations are connected to their goals and ambitions and rewarding them when they work hard with treats such as making their favourite dinner or watching a film together.

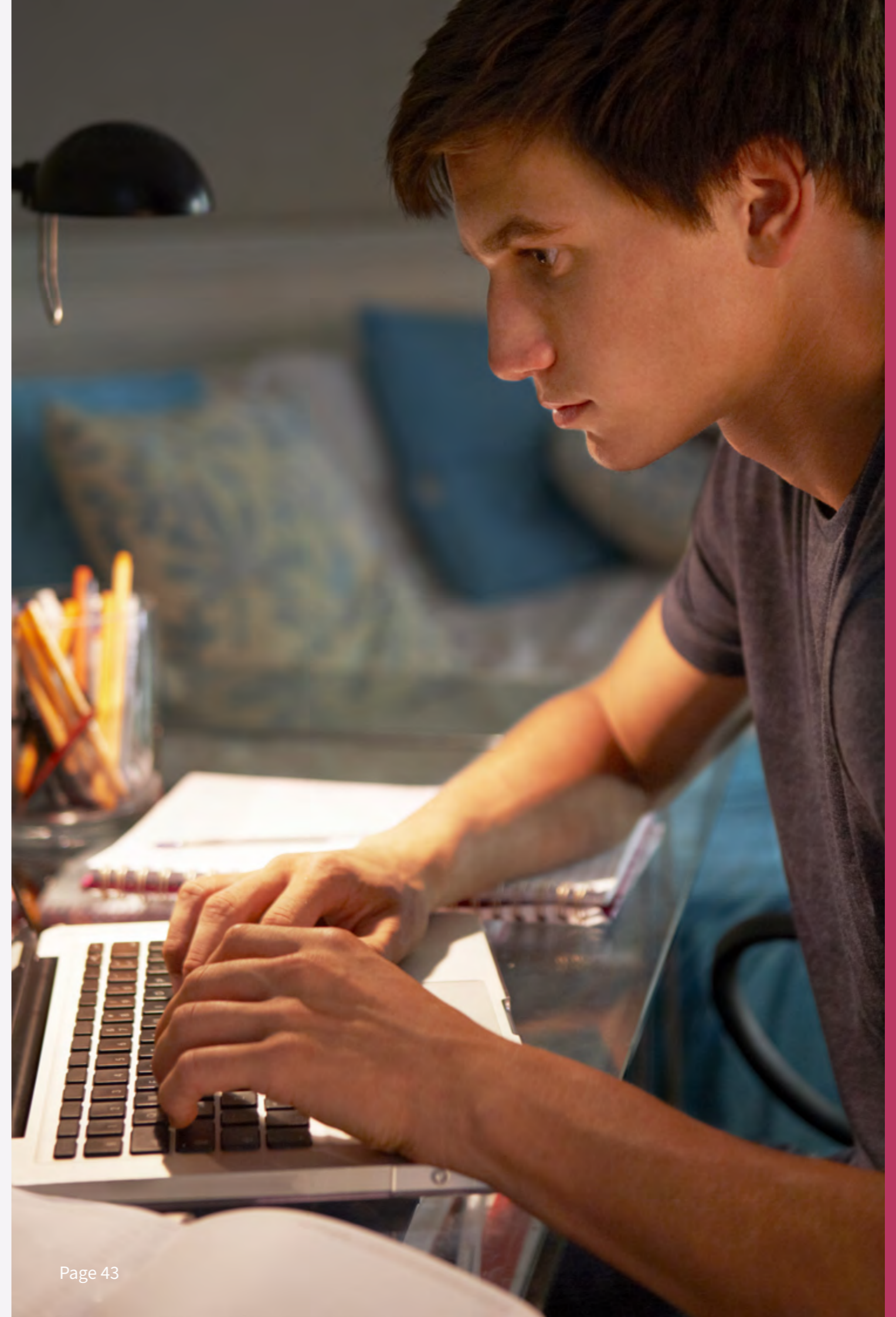
### Prepare yourself

If your child's forgetful in giving you their examination timetable, arrange to get one for yourself from their school or college: that way there are no nasty surprises! Put their exams and important dates in your own calendar or diary so that you don't forget what's coming up.

Don't make arrangements for big days out or several days away from home during intense revision time (i.e. just before exams). It can be both distracting and unsettling to have a packed agenda when their focus should be on revision. This does not include shorter family outings (for a couple of hours or half a day) to make sure they take rest time.

### Years 10 and 11

Make sure you're familiar with the rhythm of the GCSE years (especially Year 11 when they'll be sitting their GCSEs) so you are aware of challenging periods. That way you can avoid making arrangements that might put too many demands on their time.



# Key milestones

SEPTEMBER 2020

## Post 16 options

Schools and teachers will pay particular attention to your child's approach to work and study as the academic year progresses. A poor work ethic and little home revision could negatively impact your child's post 16 options, such as the ability to progress with certain qualifications.

## Starting Year 11

Your child may or may not have exams as they begin their Yr 11 journey; however it is essential that they start the year as they mean to go on. Help them prepare a clear space for study.

OCTOBER

DECEMBER

## Mock examinations

Try to approach these with an attitude similar to those of the official exams. Mimicking exam conditions will help reduce nerves when the final exams begin.

## Christmas holidays

Most schools will schedule mock examinations either just before or just after the Christmas holidays. Encourage your child to approach the holiday period maturely with a healthy balance between revision and socialising.

JANUARY 2021

APRIL

## Easter holidays

The emphasis here is independent learning. Schools are closed for 2-3 weeks and your child will have a significant period of time to revise and study. If your child hasn't created a revision timetable yet, now is the time. This will help focus and structure their revision efforts.

MAY

## May half-term / examinations

Your child may or may not have completed some of their exams already. May half-term is a crucial time for consolidation and reflecting on their past exam performance.

JUNE

## Examinations

This should not be a time for cramming.



# Preparation

Feeling in control will be very important to their mindset when entering an exam. Being late, rushed and forgetting things they need to bring with them has the opposite effect. Spend time with them the evening before the exam going through all the things they will need and making sure they have packed them in their bag (pens, pencils, ruler paper, dictionary, calculator etc).

## Help them prepare

Have all the clothes they plan to wear ready (so there is no last minute searching!) and help them consider what they need. It may be summertime and very warm outside, but if there is air-conditioning in the examination centre, they'll want something warm to wear over summer uniforms.

Prepare lunch, snacks and a clear water bottle for them to take with them – as well as making sure they have set their alarm leaving enough time for them to have a healthy breakfast and wake up fully before heading to the exam.

## Eating

Ideally your child should eat a healthy breakfast ahead of morning exams. If they are not keen on eating first thing in the morning, then make something that they can take with them and eat once they've arrived at school – ensuring they have left enough time to eat it before the exam starts! Entering a long exam on an empty stomach won't help them perform well.

Don't let them have too many stimulants before an exam. They might be tempted to fuel themselves with sugar (sweets), caffeine (an energy shot) or taurine (Red Bull), whilst this could produce a temporary high it's possible they might be too hyped to focus calmly at the beginning of the exam, and then find their energy levels dipping significantly half way through, making them sleepy. It's fine for them to have a coffee if that's what they usually do – but not if they don't.

If they are doing two exams in one day, they'll need something to revitalise them at lunchtime and a water bottle they can refill to ensure they're drinking enough. If mints and gum are permitted in the examination centre, it might help concentration.

EXAM TIME CAN BE STRESSFUL  
SO HELP YOUR CHILD  
FEEL IN CONTROL





## Drinking

It's great for them to be fully hydrated before an exam, but if they have too many fluids they may frequently need the bathroom, so strike a balance!

## Getting there

Whether they are travelling alone or you're taking them, allow plenty of time in case there are delays on the way.

Don't assume that the journey will be traffic or accident free, even if it's a route you take on a regular basis, allow extra time. Your child will want to familiarise themselves with their surroundings, may wish to use the rest room, perhaps have a snack before the exam (food is not usually allowed). Once an exam has started, most centres won't allow late entrants because it unfairly disturbs other students and, no matter how earnest, exceptions will not be made.

## REDUCE MORNING STRESS BY PLANNING AHEAD



## CHECKLIST:

Avoid any last-minute stress on the morning of the exam by preparing the night before:

- Double-check the date, time and location of their exam
- Have they prepared what they'll need for their exam, including special equipment such as a calculator, dictionary ... etc
- They will need a watch (no smart watches) to help them keep to time during the exam
- Are their clothes ready to avoid any morning rush?
- Is your house fully stocked for a healthy breakfast?
- Have they packed a clear water bottle? hydration is important!
- Encourage them to have an early night. It's OK for them to do some light revision the night before, but they should not be cramming late into the night

## Exam timetable

Examinations in 2021 will be held slightly later than usual; however, it is still intended that they will go ahead. Hopefully your child will have created homework and revision timetables leading up to the exams, but it's worth encouraging them to create an exam timetable specifically for the examination weeks. They should have two, one that includes the exams alongside how and what they plan to revise around the exams (and over the weekends) and another which details the examinations only. The latter will ensure you both know:

- what's happening;
- when it's happening; and
- where it's happening (include room numbers as well as places).

It's probably a good idea to keep a copy of the 'exam only' timetable on the fridge so all the family knows what's happening. Some days or weeks may be more stressful than others – especially if there's more than one exam to take on one day.

Exam timetables should include:

- What day it takes place;
- Which subject the examination is in;
- Which part of the course it covers;
- How long the examination will last;
- What time it starts;
- Where it will take place (which room or hall in school);
- What equipment they should take.



# Supporting your child

## Be positive

Be positive and reassure them about what they have achieved to help boost their confidence before going to an exam. Don't add to their stress by telling them they haven't done enough (even if that's what you think!) and remind them that failing the exam is not the end of the world. They can always retake it or choose to do something else.

## Be interested

Give your child an opportunity to chat with you after each exam to talk through how they felt it went, if that's what they want to do. Focus on the positives where you can – rather than the areas they struggled with. Remember, once an exam is over they can't change their answers, so focus on what's coming up and can be positively influenced.

## General health

Getting enough sleep, eating well, drinking plenty of water, being active, taking time out are all essential for performing well during exams, so pay special attention to these areas and try to help your child do as many of the right things as possible.

## Useful links

Mumsnet

## Cramming

The night before or morning of the exam is not the right time to start trying to learn new information, so as far as you can, help them to avoid this type of panicked learning. It's fine for them to go over notes they've already made and reviewed several times already but it's better to avoid trying to learn something new.

## Household chores

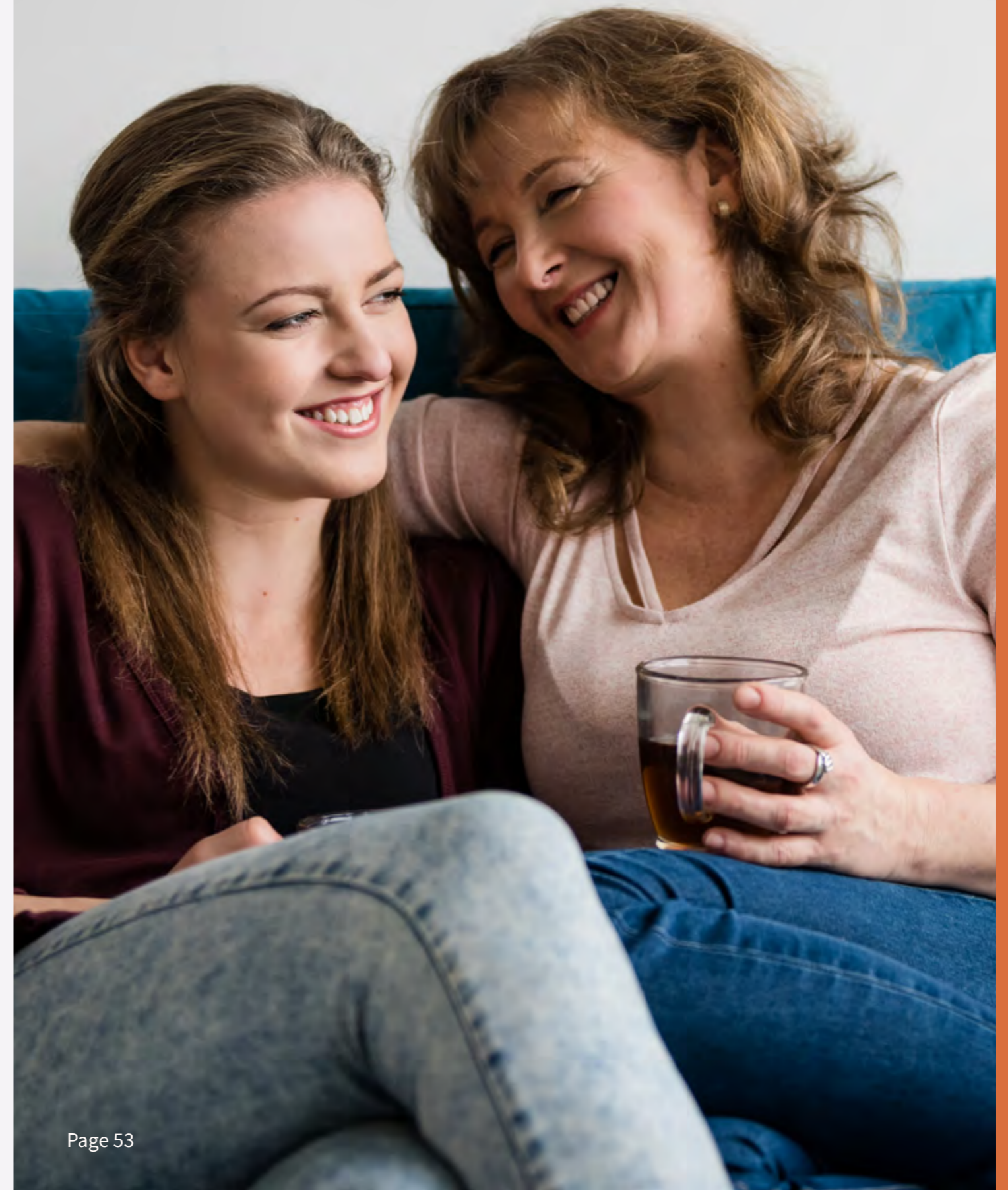
Give your children a break from household chores during exam time. They are under enough pressure, so let them off the extra work until exams are over.

## Talk about exam nerves

Exams make some people more nervous than others. If they are nervous, reassure them that it's completely natural to feel anxious about taking exams and give them space to explain to you how they are feeling and whether the nerves are manifesting in physical or mental symptoms. Don't make them feel anxious about feeling anxious!

If you are concerned about their levels of anxiety, see more detail in the next section: **Managing Exam Nerves**.

**DURING EXAM TIME FOCUS ON THE POSITIVES RATHER THAN THE AREAS THEY HAVE STRUGGLED WITH**



# Managing exam nerves

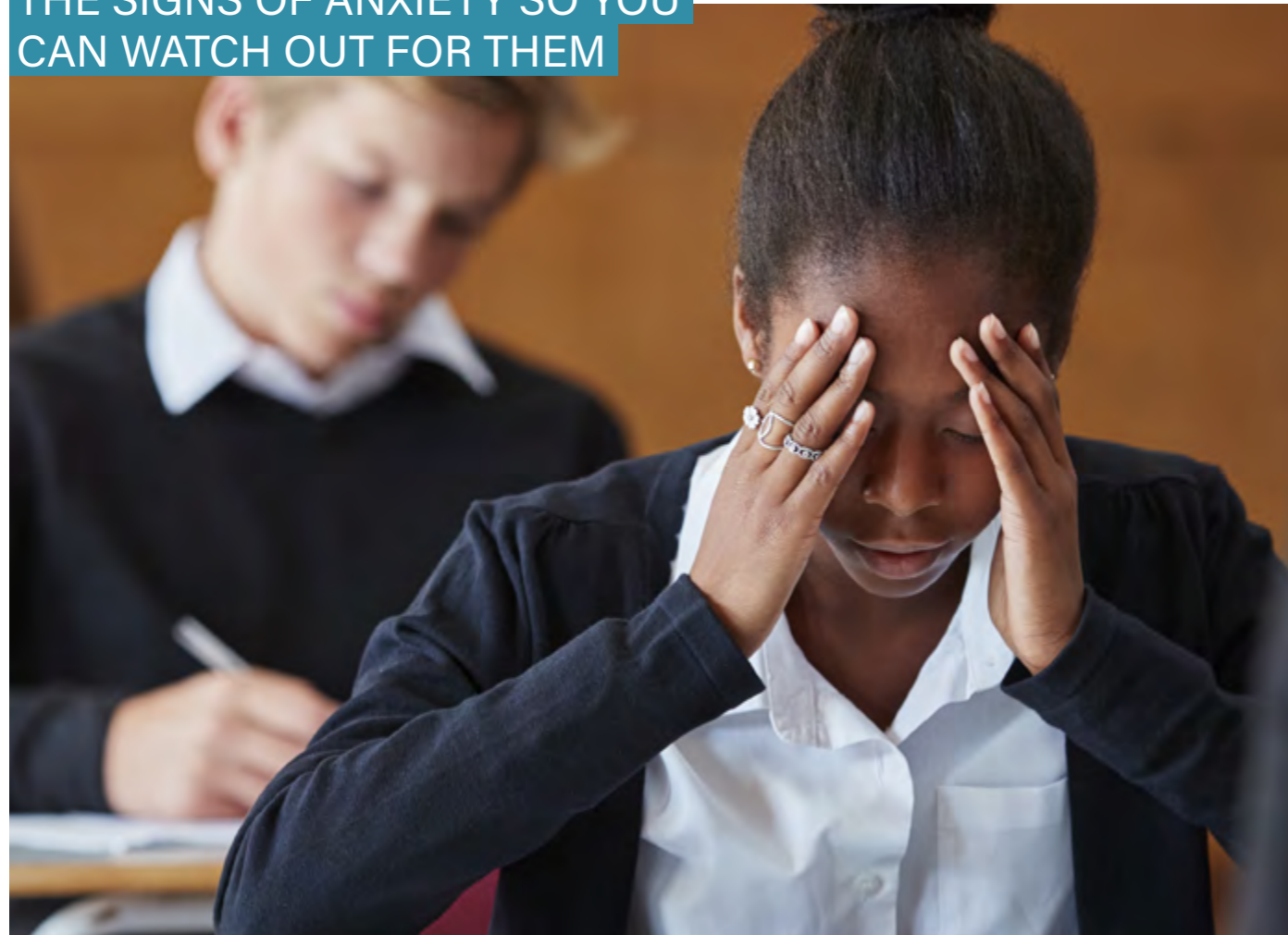
It's perfectly natural for your child to be worried about taking exams and how they will perform – you might even be a little worried too! In small doses, anxiety can be a good thing: helping your child to focus, get motivated to study and even recall answers they were unaware they'd learnt.

Prolonged periods or bouts of intense anxiety may have a negative impact, but

there are lots of ways you can help them manage this anxiety and use routines to help keep them calm. If you haven't introduced them to some of these techniques already, we've included some suggestions.

However, in some cases there can be times when anxiety reaches exceptional levels and professional support is required. How can you tell the difference?

IT'S GOOD TO BE AWARE OF THE SIGNS OF ANXIETY SO YOU CAN WATCH OUT FOR THEM



## Signs of anxiety and stress

It's good to be aware of the signs of anxiety and stress so you can watch out for them. A change in behaviour for a day or two might be nothing to worry about, but if you notice a regular change, then it's usually a sign that something is wrong. Some of the more common signs of anxiety include:

- Losing interest in things they've previously enjoyed;
- Behaving in the opposite way to usual – quiet children can become very chatty, chatty children can get withdrawn;
- Being grumpy and irritable;
- Lots of headaches and digestive problems (stomach aches, diarrhoea, constipation, vomiting etc);
- Worrying all the time, this can show itself in only picturing negative outcomes (what if I fail, I'm going to fail, I can't do this);

- Talking over and over the same concern and being unable to either stop thinking about it or to find relief;
- Physical symptoms (sweaty palms, shaking, fast heartbeat, aching muscles);
- Restlessness and being unable to stay still;
- Inability to concentrate (such as taking in what's happening in a TV programme);
- Panic attacks;
- Not sleeping.

Remember to keep perspective. If they have had several late nights, they are likely to be tired and this increases irritability. If they've been exercising, they might have aching muscles. If they've just run to meet you, they'll have a fast heart rate. Individual or a short-term combination of the above symptoms are normal.

## How to help

If you notice your child is suffering, it's time to help them. That doesn't always mean you stepping in (that could add to the anxiety) although it's good to let them know you've noticed something's wrong and give them a chance to talk to you if they want to. Avoid broaching the subject in front of others, this could make them feel embarrassed or inadequate and make them feel worse (they might think they are doing a job good of hiding it). Don't forget, the aim isn't to eliminate anxiety but to teach them how to manage it.

There are two ways to help. Encourage them to take part in an activity that will provide a distraction so they stop thinking about whatever is making them anxious. Giving the brain some time out from worrying can help obtain a better perspective later.

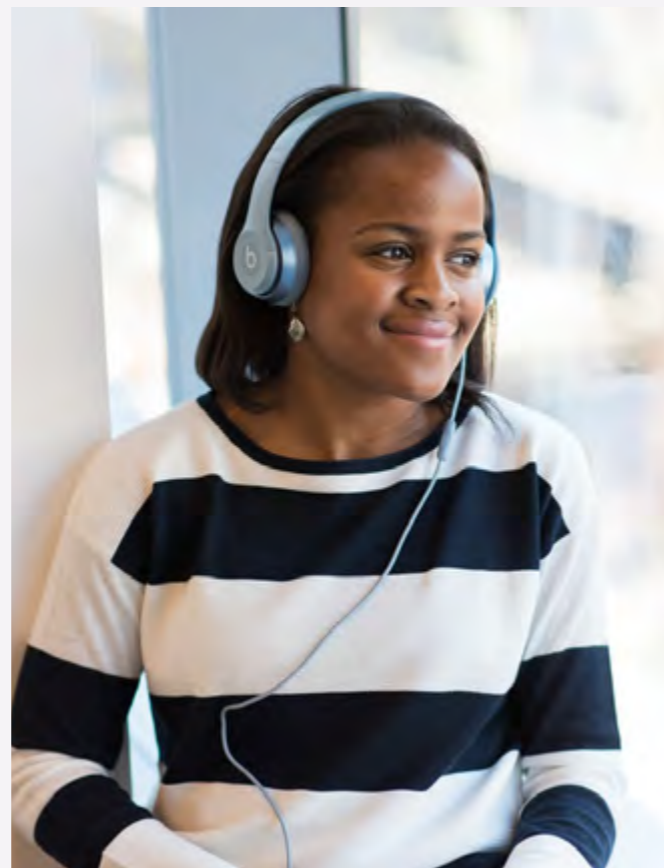
### Useful links

Anxiety UK

Childline

**Physical activities** – It doesn't matter what activity - dancing, football, swimming, walking – so long as it's something they enjoy, gets their endorphins flowing and requires focus so the mind is concentrating on something different. Team games are great, as connectivity and communications with others is restorative.

**Music** – Music has an amazing ability to transport you to a different time and place. Anything that evokes positive memories and experiences is a good thing. To reduce anxiety, it's better to listen to relaxing and calming music rather than something that stimulates.



**Talking** – it may not be to you! A sibling, grandparent, family friend or friend at school or perhaps a charity chatline. Expressing worries out loud can sometimes make them feel less significant than when they're playing on loop in the mind. Talking aloud also encourages finding their own solutions – prompts such as 'what would need to happen to make you feel better', can help them reframe to seeking solutions rather than dwelling on troubles.

**Avoiding stimulants** – bright lights, loud music, caffeine, sugar, alcohol, too much excitement (a thrilling computer game, exciting movie) can all promote adrenaline production and increase feelings of anxiety, so these are best avoided.

Reducing lighting (have dimmable lights or table lamps in the bedroom) also helps to increase feelings of calm and can help prepare for sleep.

### EXPRESSING WORRIES OUT LOUD CAN SOMETIMES MAKE THEM FEEL LESS SIGNIFICANT

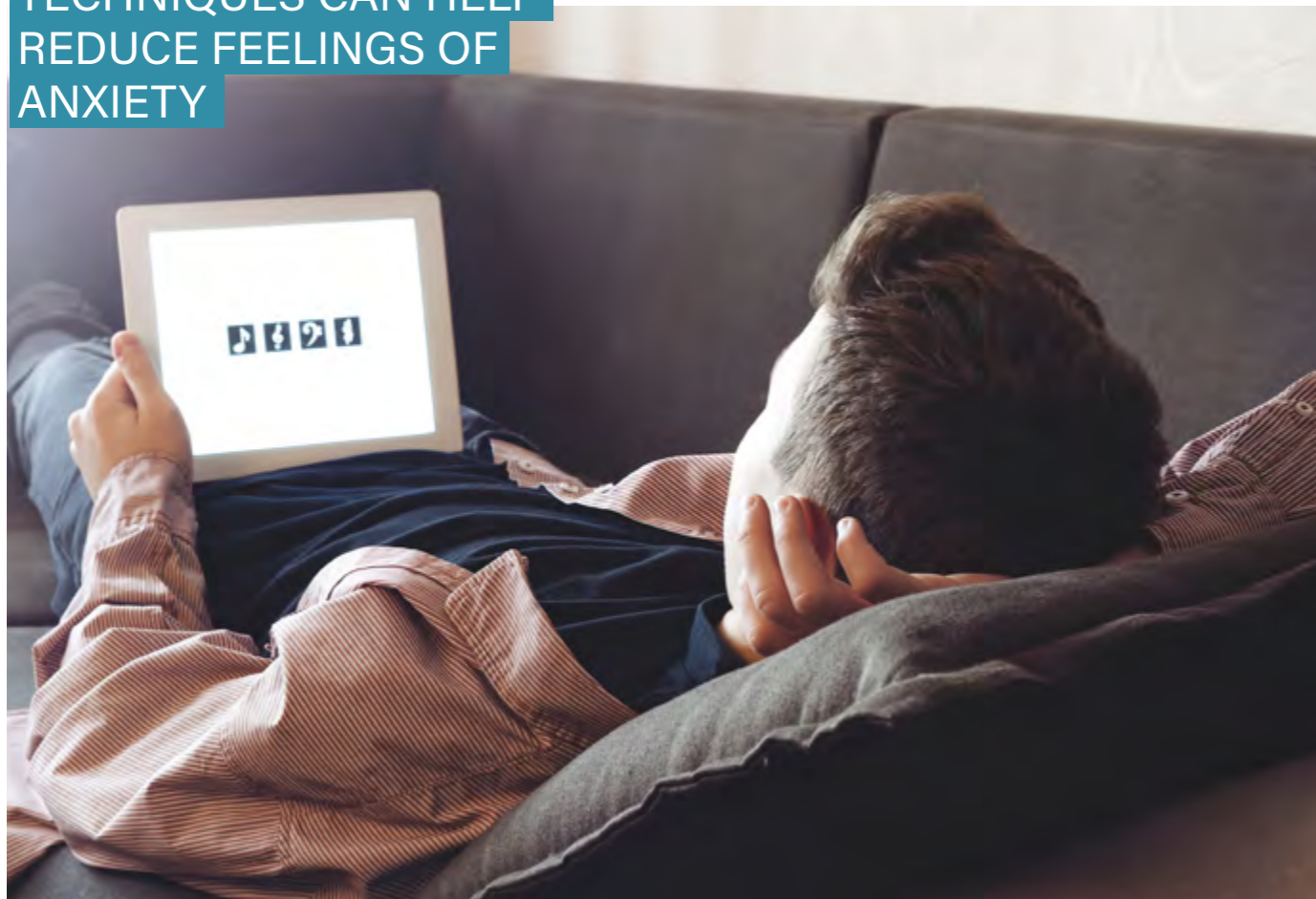


The second way to help is to provide an opportunity for them to learn some proven techniques which help reduce anxiety. It's a really good idea for your child to practise some of these methods when they're not anxious, so they can familiarise themselves with the approaches and get comfortable with the experience and how it makes them feel. Then, should anxiety strike, it's something they're relaxed about doing. Regularly practising relaxation techniques helps keep anxiety at bay too. Some good choices are:

**Breathing techniques** are an effective way to regulate physical symptoms caused by stress. Learning slow breathing and how to take deep breaths has an immediate physical effect and is particularly useful in preventing anxiety escalating. Meditation, visualisation and yoga all encourage positive breathing techniques.

**Apps** like Headspace can be loaded on the phone so your child readily has help to hand in any place at any time.

## PRACTISING RELAXATION TECHNIQUES CAN HELP REDUCE FEELINGS OF ANXIETY



**Practising yoga** regularly has been proven to improve the heart rate as well as physical strength. It takes a lot of concentration to get the positions right, which prevents the mind from thinking about other things.

**Meditation** transports the mind to a completely different place and experience. There are many different types of meditation including auditory (describing experiences) and visual (looking at something).

Breathing, yoga and meditation can be done in short or long bursts and alone or in groups, which makes them ideal to put into practise when on the go or needing a ready tool when nerves strike.

**Herbs and smells** – For centuries we've used herbs and smells to invoke different atmospheres. Essential oils can be burnt in diffusers, added to baths, placed on candles, mixed with water as a spritz or poured on a tissue (great for on the go and to pop in a pocket) and are inexpensive to buy. Some useful staples are: lemon (promotes concentration and calming); lavender (reduces stress and can help sleep), jasmine (uplifting and calming), peppermint (invigorating so helps to clear the mind) and rosemary (acts as a pick-me-up).

Herbal teas are a great caffeine free hot drink and, as well as benefiting from the smell, the herbs work within the system too. Try camomile, peppermint, lavender or lemon balm.

## Useful links

Headspace

NHS  
exam nerves

Yoga for  
exam stress

*I'm interactive!  
Click me and I'll take  
you to their website*

## Reflecting on your own behaviour

A common reason for children being anxious is the expectation their parents have and the worry that they cannot live up to that and will let everyone down. You may unwittingly be putting pressure on your child by being positive about how well they will do. You may think you're being reassuring by saying, "of course you're going to pass every exam" and expressing your faith in them; they may misinterpret what you mean and take it that if they don't pass every exam you'll be disappointed and think less of them.

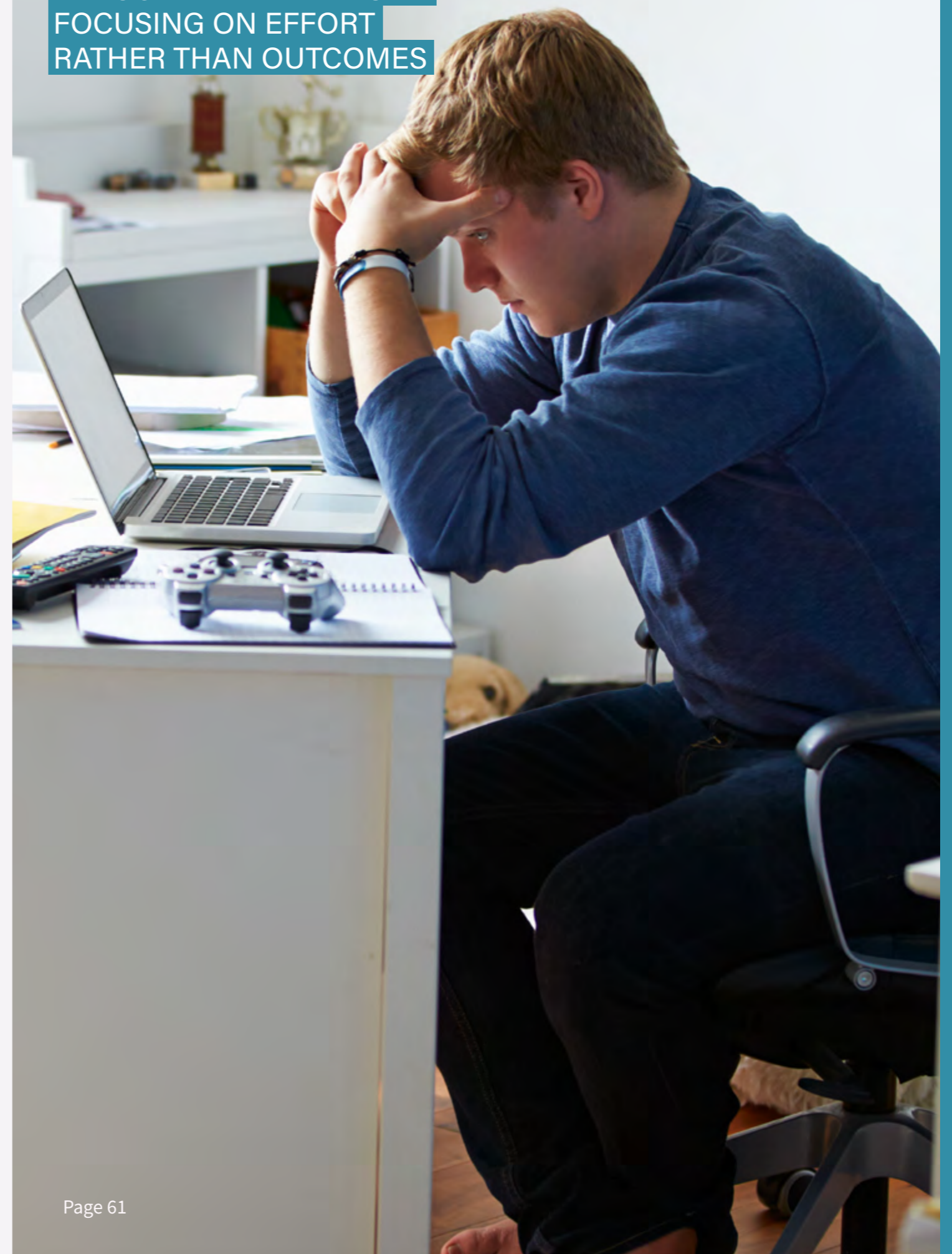
That's why it's a good idea to focus on effort rather than outcomes: "I'm really impressed that you finished your revision

this afternoon" gives positive reinforcement for something good that's been accomplished, rather than "Well done, all that revision's really going to help you pass your exams" which sets an expectation for a future event yet to be achieved.

### There are other options

As an adult with your own life experience, you know that doing well in exams will open doors and provide lots of opportunities to succeed. You're keen to make their life easier. But exams are not for everyone, and if your child doesn't do well in theirs, there are plenty of other options and lots of routes to success. Keep this front of mind so you don't give them the impression the world starts and ends with their exams.

REDUCE EXAM NERVES BY  
FOCUSING ON EFFORT  
RATHER THAN OUTCOMES



## Where to get support

Don't be tough on yourself and expect to have all the solutions for your child's needs. It's absolutely fine to call on professionals to help you help them. Professional support includes more than counsellors and psychiatrists (although both these approaches can be helpful). There's a range of professional options available including:

1. Teachers at school – both in an academic capacity to help understand subjects better, as tutors to help create better ways of working outside school and pastoral experts who can help with emotional issues;
2. Some schools have an independent counsellor available with whom your children can talk in confidence (i.e. they will not relay the information to the school);
3. Peer support networks – these can be very helpful as speaking to someone of a similar age can sometimes feel easier than speaking to an adult, or speaking to someone just slightly older, who has more recently been through a similar experience can be very reassuring;
4. Charities – most now offer both online and telephone support. This anonymity (i.e. not being face-to-face) can make talking over problems and worries easier.

### Too much anxiety

If your child is showing several signs of anxiety on a regular basis (several days each week) over a prolonged period of time (several weeks) then do seek help from external support services and a good place to start might be visiting your GP.

AnxietyUK

NHS

 mind  
for better mental health

SAMARITANS





# Final words

Fourteen to sixteen is a very exciting period in your child's development. They are transitioning into adulthood and starting to consolidate their own ways of living and viewing the world. But these are challenging years too, with many demanding physical changes, the prospect of leaving school after GCSEs and starting afresh in a new and alien environment (whether full time education or work with training) and the pressure of examinations.

You cannot eliminate all the stress for them but you can certainly contribute to reducing the stress and helping them find the most constructive ways to study and revise well, alongside reinforcing healthy lifestyle habits.

Where there are two parental figures at home, whether step-parents or biological parents, it's important to work as a team and keep messaging consistent. Likewise, for those parents with joint custody,

agreeing boundaries and working together to provide similar home experiences is the most helpful way forward, though this can be difficult, especially when split-ups have been especially painful and personal wounds are yet to heal. A child that has two completely different home rules depending on which parent they are staying with receives mixed messages and will likely choose to follow the rules they prefer (which isn't necessarily the ones that put them on the best path for happiness and success).

Whilst it's important to keep the end goal in sight, don't do this at the expense of enjoying the experience of living together. Constant nagging, sending them to their rooms to revise, berating about the importance of exams or not doing enough will make both of you miserable. Be proactive in supporting them and leave space for other experiences for you both to enjoy along the way.

## Join us

If you're interested in regular updates about other ways you can help your teenage children, click here and join our online community.

[Sign up here](#)



## Visit **The Parents' Guide to** website for more support and resources:

### Parent Guides

Our range of interactive guides provide you with easy to follow advice, hyperlinks to reliable sources and the most up-to-date information.

### Support articles

Browse through our collection of online articles covering a range of topics from supporting your child with their revision to helping them apply to university through UCAS.

### Parent Q&A

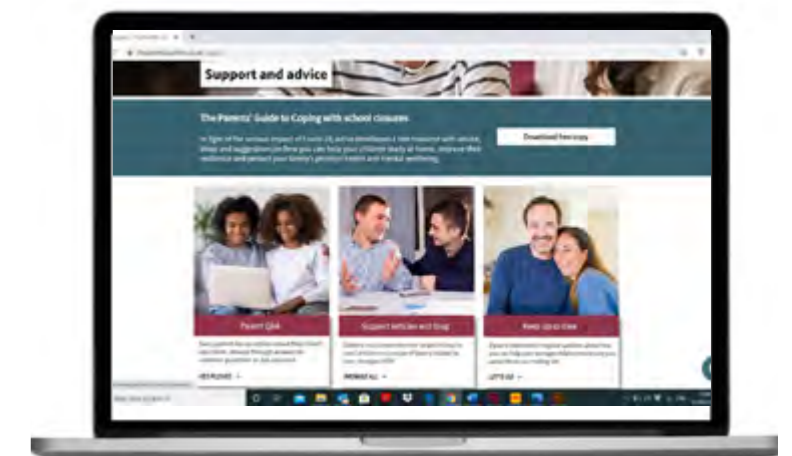
Almost every parent has questions about their child's education. Read through answers to commonly asked questions or ask your own.

### Blog

Our blog provides reliable and timely advice and support to changes taking place across UK schools and colleges.

### Parent newsletter

Sign up to our parent newsletter and receive free support, advice and resources on how you can help your teenage children straight to your inbox.



[www.theparentsguideto.co.uk/parents](http://www.theparentsguideto.co.uk/parents)

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